

P.E. SCHEME OF WORK GRADE 6 TERM 1

NAME	
TSC NO.	
SCHOOL	

GRADE 6 PHYSICAL HEALTH EDUCATION SCHEME OF WORK TERM 1

SCHOOL	GRADE	TERM	YEAR
	6	1	

Week	Lesson	Strand	Sub strand	Specific learning outcomes	Key inquiry questions	Learning experiences	Learning resources	Assessment	Remarks
1	1	Athletics: Track Events	Bunch Start	By the end of the sub strands, the learner should be able to: <ul style="list-style-type: none"> • Use digital device to watch a video clip and observe the bunch start • Demonstrate bunch start by positioning the body arms and legs • Have fun practicing how to bunch start 	Where should you focus your eyes when performing athletics?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Demonstrate bunch start by positioning the body arms and legs 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 1-6</i>	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Athletics: Track Events	Bunch Start	By the end of the sub strands, the learner should be able to: <ul style="list-style-type: none"> • Warm up in getting ready to perform bunch start • Run on the spot, do rabbit hops and slow match to perform the bunch sprint • Appreciate the spirit of sports through dedication and commitment 	Why should you adequately warm up before performing bunch start?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Run on the spot, do rabbit hops and slow match to perform the bunch sprint 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 1-6</i>	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

3	Athletics: Track Events	The drop finish technique	By the end of the sub strands, the learner should be able to:	<ul style="list-style-type: none"> • Use a digital device to watch a video clip and observe the drop race finish technique • Demonstrate the drop finish technique by practicing with others • Appreciate feedback from the teacher and others 	Which part of the body has been pushed forward?	The learner is guided individually or in groups to:	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 6-9</i>	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
4	Athletics: Track Events	The drop finish technique	By the end of the sub strands, the learner should be able to:	<ul style="list-style-type: none"> • Perform warm up activities such as plucking partner's tail, squat jumps and lateral rabbit jumps • Cool down using curling and stretching and slow dance activities then practice the drop finish technique • Have fun performing the drop finish technique 	What are rules for performing the drop finish technique?	The learner is guided individually or in groups to:	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 6-9</i>	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
5	Athletics: Track Events	Shoulder shrug technique	By the end of the sub strands, the learner should be able to:	<ul style="list-style-type: none"> • Use a digital device to watch a race and observe the shoulder shrug technique • Demonstrate the shoulder shrug technique 	Which parts of the body are used to perform the shoulder shrug technique?	The learner is guided individually or in groups to:	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 10-13</i>	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's	

				<ul style="list-style-type: none"> • Display an attitude of receiving feedback positively from teachers and peers 				Written Tests Portfolio	
2	1	Athletics: Track Events	Shoulder shrug technique	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Perform the stationary bend, the right and left bends and shoulder shrug drill • Practice running and perform the shoulder shrug technique • Desire to uphold integrity during sporting competitions 	What should you do on your last stride to the finishing line?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Practice running and perform the shoulder shrug technique 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 10-13</i>	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Athletics: Track Events	Non-visual Baton Exchange down sweep method in relays	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use digital devices to watch a clip and observe the non-visual baton exchange method • Demonstrate the grip for non-visual baton exchange • Appreciate feedback from the teacher and others 	What is the name to the item passed on when running relays?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Demonstrate the grip for non-visual baton exchange 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 14-18</i>	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	3	Athletics: Track Events	Non-visual Baton Exchange down sweep method in relays	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Perform the non-visual baton exchange following outgoing stance, baton run and 		The learner is guided individually or in groups to: Practice the non-visual Baton Exchange down	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 14-18</i>	Value based sports channels, Observation Peer assessment and feedback Self -	

				<p>baton exchange drill</p> <ul style="list-style-type: none"> Practice the non-visual Baton Exchange down sweep method in relays Display the character of a sport person 		sweep method in relays		assessment and feedback Practical's Written Tests Portfolio	
	4	Field Events	Facility and equipment in High Jump	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> Using digital devices watch video clips and observe the facility and equipment in high jump Perform warm up activities such as jumping jacks, skip and skip, press-ups and cool down activities Enjoy demonstrating high jump 	What is high jump?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> Perform warm up activities such as jumping jacks, skip and skip, press-ups and cool down activities 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 19-22</i>	sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	5	Field Events	Facility and equipment in High Jump	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> Walk from a distance, mark a suitable point and take off Practice high jumping in groups of three and receive feedback Display an attitude to work in a team 	What rules should you observe when performing high jump?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> Practice high jumping in groups of three 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 19-22</i>	sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
3	1	Field Events	Scissor Technique in High Jump	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> Use a digital device to watch a video clip and 	Which foot clears the bar first during flight in scissor technique high jump?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> Use a digital 	<i>KLB Visionary Physical and Health Education Learner's Book 6</i>	sports channels, Observation Peer assessment and feedback	

				<p>observe the run, the takeoff, flight and landing</p> <ul style="list-style-type: none"> Follow the instructions given by the teacher to demonstrate the scissor technique in high jump Enjoy practicing the scissor technique in high jump 		<p>device to watch a video clip and observe the run, the takeoff, flight and landing</p>	Pg. 22-27	<p>Self - assessment and feedback Practical's Written Tests Portfolio</p>	
2	Field Events	Scissor Technique in High Jump	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> Perform warm up activities such as jumping jacks, side shuffles, lunges activities Demonstrate the run, the takeoff, the flight and the landing using scissor technique Appreciate positive ways of coping with stress in daily life 	<p>What are the ways of coping with stress during games and sports?</p>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> Demonstrate the run, the takeoff, the flight and the landing using scissor technique 	<p><i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 22-27</i></p>	<p>sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>		
3	Field Events	Equipment and sector in Standing Javelin	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> Use digital devices to watch video clips and observe the parts of a the javelin sector Identify the various parts of the javelin, the head, the shaft, cord grip and the tail Enjoy observing the divisions and the measurement of a javelin 	<p>What is Javelin?</p>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> Identify the various parts of the javelin, the head, the shaft, cord grip and the tail 	<p><i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 28-31</i></p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>		

				throw sector					
	4	Field Events		<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Perform warm up activities such as walking jacks, ankle circles and activities • Practice throwing the javelin with a stabbing action at a good throwing angle • Enjoy throwing the javelin at different angles 	What are the different parts of a javelin?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Practice throwing the javelin with a stabbing action at a good throwing angle 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 28-31</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	5	Field Events	The throw in standing Javelin	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Warm up through body weight squats, arm swings, hip circles and heel & toe activities. • Perform the stance, grip and carriage in standing javelin • Have fun practicing the throw in standing javelin 	What are the rules for handling a javelin?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Warm up through body weight squats, arm swings, hip circles and heel & toe activities. 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 31-38</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
4	1	Field Events	The throw in standing Javelin	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Demonstrate the grip, stance and carriage in standing javelin and get feedback from the teacher • Practice the stance, grip, carriage, release and 	What is <i>the stance</i> in standing javelin?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Demonstrate the grip, stance and carriage in standing javelin and get feedback from 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 31-38</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

				<p>recovery with a javelin in pairs</p> <ul style="list-style-type: none"> • Appreciate feedback from their partner 		the teacher			
2	Field Events		<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Practice standing throw grip, carriage, release, walk and throw, then withdraw and release drill • Work in teams to perfect the throwing angle • Enjoy playing the game of hoop and throw 	Using a javelin how to you hold <i>the carriage</i> ?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Practice standing throw grip, carriage, release, walk and throw, then withdraw and release drill 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 31-38</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>		
3	Field Events	Standing Shot PUT	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use digital devices to watch a video clip and observe the features of the shot put sector • Warm up activities such as mountain climbers, side reach, arms circles and cool down activities • Have fun discussing the shape and materials used to make the shot put 	What is a shot put?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Use digital devices to watch a video clip and observe the features of the shot put sector 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 38-41</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>		
4	Field Events	Standing Shot PUT	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Identify the <i>putting</i> action of throwing a shot 	What is a shot-put sector?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Play the game 	<i>KLB Visionary Physical and Health Education Learner's Book 6</i>	<p>Observation Peer assessment and feedback Self - assessment</p>		

				<p>put</p> <ul style="list-style-type: none"> • Observe and familiarize with the shot-put sector • Have fun playing the game of circle bag tag 		of circle bag tag	Pg. 38-41	and feedback Practical's Written Tests Portfolio	
	5	Field Events	Putting the shot	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video clip on putting a shot while observing the stance, grip, release and recovery • Warm up with back pedaling, plank walk out, arm swings and cool down activities • Enjoy demonstrating the stance and grip 	From the picture, which action is the girl about to undertake?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Warm up with back pedaling, plank walk out, arm swings and cool down activities 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 42-46</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
5	1	Field Events	Putting the shot	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Demonstrate the stance, grip, release and recovery in putting the shot • Practice recovery after the shot put leaves the hand • Appreciate the teacher's feedback 	How do you recover safely after putting the shot?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Demonstrate the stance, grip, release and recovery in putting the shot 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 42-46</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Field Events	Putting the shot	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Practice the shot grip 	What is stationery put?	<p>The learner is guided individually or in groups to:</p>	<i>KLB Visionary Physical and Health Education Learner's Book 6</i>	Observation Peer assessment and feedback Self -	

				<p>drill using a tennis ball</p> <ul style="list-style-type: none"> • Practice stationery put and putting into a hoop drill in groups of five • Enjoy creatively designing drills to practice the stance, grip, release and recovery 		<ul style="list-style-type: none"> • Practice stationery put and putting into a hoop drill in groups of five 	<i>Pg. 42-46</i>	assessment and feedback Practical's Written Tests Portfolio	
3	Rope Work	Wounded duck	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video clip on the wounded duck technique • Observe the positioning on the toes and knees • Have fun discussing the observations with their classmates 	What is wounded duck technique?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video clip on the wounded duck technique 	<i>KL B Visionary Physical and Health Education Learner's Book 6 Pg. 49-54</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio		
4	Rope Work	Wounded duck	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Perform warm up activities such as tagging a partner, leg swing, beckoning, light walking and arm swinging • Demonstrate the movement of the feet and the knees in the wounded duck technique • Appreciate the flexibility that comes with this technique 	What are the different warm up activities?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Demonstrate the movement of the feet and the knees in the wounded duck technique 	<i>KL B Visionary Physical and Health Education Learner's Book 6 Pg. 49-54</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio		
5	Rope Work	Wounded duck	<p>By the end of the sub strands, the learner should be able to:</p>	How do you perform the wounded duck	<p>The learner is guided individually</p>	<i>KL B Visionary Physical and</i>	Observation Peer assessment		

				<p>able to:</p> <ul style="list-style-type: none"> • Perform wounded duck without a rope • Perform wounded duck technique with a rope • Display positivity in accepting feedback from the teacher 	without a rope?	<p>or in groups to:</p> <ul style="list-style-type: none"> • Perform wounded duck technique with and without a rope 	<i>Health Education Learner's Book 6 Pg. 49-54</i>	<p>and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
6	1	Rope Work	Wounded duck	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Perform the wounded duck routine and in different directions in pairs • Practice skipping and counting, numbers and letters, skipping to rhythm and creating the wounded duck • Play the wounded duck circle for entertainment 	How do the feet move in the wounded duck technique?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Practice skipping and counting, numbers and letters, skipping to rhythm and creating the wounded duck 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 49-54</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	2	Rope Work	Swing Kick	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video clip on the swing kick technique • Observe the movement of the legs and the feet during the performance • Display respect for others opinion when discussing the swing 	What is a swing kick?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video clip on the swing kick technique 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 54-58</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	

				kick technique					
3	Rope Work	Swing kick	By the end of the sub strands, the learner should be able to: <ul style="list-style-type: none"> • Warm up through tagging a partner, leg swing, arm circle and cool down activities • Demonstrate the movement of the feet and the knees in the swing technique • Enjoy practicing swing kick rhythm, skipping a target and skipping round cones 	What drills can you use to practice the swing kick technique?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Demonstrate the movement of the feet and the knees in the swing technique 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 54-58</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio		
4	Rope Work	Partner work	By the end of the sub strands, the learner should be able to: <ul style="list-style-type: none"> • Use a digital device to watch a video clip on partner work technique • Observe how partner are able to coordinate the skipping rope • Display respect for others opinion by discussing the skills the learners are performing 	What directions are the boys facing during the activity?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Use a digital device to watch a video clip on partner work technique 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 59-66</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio		
5	Rope Work	Partner work	By the end of the sub strands, the learner should be able to: <ul style="list-style-type: none"> • Demonstrate the partner work such as the face -to -face , back -to -back and side -by -side techniques 	What are some of the warm up drills can you use in preparation for rope work?	The learner is guided individually or in groups to: <ul style="list-style-type: none"> • Warm up through partner tag, start jumps, back and side 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 59-66</i>	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests		

				<ul style="list-style-type: none"> • Warm up through partner tag, start jumps, back and side stretch activities • Perform light jogging and walking for energy 		stretch activities		Portfolio	
7	1	Rope Work	Partner work	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Demonstrate face-to-face, back-to-back and side-to-side techniques with a partner • Practice face-to-face, back-to-back and side-to-side techniques with a partner • Appreciate the teacher's feedback 	How do you perform side-to-side technique with a partner?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Demonstrate face-to-face, back-to-back and side-to-side techniques with a partner 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 59-66</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	2	Soccer	Trapping – using the thigh	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video clip on trapping using the thigh • Observe the placement of the thigh when trapping • Appreciate others opinion when discussing the playing skills in the game 	What is soccer?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Discuss the playing skills in the game 	<i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 67-70</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	

3	Soccer	Trapping – using the thigh	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Perform warm up and cool down activities • Demonstrate by tossing the ball and attempt to trap it with the thigh before it touches the ground • Enjoy practicing throw and trap, kick and trap 	What is trapping?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Demonstrate tossing the ball and attempting to trap it with the thigh before it touches the ground 	<i>KLB Visionary Physical and Health Education Learner’s Book 6 Pg. 67-70</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical’s Written Tests Portfolio</p>	
4	soccer	Trapping – using the chest	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video clip on chest trap • Observe the positioning of the chest as the ball makes contact • Enjoy looking at magazines, journals and pictures on trapping using the chest 	What materials is a soccer ball made of?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Look at magazines, journals and pictures on trapping using the chest 	<i>KLB Visionary Physical and Health Education Learner’s Book 6 Pg. 70-75</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical’s Written Tests Portfolio</p>	
5	Soccer	Trapping – using the chest	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Warm up through jog on the spot, rhythmical jumps, trunk rotation, half squats and cool down activities • Practice the flighted chest trap, and the bouncing ball drills • Have fun practicing 	What does chest trap involve?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Warm up through jog on the spot, rhythmical jumps, trunk rotation, half squats and cool down activities 	<i>KLB Visionary Physical and Health Education Learner’s Book 6 Pg. 70-75</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical’s Written Tests Portfolio</p>	

				trapping with the chest and observe safety					
8	1	Soccer	Trapping – using the sole	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Watch a video clip on trapping using the sole • Observe the placement of the foot as the ball makes contact with the ground • Appreciate the techniques by looking at magazines, journals and newspapers 	What part of the foot is in contact with the ball?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Observe the placement of the foot as the ball makes contact with the ground 	<i>KLB Visionary Physical and Health Education Learner’s Book 6 Pg. 75-79</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical’s Written Tests Portfolio</p>	
	2	Soccer	Trapping – using the sole	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Warm up through jumping jacks, walking knee hugs, leg swings and cool down activities • Demonstrate by placing the sole on a bouncing ball applying some light pressure on top of it • Appreciate feedback from the teacher and others 	How do you perform jumping jacks when warming up?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Practice trapping using the sole using drills such as dead trap, roll and trap 	<i>KLB Visionary Physical and Health Education Learner’s Book 6 Pg. 75-79</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical’s Written Tests Portfolio</p>	
	3	Soccer	Trapping – using the sole	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Practice trapping using the sole using drills such as dead trap, roll and trap • Perform in pairs and 	What game is trapping the mouse?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Perform in pairs and groups kick and trap, circle sole 	<i>KLB Visionary Physical and Health Education Learner’s Book 6 Pg. 75-79</i>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical’s Written Tests</p>	

				<p>groups kick and trap, circle sole of the foot, rectangular formation and premier trapping</p> <ul style="list-style-type: none"> • Enjoy playing trap the mouse game 		<p>of the foot, rectangular formation and premier trapping</p>		Portfolio	
4	Volley Ball	Single hand dig pass	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Using a digital device watch a video clip on volley ball • Observe when and how the players apply the single hand dig pass • Have fun looking at magazines, newspapers and journals on single hand dig 	What game is volley ball?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Look at magazines, newspapers and journals on single hand dig 	<p><i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 80-83</i></p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>		
5	Volley Ball	Single hand dig pass	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Warm up through high knee, knee raisers, half squats and cool down activities • Demonstrate with a partner who should receive it with a single handed dig pass • Appreciate feedback from the teacher 	What is single hand dig pass?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Demonstrate with a partner who should receive it with a single handed dig pass 	<p><i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 80-83</i></p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>		

9	1	Volley Ball	Single hand dig pass	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Practice single hand return with a partner using right hand dig, left hand dig and alternate hands dig • Receive feedback from each other • Play sack volleyball game for enjoyment 	How many hands should a player use to perform the single hand dig?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Practice single hand return with a partner using right hand dig, left hand dig and alternate hands dig 	<p><i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 80-83</i></p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	2	Volley Ball	Over arm serve	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video • Observe the stance and players movement towards the ball • Enjoy looking at magazines, journals and newspapers on over arm serve 	What is over arm serve?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Use a digital device to watch a video 	<p><i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 84- 86</i></p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	
	3	Volley Ball	Over arm serve	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Perform warm up and cool down activities • Demonstrate the steps to follow when performing an over arm serve • Appreciate feedback from the teacher 	How many steps should you follow when performing an over arm serve?	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Demonstrate the steps to follow when performing an over arm serve 	<p><i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 84-86</i></p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>	

4	Volley Ball	Over arm serve	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Practice the single hand dig pass using serving relay in teams • Recognize and appreciate the first team to finish • Play the rally serving challenge in two equal teams for enjoyment 	<p>What are the safety measures to apply when performing over arm serve?</p>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Practice the single hand dig pass using serving relay in teams 	<p><i>KLB Visionary Physical and Health Education Learner's Book 6 Pg. 84-86</i></p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>		
5	Volley Ball	Minor games and basic rules	<p>By the end of the sub strands, the learner should be able to:</p> <ul style="list-style-type: none"> • Use digital devices to search for volley ball rules and watch volley ball games • Perform game warm up by passing the ball to each other • Enjoy playing different games involving volleyball 	<p>What are minor games?</p>	<p>The learner is guided individually or in groups to:</p> <ul style="list-style-type: none"> • Play different games involving volleyball 	<p><i>KLB Visionary Physical and Health Education Learner's Book Pg. 87-89</i></p>	<p>Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio</p>		
10	END OF TERM ASSESSMENT								