**GREENHILL ACADEMY**

**PHYSICAL EDUCATION LESSON NOTES**

**FOR**

**PRIMARY TWO**

**TERM THREE**

**P.2 TERM THREE 2015**

**1. BENDING AND STRETCHING DIFFERENT BODY PARTS**

Children will move to the field in a double file and will trot on spot under the teacher’s guidance. **(Warm up)**

**SKILL TEACHING**

The pupils will space up themselves under teacher’s guidance and will stretch the different body parts.

**POSITIONING**

|  |
| --- |
| X X X X X X X T  X X X X X X X  X T X X X X X X |

The lesson will end with Mayi ayiye amata and in a double file the pupils will move to their rooms. **(Warm down)**

**2. MEASURING DISTANCE**

The children will move to the field in a double file and will chase a partner’s shadow under the teacher’s guidance. **(Warm up)**

**SKILL TEACHING**

In groups of six pupils will measure different marked parts with strides under the teacher’s guidance.

**POSITIONING**

|  |
| --- |
| X X X X X X X X T X  X X X X X X X X X  X X X X X X X X X  T |

The lesson will end with pepeta and in double files pupils will move to their rooms. **(Warm down)**

**3. MARCHING AND CLAPPING ON SPOT**

The children will move to the field in a double file and will swing the arms with the teacher’s guidance. **(Warm up)**

**SKILL TEACHING**

Pupils will be grouped then will march and clap on spot with the teacher’s guidance.

**POSITIONING**

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| --- |
| X x x x x x x x x x x x x x  T  X x x x x x x x x x x x x x  X x x x x x x x x x x T |

The lesson will end with kicking the air and in a double file will move to their rooms. **(Warm down)**

**4. ZIG-ZAG RACE**

The pupils will move to the field in a double file and will tip toe around the field with the teacher’s guidance. **(Warm up)**

**SKILL TEACHING**

The pupils will make a file and in a zig zag form will race following their teacher’s guidance.

**POSITIONING**

|  |
| --- |
| T  X X X X X X X X  X X X X X X X X X    T |

The lesson will end with nyama nyama we eat and in a double file they will move to their rooms. **(Warm down)**

**5. THROWING THE BALL INTO SPACE**

The pupils will move to the field in a double file and will kick the air with the teacher’s guidance. **(Warm up)**

**SKILL TEACHING**

Children will be grouped under the teacher’s guidance and will throw the balls in space.

**POSITIONING**

|  |
| --- |
| X X X X X  T BALL T  X X X X X |

The lesson will end with twisting the waist and pupils will move to their rooms. **(Warm down)**

**6. ROLL THE BALL TO AIM AT THE TARGET**

Children will move to the field in a double file and will bounce the ball with the teacher’s guidance.

**SKILL TEACHING**

Children will be grouped and will roll the balls to hit the targets under the teacher’s guidance.

**POSITIONING**

|  |
| --- |
| T T  X X X  BALL  X X X |

The lesson will end with threading and pupils will move to their rooms. **(Warm down)**

**7. THROWING THE BALL UNDER ARM AND TARGET**

Pupils will move to the field in a double file and will skip on spot under the teacher’s guidance. **(Warm up)**

**SKILL TEACHING**

Pupils will stand in twos with a ball at a given distance and they will throw it under the arm to hit the bucket with the teacher’s guidance.

**POSITIONING**

|  |
| --- |
| T T  XX XX XX XX XX  BUCKET  BALL  XX XX XX XX XX |

The lesson will end with tip toeing round the field and the pupils will move to their rooms in a double file. **(Warm down)**

**8. BOUNCE THE BALL INTO THE HOOP**

Pupils will move to the field in a double file and they will box the air. **(Warm up)**

**SKILL TEACHING**

Pupils will make groups of six, each with a ball and a hoop placed at a distance then each group will target it’s ball into a hoop with the teacher’s guidance.

**POSITIONING**

|  |
| --- |
| T T  XXXXXXXXXXXXX XXXXXXXXXXXXXX XXXXXXXXXXXXXXXXX  BALL HOOP |

The lesson will end with stretching different body parts and in a double file the learners will move to their rooms. **(Warm down)**

**9. CHASE AND CATCH**

Pupils will move to the field in a double file and will skip on spot. **(Warm up)**

**SKILL TEACHING**

Pupils will make groups and will throw a ball chase it and catch under the teacher’s guidance.

**POSITIONING**

|  |
| --- |
| T T  XXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXX  BALL |

The lesson will end with twisting the waist and the pupils will move to their rooms in a double file. **(Cool down)**

**10. SACK RACE**

Pupils will move to the field in a double file and skip on spot. **(Warm up)**

**SKIL TEACHING**

Pupils will be grouped and each with a sack then will race with the teacher’s guidance.

**POSITIONING**

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| --- |
| XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX SACK  T T  XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |

The lesson will end with a deep breath in and out and in a double file they will move to their rooms. **(Warm up)**

**11. FILL BOTTLES**

Pupils will move to the field in a double file and will jump on spot.

**SKILL TEACHING**

Pupils will be grouped and will fill bottles with water under the teacher’s guidance.

**POSITIONING**

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| --- |
| XXXXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXXXX  T T  XXXXXXXXXXXXXXXXXXXXXXXXXXX BOTTLE WATER XXXXXXXXXXXXXXXXXXXXXXXXXXX |

The lesson will end with pepeta and they will go to their rooms. **(Cool down)**

**12. HIDE AND SEEK**

Pupils will move to the field in a double file and will kick the air. **(Warm up)**

**SKILL TEACHING**

Pupils will perform hide and seek in their groups with the teacher’s guidance.

**POSITIONING**

|  |
| --- |
| X X X X  X X X X X X X  T T  X X X X X |

The lesson will end with bouncing the ball and they will go to their rooms. **(Cool down)**

**13. CHASE, CATCH AND SQUAT**

Pupils will go to the field in a double file and will hop to a given point.

**SKILL TEACHING**

Pupils will be grouped in twos and will chase, catch and squat with the teacher’s guidance.

**POSITIONING**

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| --- |
| T T  XX XX XX XX XX  XX XX XX XX XX |

The lesson will end with threading and they will go to their rooms. **(Cool down )**

**14. CHASE THE SHADOW**

Pupils will go to the field in a double file and will arm circle. **(Warm up)**

**SKILL TEACHING**

Pupils will be grouped in twos and will chase each other’s shadow with the teacher’s guidance.

**POSITIONING**

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| --- |
| XX XX XX XX XX  T T  XX XX XX XX XX |

The lesson will end with mayi ayiye amata and in a double file pupils will go to their rooms. **(Cool down)**

**15. SKIPPING THE ROPES**

Pupils will go to the field in a double file and will swing their arms. **(Warm up)**

**SKILL TEACHING**

Pupils will be grouped each with a rope and will skip to a given distance as demarcated.

**POSITIONING**

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| --- |
| XXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXX  T T  XXXXXXXXXXXXXXX ROPES XXXXXXXXXXXXXXXXXXXX |

The lesson will end with stretching body parts and they will go to their rooms. **(Cool down)**

**16. FROG JUMP**

Pupils will go to the field in a double file and will box the air.

**SKILL TEACHING**

Pupils will squat and jump up to a given point with the teacher’s guidance.

**POSITIONING**

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| --- |
| T XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX  T |

The lesson will end with pepeta and they will go to their rooms. **(Cool down)**

**17. AIM AND TARGET**

Pupils will go to the field in a double file and will jump on spot.

**SKILL TEACHING**

Pupils will be grouped in six. Each will get a ball and will target a bucket at a marked point with the teacher’s guidance.

**POSITIONING**

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| --- |
| T XXXXXXXXXXXXXX XXXXXXXXXXXXXXX T XXXXXXXXXXXX  BUCKET |

The lesson will end with bouncing the ball and they will go to their rooms. **(Cool down)**

**18. DRESS UP**

Pupils will go to the field in a double file and will jog on spot.

**SKILL TEACHING**

Pupils will be grouped they will remove their T.shirts, shoes, then will dress up with the teacher’s guidance.

**POSITIONING**

|  |
| --- |
| XXXXXXXXXXXXXXX T XXXXXXXXXX T XXXXXXXXXXXXXXX  T.SHIRTS SHOES |

The lesson will end with tip toeing and they will go to their rooms. **(Cool down)**

**19. SEVEN STONES**

Pupils will go to the field in a double file and will kick the air.

**SKILL TEACHING**

Pupils will be grouped in …with stones and balls and will perform seven stones with the teacher’s guidance.

**POSITIONING**

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| --- |
| XXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX  X X X X  X X X X  XXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX  T T  BUCKET BUCKET |

The lesson will end with stretching body parts and they will go to their rooms in a double file. **(Cool down)**

**20. BLIND FOLD**

Pupils will go to the field in a double file and will run back words. **(Warm up)**

**SKILL TEACHING**

Pupils will be grouped each with a blind man and will perform the blind fold with the teacher’s guidance.

**POSITIONING**

|  |
| --- |
| T T  XXXXXXXXXXXX XXXXXXXXXXX XXXXXXXXXXXXXXX  BLIND MAN |

The lesson will end with stretching body parts and they will go to their rooms. **(Cool down )**