

PHYSICAL EDUCATION

SCHEME OF WORK

FORM 2

TERM 1

- Physical fitness and wellness: fitness needs in major sports, circulatory system, nutritional principles, weight management, stress management
- Motor Skill development: weight bearing and weight transference using apparatus
- Basketball: shooting in basketball, areas of the court, playing position, relating to skills, shooting – Lay Up
- Football: Trapping in football, The throw-in
- More advanced techniques of: sprints, starts, baton pass, jumps, throws
- Motor Skill development: Discus throw
- Personal and social behavior: self-discipline/commitment, participation , cooperation
- Safety principles and practices: safety practices in given activities, safety implications of warming up and cooling down, protective gears