

Program of Work

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Subject: Physical Education		Term: One		Year 2017-2018	Form 2
Cycle Period	Topics	General Objectives	Teaching Learning Strategies	Assessment	Date Completed
	Physical fitness and wellness: <ul style="list-style-type: none"> ➤ Fitness needs in major sports ➤ Circulatory system ➤ Nutritional principles ➤ Weight management ➤ Stress management 	<ul style="list-style-type: none"> • Definition of fitness and its importance. • State how fitness can help you in sports. • Define what the circulatory system is. • List the major organs associated with the system. • Identify how the circulatory system affects your performance in sports. • The importance of weight and stress management. 	Class discussion Note giving.	Oral Questioning	
	Motor skill development: <ul style="list-style-type: none"> ➤ Weight bearing and weight transference using apparatus 	<ul style="list-style-type: none"> • Body awareness 	Practical session Demonstration	Oral Questioning	
	Basketball: <ul style="list-style-type: none"> ➤ Shooting in basketball ➤ Areas of the court ➤ Playing position ➤ Relating to skills 	<ul style="list-style-type: none"> • Body position • Hand eye co-ordination. • Proper techniques. 	Practical session Demonstration	Oral Questioning	

	Footwork- Pivot Shooting- Lay Up	<ul style="list-style-type: none"> • Body position • Balance 	Demonstration	Oral Questioning	
	Football: <ul style="list-style-type: none"> ➤ Trapping in football ➤ The throw-in 	<ul style="list-style-type: none"> • Body position • Foot eye co-ordination. • Proper techniques. 	Practical session Demonstration		
	More advanced techniques of: <ul style="list-style-type: none"> ➤ Sprints ➤ Starts ➤ Baton pass ➤ Jumps ➤ Throws 	<ul style="list-style-type: none"> • Proper techniques. • Body position 	Practical session Demonstration	Oral Questioning	
	Motor skill development: <ul style="list-style-type: none"> ➤ Discus throw 	<ul style="list-style-type: none"> • Proper techniques. • Body position 	Practical session Demonstration	Oral Questioning	
	Personal and social behaviour: Self-discipline/ commitment <ul style="list-style-type: none"> ➤ Participation ➤ Commitment ➤ Cooperation 	<ul style="list-style-type: none"> • Define participation, commitment and cooperation. • State how each aspect ties in the sports and its importance. 	Class discussion Note giving.	Oral Questioning	

	<p>Safety principles and practices:</p> <ul style="list-style-type: none"> ➤ Safety practices in given activities ➤ Safety implications of warm up and cool down ➤ Protective gears 	<ul style="list-style-type: none"> • List how we can be safe in doing activities. • What are the importance of warm up and cool down. • List different protective sport gears in different sports and there use/importance. 	<p>Class discussion</p> <p>Note giving.</p>	<p>Oral Questioning</p>	
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