

| Program of Work | | | |
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| Subject: Physical Education | | Term: Two | Year: 2018/10 |
| Form 1 | | | |
| Cycle Period | Topic | General Objectives | |
| | Correction of exam papers | Make necessary corrections to paper | |
| | The muscular system | Understanding the functions, structure of the muscular system | |
| | Gymnastics: Meaning of Gymnastics | Develop a gymnastic vocabulary | |
| | Weight bearing balances; crouch, headstand, handstand | Perform basic gymnastics skills. | |
| | The muscular system | Understand the working of the muscular system. State the effect of physical activity on the muscular system | |
| | Gymnastics: Rolls | Perform basic gymnastics skills. | |
| | Physical fitness: definition, components, factors affecting fitness | Understand the concept of physical fitness. Define physical fitness. Identify the components of fitness. State the factors affecting fitness. | |

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| | Gymnastics cartwheel, round off | Perform basic gymnastics skills. |
| | First aid | Define first aid and identify contents of a first aid kit. |
| | Basketball: passing and catching | Show proficiency in passing and catching |

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| | History of basketball | Understanding and appreciate the history pf basketball. |
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