

# GRADE 1

# MOVEMENT SCHEME OF WORK TERM THREE

WE EK	LESSO N	STRAND	SUB STRAND	SPECIFIC LEARNING OUTCOMES	KEY INQUARY QUESTIONS	LEARNING EXPERIENCES	LEARNING RESOURCES	ASSESSMENT	REFLECTION
1	1	Swimming	Basic swimming skills	By the end of the lessons, the learner should be able to: name the organ used to see in water while swimming for body awareness	Discuss why it important to open the eyes hen swimming	Learners could be shown video clips of other learners swimming	Realia charts	Observation Oral questions	
	2		Basic swimming skills	By the end of the lessons, the learner should be able to: watch a video clip of people playing games in water for digital literacy	Discuss why it important to open the eyes hen swimming	Learners could be shown video clips of other learners swimming	Realia charts	Observation Oral questions	
	3		Basic swimming skills	By the end of the lessons, the learner should be able to: acquire the ability to see in water for safety, personal and general space awareness	Discuss why it important to open the eyes hen swimming	Take a deep breath through the mouth, and submerge the whole face in water with the eyes open, hold for 10 seconds and blow out in the water	Realia charts	Observation Oral questions	
	4		Basic swimming skills	By the end of the lessons, the learner should be able to:	Discuss why it important to open the eyes	Take a deep breath through the mouth, and submerge the whole	<b>Realia charts</b>	Observation Oral questions	

				establish relationships while seeing in water for critical thinking and problem solving	hen swimming	face in water with the eyes open, hold for 10 seconds and blow out in the water			
	5		Basic swimming skills	By the end of the lessons, the learner should be able to: make appropriate play items for creativity and imagination	Discuss why it important to open the eyes hen swimming	Take a deep breath through the mouth, and submerge the whole face in water with the eyes open, hold for 10 seconds and blow out in the water	Realia charts	Observation Oral questions	
2	1		Mushroom float	By the end of the lessons, the learner should be able to: watch a video clip of people floating in water for digital literacy	Name things that may float in water?	Learner to watch video clips of people floating on water using the mushroom float	Realia charts	Observation Oral questions	
	2		Mushroom float	By the end of the lessons, the learner should be able to: acquire the ability to float in water using the mushroom float technique for survival and water safety	Name things that may float in water?	Practiced floating on water using the mushroom float.	Realia charts	Observation Oral questions	
	3		Mushroom float	By the end of the lessons, the learner should be able to: demonstrate the ability	Name things that may float in water?	hold onto side of the pool hands shoulder width apart at the shallow end	Realia charts	Observation Oral questions	

				to float in water using the mushroom float technique for survival		ii. Step back and straightening the arms and lock the elbows			
	4		Mushroom float	By the end of the lessons, the learner should be able to: establish relationships while floating in water for critical thinking and problem solving	Name things that may float in water?	float with the face fully immersed in water with eyes open, Slowly Lift the head and bring the body to a standing position	Realia charts	Observation Oral questions	
3	5		Mushroom float	By the end of the lessons, the learner should be able to: appreciate floating in water for self-esteem and survival	Name things that may float in water?	Learner to cooperate with others and play simple water games while using the mushroom float technique	Realia charts	Observation Oral questions	
	1-2		Mushroom float	By the end of the lessons, the learner should be able to: make appropriate play items for creativity and imagination	Why it is important to know how to float in water		Realia charts	Observation Oral questions	
5	3-4		Mushroom float	By the end of the lessons, the learner should be able to: play simple water games for creativity, enjoyment and peaceful coexistence	Why it is important to know how to float in water	Learner to cooperate with others and play simple water games while using the mushroom float technique	Realia charts	Observation Oral questions	

	5			By the end of the lessons, the learner should be able to: observe rules when playing simple games for own and others safety.	Why it is important to know how to float in water	Learners to observe pool safety	Realia charts	Observation Oral questions	
4	1-2		Sculling water	By the end of the lessons, the learner should be able to: explore the different ways of sculling water	name any floating technique you know	Learners to watch a video clip of other learners sculling water (standing position)	Realia charts	Observation Oral questions	
	3-4		Sculling water	By the end of the lessons, the learner should be able to: watch video clips of people sculling in water for digital literacy	name any floating technique you know	Learners to watch a video clip of other learners sculling water (standing position)	Realia charts	Observation Oral questions	
	5		Sculling water	By the end of the lessons, the learner should be able to: acquire the ability to scull in water for survival and water safety,	name any floating technique you know	Learners practice sculling in water by: at the shallow end of the pool the learner to extend the arms directly out in front,	Realia charts	Observation Oral questions	

5	1-2		Sculling water	By the end of the lessons, the learner should be able to: demonstrate the ability to scull water for self-confidence	Why is it important to scull water?	the learner's feet stand on the pool floor and the body in a sitting arm	Realia charts	Observation Oral questions	
	3-4		Sculling water	By the end of the lessons, the learner should be able to: establish relationships while sculling water for critical thinking and problem solving	Why is it important to scull water?	Learners cooperates with others to play simple games while sculling water	Realia charts	Observation Oral questions	
	5		Sculling water	By the end of the lessons, the learner should be able to: make appropriate play items for creativity and imagination	Why is it important to scull water?	Learners to observe safety while playing water games	Realia charts	Observation Oral questions	
6	1	Gymnastics	Static balances: Single leg balance	By the end of the lessons, the learner should be able to: name the parts of the body that are used in Single leg balance for body awareness	Name some body balances you know	Learners to name the parts of the body in use when performing the Single leg balance	Realia charts	Observation Oral questions	
	2		Static balances: Single leg	By the end of the lessons, the learner should be able to:	Name some body balances you know	Learners to watch video clips of gymnastic displays	Realia charts	Observation Oral questions	

			balance	watch video clips on ballet dance for digital literacy					
	3		Static balances: Single leg balance	By the end of the lessons, the learner should be able to: perform the single leg balance for coordination, balance, strength and space awareness	Name some body balances you know	Learners to be guided on how to perform Single leg balance	Realia charts	Observation Oral questions	
	4		Static balances: Single leg balance	By the end of the lessons, the learner should be able to: practice performing the single leg balance for coordination, balance, and strength	Name some body balances you know	Learners to practice the Single leg balance	Realia charts	Observation Oral questions	
	5		Static balances: Single leg balance	By the end of the lessons, the learner should be able to: observe rules for own and others safety.	Name some body balances you know	Observe rules while performing the Single leg balance for own and others safety	Realia charts	Observation Oral questions	
7	1	Gymnastics	T-balance	By the end of the lessons, the learner should be able to name the parts of the body in use during T-	Name the body parts used in T-balance	Learners to name the parts of the body in use when performing the in T-balance	Realia charts	Observation Oral questions	

				balance performance for body awareness					
	2	Gymnastics	T-balance	By the end of the lessons, the learner should be able to watch video clips of T-balance for digital literacy	Name the body parts used in T-balance	Learners to watch video clips of other learners performing the T-balance	Realia charts	Observation Oral questions	
	3	Gymnastics	T-balance	By the end of the lessons, the learner should be able to perform the T-balance for strength, coordination, balance, and space awareness,	Name the body parts used in T-balance	Learners to practice the T-balance individually and with others.	Realia charts	Observation Oral questions	
	4	Gymnastics	T-balance	By the end of the lessons, the learner should be able to practice performing the T-balance for coordination, balance and strength	Name the body parts used in T-balance	Learners to play games	Realia charts	Observation Oral questions	
	5	Gymnastics	T-balance	By the end of the lessons, the learner should be able to appreciate performing the T-balance for self-esteem,	Name the body parts used in T-balance	Learners to practice the T-balance individually and with others	Realia charts	Observation Oral questions	
8	1		Star balance	By the end of the	Name the body	Learners to answer	Realia	Observation	

				lessons, the learner should be able to name the parts of the body that are in use during the performance of star balance for body awareness	parts used in Star balance?	questions on the parts of the body in use when performing the Star balance	charts	Oral questions	
	2		Star balance	By the end of the lessons, the learner should be able to watch video clips of star balance for digital literacy	Name the body parts used in Star balance?	Learners to watch the video clips of other learners performing the Star balance	Realia charts	Observation Oral questions	
	3		Star balance	By the end of the lessons, the learner should be able to perform the star balance for coordination, balance, strength and space awareness	Name the body parts used in Star balance?	Learners to practice the Star balance individually and with others	Realia charts	Observation Oral questions	
	4		Star balance	By the end of the lessons, the learner should be able to practice performing the star balance for coordination, balance, and strength	Name the body parts used in Star balance?	Learners to collaborate with others and participate in activities using the star balance	Realia charts	Observation Oral questions	
	5		Star balance	By the end of the	Name the body	Observe rules when	Realia	Observation	



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