

GRADE 3

MOVEMENT SCHEME OF WORK TERM THREE

WE EK	LESSON	STRAND	SUB STRAND	SPECIFIC LEARNING OUTCOMES	KEY INQUIRY QUESTIONS	LEARNING EXPERIENCES	LEARNING RESOURCES	ASSESSMENT	REFLECTION
1	1	Swimming	Basic swimming skills:	By the end of the lesson the learner should be able to: explore the different actions that the leg can make in water for body awareness	Name body part used for kicking in water	Learners to name the different leg actions they can make in water	Realia charts	Observation Oral questions	
	2		Kicking (Leg action in water)in front crawl	By the end of the lesson the learner should be able to: explore the different actions that the leg can make in water for body awareness	Name body part used for kicking in water	Learners to name the different leg actions they can make in water	Realia charts	Observation Oral questions	
	3		Kicking (Leg action in water)in front crawl	By the end of the lesson the learner should be able to: perform kicking- leg action in front crawl in swimming for strength and coordination	Name body part used for kicking in water	Learners to be guided on performing kicking –leg action in front crawl in swimming	Realia charts	Observation Oral questions	
	4		Kicking (Leg action in water)in	By the end of the lesson the learner should be able to: perform	Name body part used for kicking in water	Learners to be guided on performing kicking –leg action in front	Realia charts	Observation Oral questions	

			front crawl	kicking- leg action in front crawl in swimming for strength and coordination		crawl in swimming			
	5		Kicking (Leg action in water)in front crawl	By the end of the lesson the learner should be able to: Practice kicking –leg action in front crawl in swimming for excellence	Name body part used for kicking in water	Learners to practice kicking-leg action in front crawl in swimming	Realia charts	Observation Oral questions	
2	1		Kicking (Leg action in water)in front crawl	By the end of the lesson the learner should be able to: Practice kicking –leg action in front crawl in swimming for excellence	Mention any floating technique they know	Learners to practice kicking-leg action in front crawl in swimming	Realia charts	Observation Oral questions	
	2		Kicking (Leg action in water)in front crawl	By the end of the lesson the learner should be able to: make relationships in water for creativity and imagination	Mention any floating technique they know	Learners to enjoy playing simple water games	Realia charts	Observation Oral questions	
	3		Kicking (Leg action in water)in	By the end of the lesson the learner should be able to: make	Mention any floating technique they	Learners to enjoy playing simple water games	Realia charts	Observation Oral questions	

			front crawl	relationships in water for creativity and imagination	know				
	4		Kicking (Leg action in water)in front crawl	By the end of the lesson the learner should be able to: play simple water game for creativity, enjoyment and peaceful coexistence	Mention any floating technique they know	Learners to enjoy playing simple water games	Realia charts	Observation Oral questions	
	5		Kicking (Leg action in water)in front crawl	By the end of the lesson the learner should be able to: observe safety when performing kicking –leg action in front crawl in swimming for own and others safety.	Mention any floating technique they know	Learners to observe safety rules while performing kicking- leg action in front crawl in swimming and when playing water games for safety	Realia charts	Observation Oral questions	
1	1-2		Starfish float	By the end of the lesson the learner should be able to: name some animals that live in water	Mention some objects that may float in water	Naming animals live in water	Realia charts	Observation Oral questions	
5	3-4		Starfish float	By the end of the lesson the learner should be able to: perform the starfish float in water	Mention some objects that may float in water	Learners to be guided on performing starfish float in swimming	Realia charts	Observation Oral questions	

				for survival					
	5		Starfish float	By the end of the lesson the learner should be able to: perform the starfish float in water for self-esteem, courage and confidence	Mention some objects that may float in water	Learners to be guided on performing starfish float in swimming	Realia charts	Observation Oral questions	
4	1-2		Starfish float	By the end of the lesson the learner should be able to: appreciate floating in water using the starfish float for survival	Name animals that live in water	Learners to practice starfish float in swimming. Learners to enjoy playing simple water games	Realia charts	Observation Oral questions	
	3-4		Starfish float	By the end of the lesson the learner should be able to: play simple water games for creativity, enjoyment and peaceful co-existence	Name animals that live in water	Learners to practice starfish float in swimming. Learners to enjoy playing simple water games	Realia charts	Observation Oral questions	
	5		Starfish float	By the end of the lesson the learner should be able to: obey rules while playing water games for own and others safety.	Name animals that live in water	Learners to observe rules for safety	Realia charts	Observation Oral questions	

5	1-2	Gymnastics	V-balance	By the end of the lesson the learner should be able to: name the parts of the body that are involved in performing the V-balance	Mention any other balance you know	Learners to name the parts of the body used in performing the V-balance	Realia charts	Observation Oral questions	
	3-4	Gymnastics	V-balance	By the end of the lesson the learner should be able to: perform the V-balance for strength, agility, flexibility and coordination,	Mention any other balance you know	Learners to be guided on how to perform the V-balance	Realia charts	Observation Oral questions	
	5	Gymnastics	V-balance	By the end of the lesson the learner should be able to: practice the V-balance for strength, agility, flexibility, coordination and for excellence	Mention any other balance you know	Learners to practice the V-balance individually	Realia charts	Observation Oral questions	
6	1	Gymnastics	Beam balance	By the end of the lesson the learner should be able to: watch a video clip of people performing beam balance for digital literacy	Name safety measures to observe when performing gymnastic skills	Learners to watch video clips of people performing the beam balance	Realia charts	Observation Oral questions	
	2	Gymnastics	Beam	By the end of the lesson	Name safety	Learners to watch	Realia	Observation	

			balance	the learner should be able to: perform the beam balance for strength, balance and coordination,	measures to observe when performing gymnastic skills	video clips of people performing the beam balance	charts	Oral questions	
	3	Gymnastics	Beam balance	By the end of the lesson the learner should be able to: perform the beam balance for strength, balance and coordination,	Name safety measures to observe when performing gymnastic skills	Learners to be guided on how to perform the beam balance	Realia charts	Observation Oral questions	
	4	Gymnastics	Beam balance	By the end of the lesson the learner should be able to: practice the beam balance for strength, balance, coordination and excellence	Name safety measures to observe when performing gymnastic skills	Learners to practice the beam balance individually and in groups	Realia charts	Observation Oral questions	
	5	Gymnastics	Beam balance	By the end of the lesson the learner should be able to: practice the beam balance for strength, balance, coordination and excellence	Name safety measures to observe when performing gymnastic skills	Learners to practice the beam balance individually and in groups	Realia charts	Observation Oral questions	
7	1	Gymnastics	Beam balance	By the end of the lesson the learner should be	Name some games you can	Learners to practice the beam balance	Realia charts	Observation Oral questions	

				able to: appreciate performing the beam balance for coordination, balance and courage	play that involve balancing	individually and in groups			
	2	Gymnastics	Beam balance	By the end of the lesson the learner should be able to: appreciate performing the beam balance for coordination, balance and courage	Name some games you can play that involve balancing	Learners to practice the beam balance individually and in groups	Realia charts	Observation Oral questions	
	3	Gymnastics	Beam balance	By the end of the lesson the learner should be able to: make relationships through performing the beam balance for creativity and imagination	Name some games you can play that involve balancing	Learners to participate in activities involving the beam balance	Realia charts	Observation Oral questions	
	4	Gymnastics	Beam balance	By the end of the lesson the learner should be able to: play simple games for enjoyment, creativity, collaboration and peaceful coexistence	Name some games you can play that involve balancing	Learners to participate in activities involving the beam balance	Realia charts	Observation Oral questions	
	5	Gymnastics	Beam balance	By the end of the lesson the learner should be	Name some games you can	Observe rules for safety	Realia charts	Observation Oral questions	

				able to: obey rules while performing the beam balance for own and others safety	play that involve balancing				
8	1	Gymnastics	Crab stand balance	By the end of the lesson the learner should be able to: watch a video clip on crabs for digital literacy,	Name the body parts used in crab stand balance?	learners to watch video clips of the crab stand balance	Realia charts	Observation Oral questions	
	2	Gymnastics	Crab stand balance	By the end of the lesson the learner should be able to: perform the crab stand balance for strength and coordination,	Name the body parts used in crab stand balance?	Learners to be guided on how to perform the crab stand balance,	Realia charts	Observation Oral questions	
	3	Gymnastics	Crab stand balance	By the end of the lesson the learner should be able to: practice the crab stand balance for strength and coordination,	Name the body parts used in crab stand balance?	Learners to practice the crab stand balance individually and in groups,	Realia charts	Observation Oral questions	
	4	Gymnastics	Crab stand balance	By the end of the lesson the learner should be able to: appreciate performing the crab stand balance for	Name the body parts used in crab stand balance?	Learners to practice the crab stand balance individually and in groups,	Realia charts	Observation Oral questions	

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