PP1 PSYCHOMOTO

PSYCHOMOTOR ACTIVITIES SCHEME OF WORK TERM ONE

W E E K	LE SS O N	STRANDS	S- STRAND	SPECIFIC LEARNING OUTCOMES	KEY INQURY QUESTIONS	CORE COMPETENCE	VALUES	LEARNING EXPERIENCES	LEARNING RESOURCES	ASSESSM ENT	REFL
2	1 1- 5	BASIC MOTOR SKILLS	Locomot	By the end of the substrand the leaner should be able to: a) Acquire the skills of crawling and swinging for feasibility and strength b) Demonstrate the ability to crawl and swing for enjoyment		Communication and collaboration	Peace Patience Responsibility	☐ Guide the learners to crawl and swing ☐ Learners have opportunity for free performance	Realia Charts	1.Observ ation 2.Oral questions	
3	1-5		Locomot	By the end of the substrand the leaner should be able to: a) Acquire the skills of crawling and swinging for feasibility and strength b) Demonstrate the ability to crawl and swing for enjoyment	Which activity do you enjoy most? 2. Which activity would like to perform? 3. When do you like playing with	Communication and collaboration	Love Respect Unity Peace Patience Responsibility	☐ Guide the learners to crawl and swing ☐ Learners have opportunity for free performance	Realia	.Observat ion 2.Oral questions	
4	1-5		Locomot	By the end of the substrand the leaner should be able to: a) Demonstrate the ability to crawl and swing for enjoyment b) Have fun as they crawl and swing in turns	Which activity do you enjoy most? 2. Which activity would like to perform? 3. When do you like playing with	Communication and collaboration Self efficacy Digital literacy Imaginative and creative	Respect Peace Responsibility	☐ Guide the learners to crawl and swing ☐ Learners have opportunity for free performance	Realia charts	.Observat ion 2.Oral questions	

5	1-5	Locomot	By the end of the substrand the leaner should be able to: a) Acquire the skills of crawling and swinging for feasibility and strength b) Demonstrate the ability to crawl and swing for enjoyment	Which activity do you enjoy most? 2. Which activity would like to perform? 3. When do you like playing with	Communication and collaboration Self efficacy Digital literacy Imaginative and creative	Respect Peace Responsibility	Guide them to observe safety as they perform activities. Guide them on how to deal with emotions. Learners would perform the activities in groups and in pairs	Realia charts	Observatio n
6	1-5	Locomotive	By the end of the substrand the leaner should be able to: a) Demonstrate the ability to crawl and swing for enjoyment b) Have fun as they crawl and swing in turns	Which activity do you enjoy most? 2. Which activity would like to perform? 3. When do you like playing with	Communication and collaboration Self efficacy Digital literacy Imaginative and creative	Respect Peace Responsibility	Guide them to observe safety as they perform activities. Guide them on how to deal with emotions. Learners would perform the activities in groups and in pairs	Realia charts	.Observat ion 2.Oral questions
7	1- 5	Locomot ive	By the end of the substrand the leaner should be able to: a) Have fun as they crawl and swing in turns	Which activity do you enjoy most? 2. Which activity would	Communication and collaboration Self efficacy Imaginative and creative	Responsibility	Guide them to observe safety as they perform activities.	Realia charts	.Observat ion 2.Oral questions

				like to perform? 3. When do you like playing with			on how to deal with emotions. □ Learners would perform the activities in groups and in pairs		
•	5 1-	Non- locomoti ve	By the end of the substrand the leaner should be able to: a) acquire stretching and bending skills for muscle development. b) bending and stretching for body co-ordination		Communication and collaboration	Responsibility	Learners to stretch and bend freely Learners guided to perform stretching and bending activities Organize learners to observe safety precautions as they stretch and bend Learners appreciate own and others talents	Realia	.Observat ion 2.Oral questions
	9 1-5	Non- locomoti ve	By the end of the substrand the leaner should be able to: a) acquire stretching and bending skills for muscle development. b) bending and stretching for body co-ordination		Communicatio n and collaboration	Responsibility	Learners to stretch and bend freely Learners guided to perform stretching and bending activities Organize learners to observe safety	Realia	.Observat ion 2.Oral questions

					precautions as they stretch and bend Learners appreciate own and others talents		
L 1-) 5	Non- locomoti ve	By the end of the substrand the leaner should be able to: a) acquire stretching and bending skills for muscle development. b) bending and stretching for body co-ordination	Communication and collaboration	Responsibility	Learners to stretch and bend freely Learners guided to perform stretching and bending activities Organize learners to observe safety precautions as they stretch and bend Learners appreciate own and others talents	Realia	Observation 2.Oral questions
	Non- locomoti ve	By the end of the substrand the leaner should be able to a) bending and stretching for body co-ordination b) have fun as they stretch and bend	Communication n and collaboration	Responsibility	Learners to stretch and bend freely Learners guided to perform stretching and bending activities Organize learners to observe safety	Realia	.Observat ion 2.Oral questions

						precautions as they stretch and bend Learners appreciate own and others talents			
1 2		Non- locomoti ve	By the end of the substrand the leaner should be able to a) bending and stretching for body co-ordination b) have fun as they stretch and bend	Communication and collaboration	Responsibility	Learners to stretch and bend freely Learners guided to perform stretching and bending activities Organize learners to observe safety precautions as they stretch and bend Learners appreciate own and others talents	Realia	.Observation 2.Oral questions 3.written questions	
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