

### **PHE SCHEME OF WORK GRADE 6 TERM 3**

<b>NAME</b>	
<b>TSC NO.</b>	
<b>SCHOOL</b>	

## PHYSICAL HEALTH EDUCATION SCHEME OF WORK GRADE 6 TERM 3

SCHOOL	GRADE	LEARNING AREA	TERM	YEAR
	GRADE 6	PHYSICAL HEALTH EDUCATION	3	

Week	Lesson	Strand	Sub Strand	Specific Learning Outcomes	Learning Experiences	Key Inquiry Questions	Learning Resources	Assessment	Reflection
<b>1</b>	<b>1</b>	Gymnastics	Elbow stand	By the end of the lesson, the learner should be able to: <ul style="list-style-type: none"> <li>• Use digital device to watch a video clip on elbow stand and observe the placement of the hands.</li> <li>• Draw the picture on learner's book that show the elbow stand.</li> <li>• Discuss the benefits of an elbow.</li> <li>• Appreciate the benefits of an elbow.</li> </ul>	The learner is guided individually or in groups to: <ul style="list-style-type: none"> <li>-Use digital device to watch a video clip on elbow stand and observe the placement of the hands.</li> <li>-Draw the picture on learner's book that show the elbow stand.</li> <li>-Discuss the benefits of an elbow.</li> </ul>	What is an elbow?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 198-199	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	<b>2</b>	Gymnastics	Elbow stand	By the end of the lesson, the learner should be able to: <ul style="list-style-type: none"> <li>• Identify warm up activities.</li> <li>• Practice warm up and cool</li> </ul>	The learner is guided individually or in groups to: <ul style="list-style-type: none"> <li>-Identify warm up activities.</li> </ul>	How do you perform warm up activity in elbow stand?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 199-201	Value based sports channels, Observation Peer assessment and feedback	

				<p>down activities such as bear crawl and Cross-Body shoulder stretch.</p> <ul style="list-style-type: none"> <li>Appreciate the spirit of sports through dedication and commitment</li> </ul>	<p>-Practice warm up and cool down activities such as bear crawl and Cross-Body shoulder stretch.</p>			<p>Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	3	Gymnastics	Elbow stand	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Describe the placement of the forearm during the elbow stand.</li> <li>Demonstrate the elbow stand balance</li> <li>Practice elbow stand kicks.</li> <li>Have fun practising elbow stand.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Describe the placement of the forearm during the elbow stand.</p> <p>-Demonstrate the elbow stand balance.</p> <p>-Practice elbow stand kicks.</p>	<p>What is the other name for the elbow stand?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 201-204</p>	<p>Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	4	Gymnastics	Dive forward roll into squat stand	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Explain the meaning of dive forward roll into squat stand.</li> <li>Use digital device to watch a video clip and observe the body position, arm and leg movement.</li> <li>Practice warm up activities.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Explain the meaning of dive forward roll into squat stand.</p> <p>-Use digital device to watch a video clip and observe the body position, arm and leg movement.</p> <p>-Practice warm up activities</p>	<p>What is dive forward roll into squat stand?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 205-207</p>	<p>Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	

				<ul style="list-style-type: none"> <li>• Appreciate feedback from the teacher and others</li> </ul>					
	5	Gymnastics	Dive forward roll into squat stand	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Describe the dive forward roll squat stand.</li> <li>• Demonstrate a dive forward roll into squat stand.</li> <li>• Practice dive roll, tuck forward roll and handstand forward roll.</li> <li>• Have a desire to uphold integrity during sporting competitions.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Describe the dive forward roll squat stand.</p> <p>-Demonstrate a dive forward roll into squat stand.</p> <p>-Practice dive roll, tuck forward roll and handstand forward roll.</p>	When can you use the dive forward roll in real life situations?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 207-209	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
2	1	Gymnastics	Fence vault	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define a fence vault.</li> <li>• Use digital device to watch a video clip on fence vault and observe the body position, arm and leg movement.</li> <li>• Practice the warm up and cool down activities.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define a fence vault.</p> <p>-Use digital device to watch a video clip on fence vault and observe the body position, arm and leg movement.</p> <p>-Practice the warm up and</p>	What is a fence vault?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 210-211	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

				<ul style="list-style-type: none"> <li>Appreciate the importance of following safety instructions.</li> </ul>	cool down activities.				
	2	Gymnastics	Fence vault	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Outline the drills used to practice the fence vault.</li> <li>Demonstrate the fence vault.</li> <li>Practice side vault, box top and fence vault.</li> <li>Have fun and enjoy practising the fence vault gymnastic movement.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> <li>-Outline the drills used to practice the fence vault.</li> <li>-Demonstrate the fence vault.</li> <li>-Practice side vault, box top and fence vault.</li> </ul>	When can you use a fence vault in everyday life?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 212-214	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	3	Gymnastics	Partner balances	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Explain the meaning of partner balances.</li> <li>Describe the physical activities taking place on learner's book.</li> <li>Use digital device to watch a video clip on partner balances and observe the different types of partner balances.</li> <li>Display the character of a sport person.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> <li>-Explain the meaning of partner balances.</li> <li>-Describe the physical activities taking place on learner's book.</li> <li>-Use digital device to watch a video clip on partner balances and observe the different types of partner balances.</li> </ul>	What is partner balance?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 214-215	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

	<b>4</b>	Gymnastics	Partner balances	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Explain the meaning of counter balance.</li> <li>• Practice warm up and cool down activities such as side reach and torso twists.</li> <li>• Display an attitude of receiving feedback positively from teachers and peers.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Explain the meaning of counter balance.</p> <p>-Practice warm up and cool down activities such as side reach and torso twists.</p>	<p>What is counter balance?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 216-217</p>	<p>Sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	<b>5</b>	Gymnastics	Partner balances	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• State the safety measures to observe when performing the counter balance and the counter tension.</li> <li>• Demonstrate pair and trio balances.</li> <li>• Practise trio partner balances.</li> <li>• Display an attitude to work in a team</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-State the safety measures to observe when performing the counter balance and the counter tension.</p> <p>-Demonstrate pair and trio balances.</p> <p>-Practise trio partner balances</p>	<p>What is counter tension?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 218-220</p>	<p>Sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
<b>3</b>	<b>1</b>	Gymnastics	Six action sequence	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Describe each of the six actions in the</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Describe each of the six</p>	<p>What is six action sequence?</p>	<p>KLB Visionary Physical and Health Education</p>	<p>Sports channels, Observation Peer assessment</p>	

				<p>sequence on learner's book.</p> <ul style="list-style-type: none"> <li>• Use digital device to watch a video clip on gymnastic sequences and observe the sequence of several gymnastics' actions.</li> <li>• Practice warm up and cool down activities.</li> <li>• Appreciate feedback from their partner</li> </ul>	<p>actions in the sequence on learner's book.</p> <p>-Use digital device to watch a video clip on gymnastic sequences and observe the sequence of several gymnastics' actions.</p> <p>-Practice warm up and cool down activities.</p>		Learner's Book 6 Pg. 220-222	and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Gymnastics	Six action sequence	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Outline the drills to perform six action sequence.</li> <li>• Demonstrate a six action sequence.</li> <li>• Have fun and enjoy practicing six action sequence.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Outline the drills to perform six action sequence.</p> <p>-Demonstrate a six action sequence.</p>	Which gymnastics actions are combined to come up with a six action sequence?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 222-223	sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	3	Health and Fitness	Speed	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define speed.</li> <li>• Use digital device to watch a video clip on how to improve speed.</li> <li>• Practice warm up and cool down activities such as collect tails.</li> <li>• Appreciate the benefits of speed.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define speed.</p> <p>-Use digital device to watch a video clip on how to improve speed.</p> <p>-Practice warm up and cool down activities such</p>	What is speed?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 226-227	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

as collect tails.

					as collect tails.				
	<b>4</b>	Health and Fitness	Speed	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Name the components of health fitness that are taken care of by activities for developing speed.</li> <li>Demonstrate the drills to perform to enhance speed.</li> <li>Have fun and enjoy performing different drills.</li> <li>Display the character of a sport person.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> <li>Name the components of health fitness that are taken care of by activities for developing speed.</li> <li>Demonstrate the drills to perform to enhance speed.</li> </ul>	<p>Why is speed important in games?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 227-229</p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	<b>5</b>	Health and Fitness	Speed	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>List games and sports in which speed is very important.</li> <li>Perform the interval sprints, jumping jacks and weight running.</li> <li>Have fun and enjoy performing speed drill games.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> <li>List games and sports in which speed is very important.</li> <li>Perform the interval sprints, jumping jacks and weight running.</li> </ul>	<p>How do you improve speed?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 229-232</p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
<b>4</b>	<b>1</b>	Health and Fitness	Power	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Define power.</li> <li>State the importance</li> </ul>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> <li>Define power</li> </ul>	<p>What is power?  What is the importance of power in games</p>	<p>KLB Visionary Physical and Health Education</p>	<p>Observation Peer assessment and feedback Self -</p>	



				<p>of power in games and sports.</p> <ul style="list-style-type: none"> <li>• Practice warm up and cool down activities.</li> <li>• Appreciate the importance of power in games and sports.</li> </ul>	<p>State the importance of power in games and sports.</p> <p>-Practice warm up and cool down activities.</p>	and sports?	Learner's Book 6 Pg. 232-233	assessment and feedback Practical's Written Tests Portfolio	
	<b>2</b>	Health and Fitness	Power	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• List three sports where athletes need a lot of power.</li> <li>• Create drills that improve power.</li> <li>• Practice and perform physical exercise to enhance muscular strength.</li> <li>• Appreciate the importance being physically fit.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-List three sports where athletes need a lot of power.</p> <p>-Create drills that improve power.</p> <p>-Practice and perform physical exercise to enhance muscular strength.</p>	Which activities can help you develop power at home?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 233-238	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	<b>3</b>	Health and Fitness	Co-ordination	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define co-ordination.</li> <li>• Discuss ways to improve co-ordination.</li> <li>• Practice warm up and cool down activities.</li> <li>• Respect each other's opinion.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define co-ordination.</p> <p>-Discuss ways to improve co-ordination.</p> <p>-Practice warm up and cool down activities.</p>	What is co-ordination?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 238-239	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	<b>4</b>	Health and Fitness	Co-ordination	<p>By the end of the lesson, the learner should be able to:</p>	<p>The learner is guided individually or in groups</p>	Why does an athlete need to be agile?	KLB Visionary Physical and	Observation Peer assessment	

				<ul style="list-style-type: none"> <li>• Outline the drills to practice to improve co-ordination.</li> <li>• Practice and perform different drills that help improve co-ordination.</li> <li>• Appreciate feedback from the teacher and others.</li> </ul>	<p>to:</p> <p>-Outline the drills to practice to improve co-ordination.</p> <p>-Practice and perform different drills that help improve co-ordination.</p>		Health Education Learner's Book 6 Pg. 239-240	and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
<b>5</b>	<b>1</b>	Outdoor Activities	Leadership styles	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Identify types of leadership styles in sports.</li> <li>• State the qualities of a good leader.</li> <li>• Role play the scenario on learner's book.</li> <li>• Appreciate different kinds of leadership.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Identify types of leadership styles in sports.</p> <p>-State the qualities of a good leader.</p> <p>-Role play the scenario on learner's book.</p>	What are the qualities of a good leader?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 244-247	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	<b>2</b>	Outdoor Activities	Lightning the camp fire	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define firewood.</li> <li>• Discuss importance of stones around a fire place.</li> <li>• State the precautions to observe when starting a camp fire.</li> <li>• Draw the picture on learner's book.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define firewood.</p> <p>-Discuss importance of stones around a fire place.</p> <p>-State the precautions to observe when starting a</p>	What precautions should you take when starting a camp fire?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 247-248	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

				<ul style="list-style-type: none"> <li>Appreciate importance of observing precautions when starting a camp fire.</li> </ul>	<p>camp fire.</p> <p>-Draw the picture on learner's book.</p>				
	3	Outdoor Activities	Lightning the camp fire	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Identify the materials that can be used to light a camp fire.</li> <li>Demonstrate how to arrange firewood for a better camp fire during a camping activity.</li> <li>Appreciate the importance of lightning a camp fire.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Identify the materials that can be used to light a camp fire.</p> <p>-Demonstrate how to arrange firewood for a better camp fire during a camping activity.</p>	How can you manage a camp fire during an outdoor activity?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 248-250	<p>Observation</p> <p>Peer assessment and feedback</p> <p>Self - assessment and feedback</p> <p>Practical's</p> <p>Written Tests</p> <p>Portfolio</p>	
	4	Outdoor Activities	Choosing and constructing shelter	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Define shelter.</li> <li>Discuss why it is necessary to know how to make a shelter during an outdoor activity.</li> <li>Practice warm up and cool down activities such as jog on the spot.</li> <li>Appreciate the importance of making a shelter during an outdoor activity.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define shelter.</p> <p>-Discuss why it is necessary to know how to make a shelter during an outdoor activity.</p> <p>-Practice warm up and cool down activities such as jog on the spot.</p>	<p>What is a shelter?</p> <p>Why is it necessary to know how to make a shelter during an outdoor activity?</p>	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 251-252	<p>Observation</p> <p>Peer assessment and feedback</p> <p>Self - assessment and feedback</p> <p>Practical's</p> <p>Written Tests</p> <p>Portfolio</p>	
	5	Outdoor Activities	Choosing and constructing shelter	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Explain the factors needed</li> </ul>	<p>The learner is guided individually or in groups to:</p>	What are the factors to consider when choosing a site	KLB Visionary Physical and Health	<p>Observation</p> <p>Peer assessment and feedback</p>	

				<p>to consider when choosing a site for setting up a shelter.</p> <ul style="list-style-type: none"> <li>• Model a simple shelter they would use in a camp.</li> <li>• Have fun and enjoy modelling a simple shelter.</li> </ul>	<p>-Explain the factors needed to consider when choosing a site for setting up a shelter.</p> <p>-Model a simple shelter they would use in a camp.</p>	<p>for setting up a shelter?</p>	<p>Education Learner's Book 6 Pg. 252-255</p>	<p>Self - assessment and feedback Practical's Written Tests Portfolio</p>	
<b>6</b>	<b>1</b>	Sports related injuries	Fainting	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define fainting.</li> <li>• Identify causes of fainting.</li> <li>• Practise warm up and cool down activities.</li> <li>• Appreciate positive ways of coping with stress in daily life.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define fainting.</p> <p>-Identify causes of fainting.</p> <p>-Practise warm up and cool down activities.</p>	<p>Have you ever felt dizzy?</p> <p>What are the causes of fainting?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 256-257</p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	<b>2</b>	Sports related injuries	Fainting	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• State the safety procedures to observe when attending to a person who has fainted.</li> <li>• Practise how to assist a person who has fainted.</li> <li>• Appreciate the importance of learning first aid of fainting.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-State the safety procedures to observe when attending to a person who has fainted.</p> <p>-Practise how to assist a person who has fainted.</p>	<p>What should you do if you start experiencing the signs and symptoms of fainting?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 257-259</p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	<b>3</b>	Sports related injuries	Insect bites and stings	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Explain how an insect bite occurs.</li> <li>• Practice the warm up and cool down activities of an</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Explain how an insect bite occurs.</p>	<p>How does an insect bite occurs?</p>	<p>KLB Visionary Physical and Health Education Learner's Book</p>	<p>Observation Peer assessment and feedback Self - assessment and feedback</p>	

				<p>insect bites and stings.</p> <ul style="list-style-type: none"> <li>• Appreciate the teacher's feedback.</li> </ul>	-Practice the warm up and cool down activities of an insect bites and stings.		6 Pg. 259-260	Practical's Written Tests Portfolio	
	<b>4</b>	Sports related injuries	Insect bites and stings	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Identify the signs and symptoms of insect bites and sting.</li> <li>• Draw insects that are common in their locality.</li> <li>• Have fun discussing the observations with their classmates.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Identify the signs and symptoms of insect bites and sting.</p> <p>-Draw insects that are common in their locality.</p>	What are the signs and symptoms of insects bites and stings?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 260-262	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	<b>5</b>	Sports related injuries	Insect bites and stings	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• State the difference between an insect bite and a sting.</li> <li>• Demonstrate how to take care of an insect bite.</li> <li>• Practise first aid procedure for insect bite and stings.</li> <li>• Appreciate importance of learning first aid of bites and stings.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-State the difference between an insect bite and a sting.</p> <p>-Demonstrate how to take care of an insect bite.</p> <p>-Practise first aid procedure for insect bite and stings.</p>	What is the difference between an insect bite and a sting?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 269-263	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

7	1	Sports related injuries	Snake bite	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define poisonous and non-poisonous snakes.</li> <li>• List down traditional ways in their locality that were used to care for snakes.</li> <li>• Demonstrate how to care for a snake bite.</li> <li>• Practise how to assist a casualty of a snake bite.</li> <li>• Advocate the importance of learning first-aid.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> <li>-Define poisonous and non-poisonous snakes.</li> <li>-List down traditional ways in their locality that were used to care for snakes.</li> <li>-Demonstrate how to care for a snake bite.</li> <li>-Practise how to assist a casualty of a snake bite.</li> </ul>	<p>How would you tell if you have been bitten by a snake?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 263-265</p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	2	Sports related injuries	Bandages and dressings	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Explain the meaning of dressing a wound.</li> <li>• Define bandage.</li> <li>• Identify the different types of bandages and dressing first aid.</li> <li>• Draw the things found in a first aid box.</li> <li>• Appreciate the use of a first aid box.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> <li>-Explain the meaning of dressing a wound.</li> <li>-Define bandage.</li> <li>-Identify the different types of bandages and dressing first aid.</li> <li>-Draw the things found in a first aid box.</li> </ul>	<p>What is a bandage?  How to identify different types of bandages?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 266-267</p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	3	Sports related injuries	Bandages and dressings	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define a triangular bandage.</li> <li>• List the materials used to make a triangular bandage.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> <li>-Define a triangular bandage.</li> <li>-List the materials used to</li> </ul>	<p>How do you use a triangular bandage?</p>	<p>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 268-270</p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's</p>	

				<ul style="list-style-type: none"> <li>Practice how to use the triangular bandage.</li> <li>Appreciate the importance of using a triangular bandage.</li> </ul>	<p>make a triangular bandage.</p> <p>-Practice how to use the triangular bandage.</p>			Written Tests Portfolio	
	<b>4</b>	Sports related injuries	Slings and splints	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Define slings and splints.</li> <li>State the functions of a splints and a sling in first aid.</li> <li>Practice warm up and cool down activities.</li> <li>Appreciate the functions of a splints and a sling in first aid.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define slings and splints.</p> <p>-State the functions of a splints and a sling in first aid.</p> <p>-Practice warm up and cool down activities.</p>	What are the functions of a splints and a sling in first aid?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 270-271	<p>Observation</p> <p>Peer assessment and feedback</p> <p>Self - assessment and feedback</p> <p>Practical's</p> <p>Written Tests Portfolio</p>	
	<b>5</b>	Sports related injuries	Slings and splints	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>List the materials required to improvise a sling.</li> <li>Practise how to tie the reef knot on a triangular bandage.</li> <li>Have fun and enjoy practising tie the reef knot.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-List the materials required to improvise a sling.</p> <p>-Practise how to tie the reef knot on a triangular bandage.</p>	What materials do you require to improvise a sling at home?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 272-273	<p>Observation</p> <p>Peer assessment and feedback</p> <p>Self - assessment and feedback</p> <p>Practical's</p> <p>Written Tests Portfolio</p>	
<b>8</b>	<b>1</b>	Sports related injuries	Two and four-handed seat	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>Explain two-handed seat carry.</li> <li>Differentiate between the</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Explain two-handed seat carry.</p>	What is two and four handed seat carry?	KLB Visionary Physical and Health Education Learner's Book	<p>Observation</p> <p>Peer assessment and feedback</p> <p>Self - assessment</p>	

				<p>two-handed seat carry and four handed seat carry.</p> <ul style="list-style-type: none"> <li>• Demonstrate the two and four handed seat carry method.</li> <li>• Display positivity in accepting feedback from the teacher.</li> </ul>	<p>-Differentiate between the two-handed seat carry and four handed seat carry.</p> <p>-Demonstrate the two and four handed seat carry method.</p>		6 Pg. 274-276	and feedback Practical's Written Tests Portfolio	
	2	Sports related injuries	Two and four-handed seat	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Identify situations whereby the two-handed seat carry may be used.</li> <li>• Outline the steps to carry two and four-handed seat.</li> <li>• Practise the four handed seat carry.</li> <li>• Advocate social justice by respecting and appreciating the abilities of others.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Identify situations whereby the two-handed seat carry may be used.</p> <p>-Outline the steps to carry two and four-handed seat.</p> <p>-Practise the four handed seat carry.</p>	How do you perform two-and four handed seat?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 276-278	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	3	Sports related injuries	Bone fractures and dislocation	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define a bone fracture.</li> <li>• Identify causes of fractures.</li> <li>• Practice warm up and cool down activities such as tag game.</li> <li>• Display respect for others opinion when discussing bone fractures and dislocation.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define a bone fracture.</p> <p>-Identify causes of fractures.</p> <p>-Practice warm up and cool down activities such as tag game.</p>	<p>What is a bone fracture?</p> <p>How do you identify a broken bone?</p>	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 279-280	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	



4	Sports related injuries	Bone fractures and dislocation	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Identify the signs and symptoms of fractures.</li> <li>• Draw human skeleton and the areas prone to dislocation.</li> <li>• Appreciate the teacher's feedback</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Identify the signs and symptoms of fractures. -Draw human skeleton and the areas prone to dislocation.</p>	Where do dislocation occur in the human body?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 280-282	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
5	Sports related injuries	Bone fractures and dislocation	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Define dislocation.</li> <li>• Identify symptoms of dislocation.</li> <li>• Demonstrate how to splint a fractures arm for first aid.</li> <li>• Appreciate the importance of learning bone fracture and dislocation first aid.</li> </ul>	<p>The learner is guided individually or in groups to:</p> <p>-Define dislocation Identify symptoms of dislocation.</p> <p>-Demonstrate how to splint a fractures arm for first aid.</p>	What is the difference between a fracture and a dislocation?	KLB Visionary Physical and Health Education Learner's Book 6 Pg. 282-284	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
<b>9</b>	<b>END OF TERM ASSESSMENT</b>							