

Week	Lesson	Strand	Sub-strand	Specific-Learning outcomes	Learning Experience	Key Inquiry Question(S)	Learning Resources	Assessment Methods	Reflection
1	1	Games; Netball	Chest pass in Netball	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Use digital device to watch a video clip and observe the chest pass in netball.</p> <p>b) Demonstrate chest pass in netball by positioning the body arms and legs</p> <p>c) Have fun practicing how to chest pass in netball.</p>	<p>In groups, learners are guided to use digital device to watch a video clip and observe the chest pass in netball.</p> <p>In groups, learners to demonstrate chest pass in netball by positioning the body arms and legs</p>	What is netball?	<p>Balls Pictures Digital devices Computing devices <b><u>KLB Top Scholar Physical Education and Sport Learner's Book Grade 7 pg. 1-4</u></b></p>	<p>Oral questions Oral Report Observation</p>	
	2		Dodging and marking in Netball	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Define dodging and marking.</p> <p>b) Use digital device to watch a video clip and observe the dodge and marking in netball.</p> <p>c) Demonstrate dodge and marking in netball.</p> <p>d) Have fun practicing how to dodge and marking in netball.</p>	<p>Learners to define dodging and marking.</p> <p>In groups, learners to use digital device to watch a video clip and observe the dodge and marking in netball</p> <p>In groups, learners are guided to demonstrate dodge and marking in netball</p>	Why do you think the players are close to each other?	<p>Balls Pictures Digital devices Computing devices <b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 5-9</u></b></p>	<p>Oral questions Oral Report Observation</p>	
2	1		Dodging and marking in Netball	<p>By the end of the lesson, the learner should be able to:</p>	<p>In groups, learners to identify the drills in dodging and marking</p>	Why should two players look at the	<p>Balls Pictures Digital devices</p>	<p>Oral questions Oral Report</p>	

				<ul style="list-style-type: none"> <li>a) Identify the drills in dodging and marking.</li> <li>b) Play the dodge challenger game.</li> <li>c) Have fun and enjoy playing dodge and marking in netball.</li> </ul>	In groups, learners are guided to play the dodge challenger game	same direction?	<b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 9-11</u></b>	Observation	
	<b>2</b>		Footwork in Netball	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Explain the role of pivoting during a game of Netball.</li> <li>b) Use digital device to watch a video clip and observe the compilation of footwork skills in Netball.</li> <li>c) Demonstrate double foot landing, single foot landing and pivoting.</li> <li>d) Have fun practicing footwork in Netball.</li> </ul>	<p>In groups, learners to explain the role of pivoting during a game of Netball.</p> <p>In groups, learners are guided to use digital device to watch a video clip and observe the compilation of footwork skills in Netball</p> <p>In groups, learners are guided to demonstrate double foot landing, single foot landing and pivoting</p>	What is the role of pivoting during a game of Netball?	<p>Balls Pictures Digital devices Computing devices</p> <p><b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 9-11</u></b></p>	<p>Oral questions Oral Report Observation</p>	
<b>3</b>	<b>1</b>		Footwork in Netball	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Explain how to mark a player with a ball during a Netball match.</li> <li>b) Practise footwork techniques in Netball games such as, the</li> </ul>	<p>In groups, learners to explain how to mark a player with a ball during a Netball match</p> <p>In groups, learners are guided to practise footwork techniques in Netball games such as, the beeline, the sickle</p>	How do you mark a player with a ball during Netball match?	<p>Balls Pictures Digital devices Computing devices</p> <p><b><u>KLB; Top Scholar: Physical Education and Sport Learner's</u></b></p>	<p>Oral questions Oral Report Observation</p>	

				beeline, the sickle.  c) Have fun playing netball games.			<b><u>Book Grade 7 pg. 14-16</u></b>		
	<b>2</b>	Handball	Passes and reception in Handball  a) Define passing in Handball.  b) Demonstrate a jump pass, side pass and the stages of execution in jump pass and stage pass.  c) Have a desire to play different games.	By the end of the lesson, the learner should be able to:  a) Define passing in Handball.  b) Demonstrate a jump pass, side pass and the stages of execution in jump pass and stage pass.  c) Have a desire to play different games.	Learners are guided to define passing in Handball  In groups, learners are guided to demonstrate a jump pass, side pass and the stages of execution in jump pass and stage pass	What is handball?	Balls Pictures Digital devices Computing devices <b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 17-20</u></b>	Oral questions Oral Report Observation	
<b>4</b>	<b>1</b>		Passes and reception in Handball  a) Identify the qualities of a good pass.  b) Practise jump pass, flick pass and two-line drill.  c) Have fun and enjoy playing handball.	By the end of the lesson, the learner should be able to:  a) Identify the qualities of a good pass.  b) Practise jump pass, flick pass and two-line drill.  c) Have fun and enjoy playing handball.	In groups, learners are guided to identify the qualities of a good pass  In groups, learners are guided to practise jump pass, flick pass and two-line drill	What are the qualities of a good pass?	Balls Pictures Digital devices <b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 20-23</u></b>	Oral questions Oral Report Observation	
	<b>2</b>		Footwork in Handball  a) Identify the characteristics of a handball game.	By the end of the lesson, the learner should be able to:  a) Identify the characteristics of a handball game.	In pairs, learners are guided to identify the characteristics of a handball game.  In groups, learners are	How many step is a player allowed to make when in possession of the ball?	Balls Pictures Digital devices Computing devices <b><u>KLB; Top</u></b>	Oral questions Oral Report Observation	

				<ul style="list-style-type: none"> <li>b) Demonstrate how to make a knee-deep landing.</li> <li>c) Perform stepping progression drills.</li> <li>d) Desire to uphold integrity during sporting competitions</li> </ul>	<p>guided to demonstrate how to make a knee-deep landing.</p> <p>In groups, learners are guided to perform stepping progression drills.</p>	How can a player advance further with the ball beyond the limits st by the rule?	<b><u>Scholar:</u></b> <b><u>Physical Education and Sport Learner's Book Grade 7 pg. 23-25</u></b>		
<b>5</b>	<b>1</b>		Dodging and marking in Handball	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Define dodging and marking in handball.</li> <li>b) Identify the qualities of a good marker.</li> <li>c) Practice single and double feign dodge.</li> <li>d) Have fun and enjoy dodging and marking in handball.</li> </ul>	<p>Learners are guided to define dodging and marking in handball</p> <p>In groups, learners are guided to identify the qualities of a good marker</p> <p>In groups, learners to practice single and double feign dodge.</p>	What is dodging and marking in handball?	<p>Balls Pictures Digital devices Computing devices</p> <p><b><u>KLB; Top Scholar:</u></b> <b><u>Physical Education and Sport Learner's Book Grade 7 pg. 26-28</u></b></p>	<p>Oral questions Oral Report Observation</p>	
	<b>2</b>		Dribbling in Handball	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Define dribbling in handball.</li> <li>b) Practice a high and low dribble.</li> <li>c) Have fun and enjoy dribbling in handball.</li> </ul>	<p>Learners are guided to define dribbling in handball</p> <p>In groups, learners to practise a high and low dribble</p>	What should a player with the ball do to maintain it's possession?	<p>Balls Pictures Digital devices</p> <p><b><u>KLB; Top Scholar:</u></b> <b><u>Physical Education and Sport Learner's Book Grade 7 pg. 29-31</u></b></p>	<p>Oral questions Oral Report Observation</p>	

6	1		Shooting in Handball	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Use digital devices to watch a clip and observe the lob shots from the compilation.</li> <li>b) Demonstrate the shooting in handball.</li> <li>c) Observe safety measures when performing shooting in handball.</li> </ul>	<p>In parts, learners are guided to use digital devices to watch a clip and observe the lob shots from the compilation.</p> <p>In pairs, learners are guided to demonstrate the shooting in handball</p>	Why is landing and stepping important in a handball game?	<p>Balls Pictures Digital devices Computing devices</p> <p><b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 32-35</u></b></p>	<p>Oral questions Oral Report Observation</p>	
	2		Shooting in Handball	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Discuss the grip of the ball when making a shot at goal.</li> <li>b) Practice step shot, dribble and shot and corner drill.</li> <li>c) Display the character of a sport person.</li> </ul>	<p>In groups, learners are guided to discuss the grip of the ball when making a shot at goal.</p> <p>In groups, learners are guided to practice step shot, dribble and shot and corner drill</p>	What skill aspects would you consider when rating a player on marking and dodging ability?	<p>Balls Pictures Digital devices Computing devices</p> <p><b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 35-36</u></b></p>	<p>Oral questions Oral Report Observation</p>	
7	1	Athletics	Long jump	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Use digital devices to watch video clips and observe the hang and hitch kick techniques in long</li> </ul>	<p>In groups, learners to use digital devices to watch video clips and observe the hang and hitch kick techniques in long jump.</p> <p>In groups, learners are</p>	What is long jump?	<p>Balls Pictures Digital devices Computing devices</p> <p><b><u>KLB; Top</u></b></p>	<p>Oral questions Oral Report Observation</p>	

				<p>jump.</p> <p>b) Discuss and compare the sequence of the sail, hand and hitch kick.</p> <p>c) Appreciate the importance of observing safety rules.</p>	<p>guided to discuss and compare the sequence of the sail, hand and hitch kick</p>		<p><b><u>Scholar:</u></b>  <b><u>Physical Education and Sport Learner's Book Grade 7 pg. 37-40</u></b></p>		
	2		Long jump	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Identify the rules of long jump for sportsmanship and fair play.</p> <p>b) Practise the approach, take-off, flight and landing to perfect the techniques in long jump.</p> <p>c) Have fun practising long jump.</p>	<p>Learners are guided to identify the rules of long jump for sportsmanship and fair play</p> <p>In groups, learners are guided to practise the approach, take-off, flight and landing to perfect the techniques in long jump,</p>	<p>Why is raking done on the landing pit?</p>	<p>Balls  Pictures  Digital devices  Computing devices  <b><u>KLB; Top Scholar:</u></b>  <b><u>Physical Education and Sport Learner's Book Grade 7 pg. 40-42</u></b></p>	<p>Oral questions  Oral Report  Observation</p>	
8	1		Javelin	<p>By the end of the lesson, the learner should be able to:</p> <p>a) State the importance of safety in javelin.</p> <p>b) Discuss the types of grips.</p> <p>c) Demonstrate carriage, and approach run.</p> <p>d) Appreciate the</p>	<p>Learners are guided to state the importance of safety in javelin</p> <p>In groups, learners are guided to discuss the types of grip, such as, the American grip</p> <p>In groups, learners are guided to demonstrate carriage, and approach run.</p>	<p>What is javelin?</p>	<p>Balls  Pictures  Digital devices  Computing devices  <b><u>KLB; Top Scholar:</u></b>  <b><u>Physical Education and Sport Learner's Book Grade 7 pg.</u></b></p>	<p>Oral questions  Oral Report  Observation</p>	

				importance of observing safety in javelin.			<u><b>43-46</b></u>		
	<b>2</b>		Javelin	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Discuss the importance of safety while throwing the javelin.</p> <p>b) Practise the phases in javelin, such as, cross over drill, release and follow through drill.</p> <p>c) Have fun and enjoy throwing javelin.</p>	<p>In groups, learners are guided to discuss the importance of safety while throwing the javelin.</p> <p>In groups, learners to practise the phases in javelin, such as, cross over drill, release and follow through drill</p>	What is the appropriate weight of a javelin for a 13- year-old?	<p>Balls Pictures Digital devices Computing devices <u><b>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 46-48</b></u></p>	<p>Oral questions Oral Report Observation</p>	
<b>9</b>	<b>HALF TERM BREAK</b>								
<b>10</b>	<b>1</b>		Sprint start in athletics	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Use digital devices to watch video clips and observe the correct placement of the blocks and feet placement on the blocks.</p> <p>b) Discuss the different positions on starting blocks for sprints starts.</p> <p>c) Appreciate the different positions on starting</p>	<p>Learners are guided to use digital devices to watch video clips and observe the correct placement of the blocks and feet placement on the blocks</p> <p>In groups, learners are guided to discuss the different positions on starting blocks for sprints starts.</p>	What equipment is used in sprint start in athletics?	<p>Balls Pictures Digital devices Computing devices <u><b>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 49-51</b></u></p>	<p>Oral questions Oral Report Observation</p>	

				blocks for sprints starts.					
	2		Sprint start in athletics	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Identify types of sprint starts.</p> <p>b) Practise the bunch, medium and elongated start in sprints.</p> <p>c) Have fun and enjoy sprint mini game.</p>	<p>Learners are guided to identify types of sprint starts, such as, medium start, elongated start.</p> <p>In groups, learners to practise the bunch, medium and elongated start in sprints</p>	How many types of sprints are there?	<p>Balls</p> <p>Pictures</p> <p>Digital devices</p> <p><b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 51-52</u></b></p>	<p>Oral questions</p> <p>Oral Report</p> <p>Observation</p>	
11	1		Running in sprint races	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Name the commands given during a sprint start.</p> <p>b) Use digital devices to watch video clips on phases in a sprint race.</p> <p>c) Analyse the running phases of reaction time, acceleration and maintaining speed in sprint races.</p> <p>d) Appreciate the commands given during a sprint start.</p>	<p>In groups, learners are guided to name the commands given during a sprint start</p> <p>In groups, learners are guided to use digital devices to watch video clips on phases in a sprint race.</p> <p>In groups, learners are guided to analyse the running phases of reaction time, acceleration and maintaining speed in sprint races</p>	Which commands are given during a sprint start?	<p>Balls</p> <p>Pictures</p> <p>Digital devices</p> <p>Computing devices</p> <p><b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 53-54</u></b></p>	<p>Oral questions</p> <p>Oral Report</p> <p>Observation</p>	
	2		Running in sprint races	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Describe the actions taken by the athlete after each command.</p> <p>b) Practise body alignment for quick reaction time,</p>	<p>In groups, learners are guided to describe the actions taken by the athlete after each command.</p> <p>In groups, in pairs or individually, learners to practise body alignment for quick reaction time,</p>	Which actions are taken by athletes after each command?	<p>Balls</p> <p>Pictures</p> <p>Digital devices</p> <p>Computing devices</p> <p><b><u>KLB; Top Scholar: Physical</u></b></p>	<p>Oral questions</p> <p>Oral Report</p> <p>Observation</p>	



				<p>acceleration and maintaining speed in sprint races.</p> <p>c) Have fun and enjoy running in sprint races.</p>	<p>acceleration and maintaining speed in sprint races</p>		<p><b><u>Education and Sport Learner's Book Grade 7 pg. 54-56</u></b></p>		
<b>12</b>	<b>1</b>		<p>Finishing techniques in sprint races</p>	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Discuss the different finishing techniques.</p> <p>b) Identify characteristics of the sprint finish methods.</p> <p>c) Practice individual drill and paired drills.</p> <p>d) Apply starting, running and finishing techniques in mini races for fun and enjoyment.</p>	<p>In groups, learners to discuss the different finishing techniques.</p> <p>In groups, learners to identify characteristics of the sprint finish methods.</p> <p>In groups, learners to practice individual drill and paired drills.</p>	<p>What are the characteristics of the sprint finish methods?</p>	<p>Balls</p> <p>Pictures</p> <p>Digital devices</p> <p>Computing devices</p> <p><b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 57-60</u></b></p>	<p>Oral questions</p> <p>Oral Report</p> <p>Observation</p>	
	<b>2</b>		<p>Baton change relay</p>	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Define relay running.</p> <p>b) Outline the safety rules to observe when participating in baton change relay.</p> <p>c) Demonstrate the baton change technique to depict unity.</p> <p>d) Practise the upsweep baton change.</p> <p>e) Have fun and enjoy relay running.</p>	<p>Learners are guided to define relay running.</p> <p>In groups, learners to outline the safety rules to observe when participating in baton change relay.</p> <p>In groups, learners to demonstrate the baton change technique to depict unity.</p> <p>In groups, learners are guided to practise the upsweep baton change.</p>	<p>What is the name of the item being carried by the athletes during baton change relay?</p>	<p>Balls</p> <p>Pictures</p> <p>Digital devices</p> <p>Computing devices</p> <p><b><u>KLB; Top Scholar: Physical Education and Sport Learner's Book Grade 7 pg. 58-61</u></b></p>	<p>Oral questions</p> <p>Oral Report</p> <p>Observation</p>	

13	ASSESSMENT								