

## **PHYSICAL EDUCATION**

### **SCHEME OF WORK**

#### **FORM 1**

#### **TERM 1**

- Defining Physical Education, Brief History of Physical Education
- Physical Fitness and Wellness: The skeletal system, meaning of wellness, dimensions of wellness, behaviours affecting wellness, nutrition
- Motor Skill development: Elements of movement (space, awareness, body awareness, relationships, effort), Movement skills: weight bearing, weight transference, flight, body shape
- Motor skill development: brief history of football, passing, receiving, kicking, brief history of cricket, batting, forward defense, forward drive, pull to leg, bowling, basic over arm bowling action
- Track and Field: Brief history, 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 behavior, procedures/rules, instructions, safety principles and practices, safety rules (equipment, environment, protective gear)
- Types of injuries: soft tissue, hard tissue, prevention of injuries