

MOVEMENT ACTIVITIES SCHEME OF WORK GRADE 1 TERM ONE

WEEK	LESSON	STRAND THEME	SUB STRAND	SPECIFIC LEARNING OUTCOMES	KEY INQUIRY QUESTIONS	LEARNING EXPERIENCE	LEARNING RESOURCES	ASSESSMENT METHODS	REFLECTION
2	1	Basic Motor Skill	Locomotion Skills Walking	By the end of the lesson the learner should be able to: 1)Name the parts of the body and watch a video clip on walk race for digital literacy	Which body part do we use for walking?	The learner to answer questions on the parts of the body and watch a video clip on the body parts that is used when walking to create body awareness	<ul style="list-style-type: none"> Video clips Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	2	Basic Motor Skill	Locomotion Skills Walking	2)Learners to practice walking in different ways by: walking in different directions (forward and backwards)	How many different directions can you walk?	Learners to perform walking in different ways	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	3	Basic Motor Skill	Locomotion Skills Walking	3)Learners to perform walking in different ways for strength, coordination, endurance and for excellence. (to the right)	How many different directions can you walk?	Learners to practice walking in different ways.	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	4	Basic Motor Skill	Locomotion Skills Walking	4)Learners to perform in different ways for strength, coordination, endurance and for excellence (to the left)	How many different direction can you walk?	Learners to practice walking in different ways	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	5	Basic Motor Skill	Locomotion Skills Walking	5)Learners to practice and perform walking in different ways. (circular letter O)	Which direction can you walk faster?	Learners to practice walking in different pathways. (Circular) letter O	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
3	1	Basic Motor Skill	Locomotion Skills (Walking)	By the end of the lesson, the learner should be able to: 1)Perform and practice walking in different ways (straight-letter c Numbers 1,4,7)	How many different direction can you walk?	Learners to practice I different ways by walking in different pathways. (straight)	<ul style="list-style-type: none"> Field Letter shapes 	<ul style="list-style-type: none"> Observation Oral questions 	

	2	Basic Motor Skill	Locomotion Skills (Walking)	2) Perform and practice walking in different ways (curved-letter c number 2, 3)	How many different directions can you walk?	Learners to practice walking in different ways by walking in different pathways. (curved)	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	3	Basic Motor Skill	Locomotion Skills (Walking)	3) Perform and practice in different ways. (zigzag letters z, w, v)	How many different directions can you walk?	Learners to practice walking in different by walking in different pathways	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	4	Basic Motor Skill	Locomotion Skills (Walking)	4) Perform and practice walking in different ways. (swivel –letter Q)	How many different directions can you walk faster?	Learners to practice walking in different ways by walking in different pathways	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	5	Basic Motor Skill	Locomotion Skills (Walking)	5) Perform and practice walking in different levels <ul style="list-style-type: none"> Low Medium High 		Learners to practice waling in different ways by walking in different levels	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
4	1	Basic Motor Skill	Locomotion Skills (Walking)	By the end of the lesson the learner should be able to: 1) Play simple games for enjoyment, collaboration and peaceful coexistence	Which games do you like?	Learners to play games that involve walking. Learners to observe rules as they walk for own and play games.	<ul style="list-style-type: none"> Field Bean bags Spoon Potatoes Eggs 	<ul style="list-style-type: none"> Observation Oral questions 	
	2		Locomotion Skills (running)	2) Establish relationships through walking for critical thinking and problem solving	Which direction can you walk faster?	Learners walk in varying levels slow, medium and fast while making shapes	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	3	Basic Motor Skill	Locomotion Skills (running)	By the end of the lesson the learner should be able to: 3) Name the parts of the body and watch a video clip on the run race for digital literacy	Which body parts do we use for running?	The learner to answer questions on the parts of the body and watch a video clip on the body parts that are used when running to create body awareness	<ul style="list-style-type: none"> Video clips Field 	<ul style="list-style-type: none"> Observation Oral questions 	

	4	Basic Motor Skill	Locomotion Skills (running)	4) Learners to perform walking in different ways by running in different directions. (forward and backward)	How many directions can you run?	Learners to perform running in different ways	<ul style="list-style-type: none"> Field markers 	<ul style="list-style-type: none"> Observation Oral questions 	
	5			5) Learners to perform running in different ways for strength, coordination, endurance and for excellence. (to the right)	How many different directions can you run?	Learners to practice running in different ways	<ul style="list-style-type: none"> Field markers 	<ul style="list-style-type: none"> Observation Oral questions 	
5	1	Basic Motor Skill	Locomotion Skills (running)	1) Learners to perform running in different ways for strength, coordination, endurance and for excellence (to the left)	How many different directions can you run?	Learners to practice running in different ways	<ul style="list-style-type: none"> Field markers 	<ul style="list-style-type: none"> Observation Oral questions 	
	2		Locomotion Skills (running)	2) Learners to practice and perform running in different ways. (circular, letter o)	Which direction can you run faster?	Learners to practice running in different pathways. (circular, letter o)	<ul style="list-style-type: none"> Field markers 	<ul style="list-style-type: none"> Observation Oral questions 	
	3	Basic Motor Skill	Locomotion Skills (running)	3) By the end of the lesson the learner should be able to perform and practice running in different ways. (straight – letter A- Numbers 1, 4, 7)	How many different directions can you run?	Learners to practice running in different ways by running in different pathways (straight)	<ul style="list-style-type: none"> Field Letter shapes 	<ul style="list-style-type: none"> Observation Oral questions 	
	4			1) Perform and practice running in different ways. (curved-letter C- Numbers 2,3)	How many different directions can you run?	Learners to practice running in different ways of running in different pathways	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	5			2) Perform and practice running in different ways. (zigzag-letters z, w, v,	How many different direction can you run?	Learners to practice running in different ways by running in different pathways.	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
6	1	Basic Motor Skill	Locomotion Skills	1) Perform and practice running in different ways (swivel-letter 2)	How many different directions can you run?	Learners to practice running in different ways by running in different pathways.	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	
	2	Basic Motor Skill	Locomotion Skills (Running)	2) By the end of the lesson the learner should be able to perform and practice	Which direction can you run fast?	Learners to practice running in different ways by running in	<ul style="list-style-type: none"> Field 	<ul style="list-style-type: none"> Observation Oral questions 	

				running in different ways. <ul style="list-style-type: none"> Low Medium High 		different levels			
	3	Basic Motor Skill	Locomotion Skills (Running)	3) The learner to make appropriate play items for creativity and imagination	Which play items do you like playing with?	Learners to make appropriate play items for creativity and imagination	<ul style="list-style-type: none"> Bean bags Seeds Spoon Potatoes 	<ul style="list-style-type: none"> 	
	4	Basic Motor Skill	Locomotion Skills (running)	4) The learner to play games for enjoyment collaboration and peaceful coexistence	Which games do you like playing?	Learners to play games that involve running such as: run carrying bean bags, egg and run while in sacks with slow, moderate and fast speed.	<ul style="list-style-type: none"> Bean bags Spoon Potatoes Field Sacks 	<ul style="list-style-type: none"> Observation Oral questions 	
	5	Basic Motor Skill	Locomotion Skills (running)	5) Establish relationships through running for critical thinking and problem solving	Which direction can you run faster?	Learners to obey rules as they run and play games	<ul style="list-style-type: none"> Bean bags Sacks Spoon Potatoes e.t.c. 	<ul style="list-style-type: none"> Observation Oral questions 	
7	1	Basic Motor Skill	Locomotion Skills Jumping for height	By the end of the lesson the learner should be able to: 1) Watch a video clip for height for body awareness and digital literacy	Name the body parts in se when jumping for height	Learners to watch video clips and identify the parts of the body used when jumping for height	<ul style="list-style-type: none"> Ropes Field Video clips Field makers 	<ul style="list-style-type: none"> Observation Oral questions 	
	2		“	2) Learners to practice jumping in different ways. (forward and backward)	Which direction is easier for you to jump?	Learners to practice jumping in different ways	<ul style="list-style-type: none"> Roped field field makers 	<ul style="list-style-type: none"> Observation Oral questions 	
	3		“	3) Learners to perform jumping in different ways for strength coordination, endurable and for excellence. (to the right)	Which direction is easier for you to jump to?	Learners to perform jumping in different ways for strength, coordination, endurable and for excellence	<ul style="list-style-type: none"> Ropes Field makers 	<ul style="list-style-type: none"> Observation Oral questions 	
				4) Learners to perfume jumping in different ways (to the left)	Which direction is easier for you	Learners to perform to jumping in different ways (to the	<ul style="list-style-type: none"> Ropes Field markers 	<ul style="list-style-type: none"> Observation Oral questions 	

					to jump to?	left)			
	5	Basic Motor Skill	Locomotion Skills Jumping for height	5) By the end of the lesson the learner should be able to practice and perform jumping in different ways. (circulat)	Which direction is easier for you to jump?	Learner to practice and perform jumping in circular ways	<ul style="list-style-type: none"> ● Ropes ● Field markers 	<ul style="list-style-type: none"> ● Observation ● Oral questions 	
8	1	Basic Motor Skill	Locomotion Skills Jumping for height	1) The learner to perform and practice jumping in different ways.(straight)	Which direction is easier for you to jump?	Learner to practice and perform jumping in circular ways	<ul style="list-style-type: none"> ● Ropes ● Field markers 	<ul style="list-style-type: none"> ● Observation ● Oral questions 	
	2	Basic Motor Skill	Locomotion Skills Jumping for height	2) Perform and practice jumping in different ways.(curved)	Which direction is easier for you to jump?	Learner to practice and perform jumping in curved ways	<ul style="list-style-type: none"> ● Ropes ● Field markers 	<ul style="list-style-type: none"> ● Observation ● Oral questions 	
	3	Basic Motor Skill	Locomotion Skills Jumping for height	3) Perform and practice jumping in different ways.(zigzag)	Which direction is easier for you to jump?	Learner to practice and perform jumping in zigzag ways	<ul style="list-style-type: none"> ● Ropes ● Field markers 	<ul style="list-style-type: none"> ● Observation ● Oral questions 	
	4	Basic Motor Skill	Locomotion Skills Jumping for height	By the end of the lesson the learner should be able to run in varying levels- slow, medium and fast while making shapes	Which direction can you run fast	Learners to vary in levels slow, medium and fast while making shapes	<ul style="list-style-type: none"> ● Field markers 	<ul style="list-style-type: none"> ● Observation ● Oral questions 	
	5	Basic Motor Skill	Locomotion Skills (Jumping for height)	5) Establish relationships through jumping for height for critical thinking and problem solving	Which direction you to jump easily?	Learner to relationships through jumping.	<ul style="list-style-type: none"> ● Field markers 	<ul style="list-style-type: none"> ● Observation ● Oral questions 	
9	1	Basic Motor Skill	Locomotion Skills (Jumping for height)	1) The learner to make appropriate play items for creativity and imagination	Which direction is easier for you to jump?	Learner to make appropriate play items for creativity and imagination	<ul style="list-style-type: none"> ● Field markers 	<ul style="list-style-type: none"> ● Observation ● Oral questions 	
	2	Basic Motor Skill	Locomotion Skills (Jumping for height)	2) The learner to play games for enjoyment, collaboration and peaceful coexistence	Which games do you like playing?	Learner to play game that involve jumping for height such as in threes and with a rope	<ul style="list-style-type: none"> ● Field markers 	<ul style="list-style-type: none"> ● Observation ● Oral questions 	
	3	Basic Motor Skill	Non- Locomotion Skills (stretching)	By the end of the lesson the learner should be able to: 3) Explore stretching in different directions for	Name the body parts that are in use when	Learners to answer questions on parts of the body that are in use when stretching	<ul style="list-style-type: none"> ● Field ● Field markers 	<ul style="list-style-type: none"> ● Oral questions ● Practical 	

				body awareness	stretching				
	4	Basic Motor Skill	Non- Locomotion Skills (stretching)	4) Learner to watch a video clip of a cheetah and a cat stretching	Which animals stretch themselves?	Learners to watch a video clip of a cheetah and a cat stretching	<ul style="list-style-type: none"> Video clips 	<ul style="list-style-type: none"> Oral questions 	
10	1	Basic Motor Skill	Non- Locomotion Skills (stretching)	1) Perform stretching in different ways for flexibility, agility, coordination and space awareness	How many different directions can you stretch towards?	Learners to stretch towards different directions such as sideways	<ul style="list-style-type: none"> Field Field markers 	<ul style="list-style-type: none"> Oral questions practical 	

END OF TERM ASSESSMENT AND CLOSING