**PP1 PSYCHOMOTOR ACTIVITIES SCHEME OF WORK TERM ONE**



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| **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** |
| **1** | **1** |  |  |  |  |  |  |  |  |  |  |
| **2** | **1-** | **BASIC** | **Locomot** | By the end of the sub- strand the leaner should be able to:a) Acquire the skillsof crawling and swinging for feasibility and strengthb) Demonstrate the ability to crawl and swing for enjoyment |  | Communicatio | Peace |  | **Realia** | **1.Observ** |  |
| **5** | **MOTOR** | **ive** |  | n and | Patience | Guide the | **Charts** | **ation** |  |
|  | **SKILLS** |  |  | collaboration | Responsibility | learners to crawl |  | **2.Oral** |  |
|  |  |  |  |  |  | and swingLearners haveopportunity for free performance |  | **questions** |  |
| 3 | 1- |  | **Locomot** | By the end of the sub-strand the leanershould be able to:a) Acquire the skills of crawling andswinging for feasibility andstrengthb) Demonstrate the ability to crawl and swing for enjoyment |  | Communicatio | Love |  | **Realia** | **.Observat** |  |
| 5 |  | **ive** | Which activity | n and | Respect | Guide the | **ion** |  |
|  |  |  | do you enjoy | collaboration | Unity | learners to crawl | **2.Oral** |  |
|  |  |  | most? |  | Peace | and swing | **questions** |  |
|  |  |  | 2. Which |  | Patience | Learners have |  |  |
|  |  |  | activity would |  | Responsibility | opportunity for |  |  |
|  |  |  | like to perform?3. When do you like playingwith |  |  | freeperformance |  |  |
| 4 | 1- |  | **Locomot** | By the end of the sub-strand the leaner should be able to: a) Demonstrate theability to crawl andswing for enjoyment b) Have fun as they crawl and swing in turns |  | Communicatio | Respect |  | **Realia** | **.Observat** |  |
| 5 |  | **ive** | Which activity | n and | Peace | Guide the | **charts** | **ion** |  |
|  |  |  | do you enjoy | collaboration | Responsibility | learners to crawl |  | **2.Oral** |  |
|  |  |  | most? | Self efficacy |  | and swing |  | **questions** |  |
|  |  |  | 2. Which | Digital literacy |  | Learners have |  |  |  |
|  |  |  | activity would | Imaginative |  | opportunity for |  |  |  |
|  |  |  | like to perform?3. When do you like playingwith | and creative |  | free performance |  |  |  |



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| 5 | 1-5 |  | **Locomot ive** | By the end of the sub-strand the leanershould be able to:a) Acquire the skills of crawling and swinging forfeasibility and strengthb) Demonstrate the ability to crawl andswing for enjoyment | Which activity do you enjoy most?2. Which activity wouldlike to perform?3. When do you like playingwith | Communication andcollaboration Self efficacy Digital literacy Imaginative and creative | RespectPeaceResponsibility | Guide them to observe safety as they perform activities.on how to deal with emotions.would perform the activities in groups and in pairs | **Realia****charts** | Observation |  |
| 6 | 1-5 |  | **Locomot ive** | By the end of the sub-strand the leanershould 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 playingwith | Communication andcollaboration Self efficacy Digital literacy Imaginative and creative | RespectPeaceResponsibility | Guide them to observe safety as they perform activities.on how to deal with emotions.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 sub-strand 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** |  |



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|  |  |  |  |  | like to perform?3. When do you like playingwith |  |  | on how to deal with emotions.would perform the activities in groups and in pairs |  |  |  |
| 8 | 1-5 |  | **Non- locomoti****ve** | By the end of the sub-strand the leanershould be able to:a) acquire stretching and bending skills formuscle development.b) bending and stretching for body co-ordination |  | Communication andcollaboration | Responsibility | Learners to stretch and bend freelyguided to perform stretching and bending activitieslearners to observe safety precautions as they stretch and bendappreciate own and others talents | **Realia** | **.Observat****ion****2.Oral****questions** |  |
| 9 | 1-5 |  | **Non-****locomoti ve** | By the end of the sub-strand the leaner should be able to:a) acquire stretching and bending skills formuscle development. b) bending and stretching for bodyco-ordination |  | Communication and collaboration | Responsibility | Learners to stretch and bend freelyguided to perform stretching and bending activitieslearners to observe safety | **Realia** | **.Observat****ion****2.Oral questions** |  |



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|  |  |  |  |  |  |  |  | precautions as they stretch and bendappreciate own and others talents |  |  |  |
| 10 | 1-5 |  | **Non- locomoti ve** | By the end of the sub- strand the leaner should be able to:a) acquire stretchingand bending skills for muscle development. b) bending and stretching for bodyco-ordination |  | Communicatio n and collaboration | Responsibility | Learners to stretch and bend freelyguided to perform stretching and bending activitieslearners to observe safety precautions as they stretch and bendappreciate own and others talents | **Realia** | **.Observat****ion****2.Oral questions** |  |
| 11 | 1-5 |  | **Non- locomoti ve** | By the end of the sub-strand the leanershould be able toa) bending and stretching for body co-ordinationb) have fun as they stretch and bend |  | Communicatio n and collaboration | Responsibility | Learners to stretch and bend freelyguided to perform stretching and bending activitieslearners to observe safety | **Realia** | **.Observat****ion****2.Oral questions** |  |



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|  |  |  |  |  |  |  |  | precautions as they stretch and bendappreciate own and others talents |  |  |  |
| 12 | 1-5 |  | **Non- locomoti ve** | By the end of the sub-strand the leaner should be able toa) bending and stretching for body co-ordinationb) have fun as they stretch and bend |  | Communicatio n and collaboration | Responsibility | Learners to stretch and bend freelyguided to perform stretching and bending activitieslearners to observe safety precautions as they stretch and bendappreciate own and others talents | Realia | **.Observat****ion****2.Oral questions****3.written questions** |  |
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