

Program of Work

Subject: Physical Education	Term: One	Year 2017-2018	Form 1
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Cycle Period	Topics	General Objectives	Teaching Learning Strategies	Assessment	Date Completed
	Defining Physical Education Brief History of Physical Education.	Students will have a greater understanding of the origin of Physical education.	Class discussion and note giving.		
	Physical fitness and wellness: <ul style="list-style-type: none"> ➤ The skeletal system ➤ Meaning of wellness ➤ Dimensions of wellness ➤ Behaviours affecting wellness ➤ Nutrition 	<ul style="list-style-type: none"> • Identify the different bones associated with skeletal system and there functions. • State how the skeletal system assist individuals in completing a given task in sports. • Students will demonstrate how wellness affects the human body and its functions. • Identify the importance of nutrition on the human body both positive and negative. 	Class discussion and note giving.		
	Motor skill development: <ul style="list-style-type: none"> ➤ Elements of movement – space, awareness, body awareness, relationships, effort. ➤ Movement Skills – weight bearing, weight transference, 	<ul style="list-style-type: none"> • Understand the range of motions the body is capable of moving. 	Practical session Demonstration Peer teaching.		

	flight, body shape				
	<p>Motor skill development:</p> <ul style="list-style-type: none"> ➤ Brief history of football ➤ Passing, receiving, kicking ➤ Brief history of cricket ➤ Batting- forward defence, forward drive, pull to leg ➤ Bowling- basic over arm bowling action 	<ul style="list-style-type: none"> • Students will be able to demonstrate proper techniques. • Body position. • Foot eye and hand eye coordination. • Follow thought 			
	<p>Track and Field:</p> <ul style="list-style-type: none"> ➤ Brief history of track and field ➤ Definition of track and field ➤ Areas of track and field ➤ General principles of walking, running, throwing, jumping ➤ Basic techniques of sprinting ➤ Starts, Relays, Jumps, Throws ➤ Personal and Social Behaviour 	<ul style="list-style-type: none"> • Students will be able to demonstrate proper techniques. • Body position. • Foot eye and hand eye coordination. • Follow thought 	<p>Class discussion and note giving.</p> <p>Practical session</p> <p>Demonstration</p> <p>Peer teaching.</p>		

	<ul style="list-style-type: none"> ➤ Procedures/Rules ➤ Instructions ➤ Safety principles and practices ➤ Safety rules-equipment, environment, protective gear 				
	<p>Types of injuries:</p> <ul style="list-style-type: none"> ➤ Soft tissue ➤ Hard tissue ➤ Prevention of injuries 	<ul style="list-style-type: none"> • Define what are both soft and hard tissue. • List where they are found. • Different protocols to prevent injury and how to treat them. 	<p>Class discussion and note giving.</p>		