



Physical Health Education (PE) Schemes Of Work

Grade 4 Term 3

Week	Lesson	Strand/Theme	Sub Strand	Specific learning outcomes	Key inquiry Questions	Learning experiences	Learning Resources	Assessment methods	Reflection
1	1		Muscular Endurance	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none"> a) explain the term muscular endurance to enhance learning b) identify exercises that assist in developing muscular endurance c) discuss the importance of muscular endurance in daily life 		<ul style="list-style-type: none"> ▪ learners in groups interact with technology to find out what muscular endurance is ▪ Learners in groups discuss and list exercise activities that increase muscular endurance ▪ learners in groups discuss the importance of muscular endurance in daily life 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit,		
	2		Muscular Endurance	<ul style="list-style-type: none"> d) perform exercises that aid in developing muscular endurance for fitness e) observe rules when playing games for own and others safety f) play games that aid in developing muscular endurance for fun and enjoyment g) appreciate muscular endurance for daily activities 		<ul style="list-style-type: none"> ▪ Learners individually and in groups practice exercises that aid in developing muscular endurance ▪ Learners play games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit,		
	3		Muscular And Joint Flexibility	<p>By the end of the sub-strand, the learner should be able to:</p>	<p>1. What is the importance of muscular and</p>	<ul style="list-style-type: none"> ▪ learners in groups interact with technology to find out the meaning of muscular and joint flexibility 	PHE design, field/space, video, check list, exercise books, pens,		



							rubbers bat, first aid kit,		
	4		Muscular And Joint Flexibility	<ul style="list-style-type: none">e) Set up a fitness circuit that has exercises for all the health-related fitness componentsf) observe rules when playing games for own and others safetyg) play games that aid in developing muscular and joint flexibility for fun and enjoymenth) appreciate muscular and joint flexibility in the performance of daily activities		<ul style="list-style-type: none">▪ Learners in groups discuss and list exercise activities are suitable for muscular and joint flexibility.▪ learners in groups discuss the importance of muscular and joint flexibility in daily life▪ Learners in groups perform exercises develop muscular and joint flexibility▪ Learners in groups set up a fitness circuit that has exercises for all the health-related fitness components▪ Learners play games for fun and enjoyment and observe safety	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit,		
	5		Nutrition And Sports Performance : Water Intake	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none">a) explain the terms hydration and dehydration for body functionsb) state the importance of drinking water during games and sports for hydrationc) state the signs of a well hydrated athlete during games and sports	Why is it necessary for an athlete to take plenty of water during games sports?	<ul style="list-style-type: none">▪ Learners interact with technology to find out the meaning of the term's hydration and dehydration▪ Learners in groups discuss the importance of taking water during games and sports▪ Learners in groups discuss the signs of a well hydrated	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		



2	1		Nutrition And Sports Performance : Water Intake	<ul style="list-style-type: none">d) state the signs of a dehydrated athlete during games sportse) explore ways of taking clean water for healthf) play games for fun and enjoymentg) appreciate the importance of drinking clean water during games and sports for hydration	Why is it necessary for an athlete to take plenty of water during games sports?	<p>athlete during games and sports</p> <ul style="list-style-type: none">▪ Learners in groups discuss the signs of a dehydrated athlete during games and sports▪ Learners in groups explore ways of taking clean water during games and sports▪ Learners in groups discuss the dangers of taking unclean water▪ Learners play games for fun and enjoyment and observe safety	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	2		Healthy Eating Habits	<p>By the end of the sub strand, the learner should be able to:</p> <ul style="list-style-type: none">a) discuss the importance of healthy eating habits during games and sportsb) share food with others for companionship during games and sportsc) list the benefits of making healthier food choices during games and sports	Why is it important to make healthier food choices during games and sports?	<ul style="list-style-type: none">▪ Learners in groups discuss the benefits of taking time when eating food▪ Learners in groups discuss the reasons for sharing food with others	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	3		Healthy Eating Habits	<ul style="list-style-type: none">d) play games for fun and enjoymente) appreciate making healthier food choices for a healthy body	Why is it important to make healthier food choices during games and sports?	<ul style="list-style-type: none">▪ Learners in groups discuss the importance of healthy eating habits (for example taking time to eat healthy food during games and sports)▪ Learners in groups discuss the benefits of making healthy food choices▪ learners play games for fun and enjoyment and observe safety	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		



	4		Food Intake During Games And Sports	<hr/> <p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none">a) identify the common foods found in the communityb) identify the different food nutrients for survivalc) classify food into different food groups to enhance learning		<ul style="list-style-type: none">▪ Learners interact with technology to identify the common foods found in their community and food nutrients in them▪ Learners in groups classify food into different food groups	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	5		Food Intake During Games And Sports	<hr/> <ul style="list-style-type: none">d) name the importance of taking balanced diet during games sports performancee) discuss the importance being healthy during games and sports		<ul style="list-style-type: none">▪ Learners in groups discuss the importance of taking balanced diet during sports performance▪ Learners in groups discuss the importance of being healthy during games and sports	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
3	1		Food Intake During Games And Sports	<hr/> <ul style="list-style-type: none">f) discuss when to eat each of the food groups during sports performanceg) plan a menu for the school athletic team during training		<ul style="list-style-type: none">▪ Learners in groups discuss when to eat each of the food groups during sports performance▪ Learners in groups plan a menu for the school athletic team during training	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		



2		Food Intake During Games And Sports	<ul style="list-style-type: none">h) observe rules during games for own and others safetyi) play games for fun and enjoymentj) appreciate the importance eating a well-balanced meal during sports performance		<ul style="list-style-type: none">▪ Learners in groups plan a menu for the school athletic team during training▪ learners play games for fun and enjoyment, while observing safety	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
3		Wellness :Dealing With Emotions	<p>By the end of the sub strand the learner should be able to:</p> <ul style="list-style-type: none">a) describe the term emotional wellbeingb) state the importance of kindness in daily lifec) identify suitable ways to show kindness to others during games and sports	Why is it important to be kind to others?	<ul style="list-style-type: none">▪ Learners in groups using technology find out the meaning of the term kindness▪ Learners in groups discuss the importance of kindness in daily life▪ Learners in groups discuss suitable ways of showing kindness to others	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
4		Wellness :Dealing With Emotions	<ul style="list-style-type: none">d) describe the effects of showing kindness to others during games and sportse) play games for fun and enjoymentf) appreciate showing kindness to others for harmonious coexistence	Why is it important to be kind to others?		PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		



	5			<p>By the end of the sub strand the learner should be able to:</p> <ul style="list-style-type: none">a) identify common harmful drugs and substances used in the communityb) identify stereo types associated with drugs and substance use during games and sports	What are the benefits of having alcohol and drug abuse free communities?	<ul style="list-style-type: none">▪ Learners in groups identify common harmful drugs and substances used in the community▪ Learners in groups identify stereo types associated with drugs and substance use during games and sports	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
4	1			<ul style="list-style-type: none">c) discuss the importance of abstinence from substance and drug use during games and sportsd) observe rules when playing games for own and others safetye) play games for fun and enjoyment	What are the benefits of having alcohol and drug abuse free communities?	<ul style="list-style-type: none">▪ Learners in groups discuss the importance of abstinence from drugs and substance use during games and sports	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	2			<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none">a) identify factors that influence the abuse of alcohol and drugs during games and sportsb) discuss ways of resisting peer influence on alcohol and substance abuse during games and sportsc) discuss the short- and long-term effects of drug and substance abuse during games and sports		<ul style="list-style-type: none">▪ learners in groups identify common harmful drugs and substances abused during sports competitions (alcohol, solvents, glue among others)▪ learners in groups identify the factors that influence drugs and substance use during games and sports competitions (peer pressure, media, home influence among others)▪ Learners in groups discuss the short- and long-term effects of drug and substance use during games and sports competitions	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		



	3			<ul style="list-style-type: none"> d) identify behavior changes associated with alcohol and drugs abuse during games and sports e) state ways of communicating about alcohol and drug abuse among the peer during games and sports f) observe rules when playing games for own and others safety g) appreciate staying clean of alcohol and drug abuse during games and sports competitions h) play games for fun and enjoyment 		<ul style="list-style-type: none"> ▪ learners in groups identify the behavior changes associated with drugs and substance abuse during games and sports competitions ▪ Learners in groups discuss ways of communicating to the relevant people about alcohol and drug use during games and sports competitions ▪ Play games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	4	First Aid In Games And Sports	Common Injuries In Games And Sports: ABC Of First Aid		Why is First Aid important in emergencies?	<ul style="list-style-type: none"> ▪ Learners in groups interact with technology to find out the meaning of the term first aid and the acronym ABC in First Aid ▪ Learners in groups practice applying the ABC of First Aid (Airways, Breathing and Circulation or pulse rate) 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	5		Common Injuries In Games And Sports: ABC Of First Aid	<ul style="list-style-type: none"> d) discuss how to call for help during an emergency e) list the safety measures for handling a bleeding victim f) discuss how to calm an injured victim 		<ul style="list-style-type: none"> ▪ Learners practice calling for help during emergency ▪ Learners in groups practice calming an injured victim 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
5	1		Common Injuries In Games And Sports: ABC Of First Aid	<ul style="list-style-type: none"> f) discuss how to calm an injured victim g) observe rules when playing games for own and others safety h) play games for fun and enjoyment i) appreciate the ABC of first aid in responding to emergencies 		<ul style="list-style-type: none"> ▪ Learners list the safety measures for handling a bleeding victim when administering first aid ▪ Learner play games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		



	2		First Aid Box	By the end of the sub-strand the learner should be able to: a) identify the items in a first aid box for familiarization b) explain the importance of a First Aid Box for emergencies		<ul style="list-style-type: none">▪ Learners interact with technology to find out the contents of a First Aid box▪ Learners in groups discuss the importance of a first aid box	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	3		First Aid Box	c) list the items of a First Aid box to enhance learning d) observe safety when handling the items of a First Aid box to avoid injury		<ul style="list-style-type: none">▪ The learners examine and arrange the items of a First Aid▪ Learners in groups discuss and list the items of a first aid box	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	4		First Aid Box	e) play games for fun and enjoyment f) appreciate the First Aid box for emergency cases		<ul style="list-style-type: none">▪ Learners in groups discuss situations that require the use of items in a first aid box▪ In groups learners discuss how to safely handle items in a first aid box▪ Learners participate in games for fun and enjoyment	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	5		Bruise	By the end of the sub-strand the learner should be able to: a) describe a bruise as an injury b) discuss the signs and symptoms of a bruise for identification c) demonstrate a cold press application on a bruise for lessening pain			PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
6	1		Bruise	d) observe safety when handling a bruise for protection e) observe rules when playing games for own and others safety f) play games for fun and enjoyment			PHE design, field/space, video, check list, exercise books, pens, first Aid Box		



	2		Nose Bleeding		How can you apply First Aid to stop nose bleeding?	<ul style="list-style-type: none"> Learners interact with technology to identify nose bleeding Learners in groups discuss the causes of nose bleeding Learners interact with technology to observe the application of First Aid to stop nose bleeding 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	3		Nose Bleeding	d) observe safety when applying first aid to stop nose bleeding for protection e) observe safety when playing games for own and others safety f) play games for fun and enjoyment	How can you apply First Aid to stop nose bleeding?		PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	4		Wounds: Clean Cut Wounds	By the end of the sub-strand the learner should be able to: a) discuss the causes of clean-cut wounds for safety b) demonstrate cleaning of a clean-cut wound to avoid infection	1. Why should you clean a clean-cut wound?	<ul style="list-style-type: none"> Learners interact with technology to identify the causes of a Clean-cut wound Learners interact with technology to observe how to clean a clean-cut wound 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	5		Wounds: Clean Cut Wounds	c) observe safety when cleaning a clean-cut wound for protection d) select a bandage for application on a clean-cut wound	2. Why is it important to cover a clean-cut wound?	<ul style="list-style-type: none"> Learners in groups discuss safety measures to observe when cleaning a clean-cut wound Learners in pairs demonstrate how to clean a clean-cut wound Learners in groups identify and select appropriate bandages for a clean-cut wound 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
7	1		Wounds: Clean Cut Wounds	e) applying a bandage on a clean-cut wound for self-protection f) apply a bandage on a clean-cut wound to keep it from being infected g) play games for fun and enjoyment	2. Why is it important to cover a clean-cut wound?	<ul style="list-style-type: none"> Learners in groups apply clean bandages on a clean-cut wound Learners participate in games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		



	2		Transporting An Injured Victim: Single Human Crutch Method		Which situation would be most appropriate in using the Single human crutch method?	<ul style="list-style-type: none">Learners interact with technology to observe the Single human crutch method and how it is used to transport an injured victimLearners demonstrate and practice the Single Human crutch method in pairs	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	3		Transporting An Injured Victim: Single Human Crutch Method	<ul style="list-style-type: none">c) observe safety when using the Single human crutch method to avoid more harmd) play games for fun and enjoymente) appreciate Single human crutch method for injured victim	Which situation would be most appropriate in using the Single human crutch method?	<ul style="list-style-type: none">Learners observe safety when using the Single human crutch method.Participate in games for fun and enjoyment and observe rules	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	4	Outdoor Activities	Recreation	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none">a) describe the term active and passive leisure activities in recreationb) list down active leisure activities within the communityc) differentiate between active and passive leisure activities in recreation	Why is it important to engage in active leisure activities?	<ul style="list-style-type: none">learners interact with technology in pairs to look up for the meaning of the terms active and passive leisure activitieslearners in groups discuss active and passive leisure activitieslearners in groups list down active and passive leisure activitieslearners in groups to discuss the differences between active and passive leisure activities	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	5			<ul style="list-style-type: none">d) state the disadvantages of passive leisure activities for recreatione) locate leisure sites in the county mapf) identify cultural activities in the community for leisure	Why is it important to engage in active leisure activities?	<ul style="list-style-type: none">learners to role play the disadvantages of passive leisure activitieslearners to draw the county map and indicate leisure siteslearners in groups discuss cultural activities they can participate in for leisurelearners in groups to identify different leisure activities done at home, school and community	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
8	1			<ul style="list-style-type: none">g) observe safety measures when engaging in leisure activities to avoid injuryh) play games for fun and enjoymenti) desire to engage in active leisure activities for good health	Why is it important to engage in active leisure activities?	<ul style="list-style-type: none">learners to highlight safety measures to be observed when engaging in leisure activitiesparticipate in games for fun and enjoyment and observe safety	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		



	2			<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none">a) describe leisure and time for self-managementb) organize daily routine to create time for leisure activitiesc) observe safety when planning for leisure activities	Why is important to plan time?		PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	3			<ul style="list-style-type: none">d) play games for fun and enjoymente) appreciate leisure and time management for self-management	Why is important to plan time?	<ul style="list-style-type: none">▪ learners in groups discuss the safety measures that should be observed during leisure activities▪ participate in games for fun and enjoyment and observe safety	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	4		Care For Community Recreation Facilities	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none">a) describe the use of community recreation facilitiesb) mention the recreation facilities in the communityc) observe cleanliness when using the community recreation facilities		<ul style="list-style-type: none">▪ Learners interact with technology to find out what community recreation facilities are▪ In groups learners discuss the various community recreation facilities found in their community	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		

