

Scheme Of Work

Subject: Physical Education		Term: Two	Year 2018 -2019	Form 2
Cycle Period	Topic	General Objectives		
	The circulatory system: Function	Describe the functions and structure of the circulatory system. Distinguish the major parts of the circulatory system.		
	Cricket: batting GSB, shots of the back foot	Demonstrate basic batting skills. Use the shot of the back foot.		
	The circulatory system : working effects of exercise	Describe the working of the circulatory system. State the effects that physical activity has on the circulatory system.		
	Cricket: bowling	Demonstrate basic bowling skills.		
	Benefits of Cardio respiratory endurance exercise	List the factors involved in having a good cardio respiratory endurance system.		
	Energy System	Understanding the three main energy system. Creatine phosphate system, lactic acid, aerobic system		
	History of volleyball	Understand and appreciate the history of volleyball		
	Introduction to volleyball	Know the basic skills of volleyball (pass, set, spike, block)		

	Outdoor education	Identify safety rules as they apply to outdoor activities. Design an outdoor activity
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	First Aid, R.I.C.E	Apply the principles of rest, ice, compression and elevation to and injury. Understand how important first aid given in any situation is.
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	Games- Volleyball- underarm serve, forearm pass, overhead pass	Demonstrate the skills involved in volleyball.
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