

CONTENT DISTRIBUTION IN SCHOOL YEAR 2022/2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods

Class: Primary one

Term: One

UNIT 1: MOTOR CONTROL		Number of Periods: 6
Key unit Competence: Perform a range of aerobic warm-up exercises, stretch the body and develop basic techniques of gymnastics		
Week	Contents	Periods
1	Warm-up exercises/games	2
2	Stretching and cooling down exercises/games	1
	Exercises of balance and games	1
3	Exercises of agility and games	1
	End unit assessment and remediation	1
UNIT 2: MOVEMENT AND COORDINATION EXERCISES /GAMES		Number of Periods: 13
Key Unit Competence: Perform marching exercises on straight lines		
Week	Contents	Periods
4	Exercises and games that develop movement and coordination.	2
5	Exercises and games that develop movement and coordination.	1
	Exercises that teach learners to take specific positions	1
6	Exercises that teach learners to take specific positions	2
7	Exercises that improve the knowledge of learners	2
8	Exercises that improve socio-economic behavior with others.	2
9	Exercises that improve feelings and emotions.	2
10	End unit assessment and remediation	1
UNIT 3: PHYSICAL EXERCISES AND GAMES		Number of Periods: 7
Key Unit Competence: Perform various running, jumping and throwing exercises		
Week	Contents	Periods

10	Running exercises (distances of 20m-30m).	1
11	Running exercises	1
	Jumping exercises	1
12	Jumping exercises	1
	Throwing exercises	1
13	End Term assessment	

Term: Two

UNIT 3: PHYSICAL EXERCISES AND GAMES (Continue)		Number of Periods: 7
Key unit Competence: Perform various running, jumping and throwing exercises.		
Week	Contents	Periods
1	Throwing exercises	1
	End unit assessment	1
UNIT 4: FOOTBALL		Number of Periods: 20
Key Unit Competence: Perform conducting, shooting and playing a simple game needs cooperation		
Week	Contents	Periods
2	Exercises of conducting the ball.	2
3	Exercises of conducting the ball	2
4	Exercises of passing and controlling the ball by using the feet	2
5	Exercises of passing and controlling the ball by using the feet.	2
6	Exercises of shooting the ball from the hands with the leg	2
7	Exercises of shooting the ball from the hands with the leg	2
8	Exercises of shooting the ball from the hands with the leg	1
	Long pass exercises towards the goal.	1
9	Long pass exercises towards the goal	1
	Exercises of playing in small teams with the aim of shooting into the goal	1
10	Exercises of playing in small teams with the aim of shooting into the goal	2
11	End unit assessment	2
UNIT 5: BALL GAMES PLAYED WITH HANDS		Number of Periods: 20
Key unit Competence: Perform throwing, catching and dribbling the ball		
Week	Contents	Periods

12	Exercises/games of throwing the ball	2
13	End Term assessment	

Term: Three

UNIT 5: BALL GAMES PLAYED WITH HANDS		Number of Periods: 20
Key unit Competence: Perform throwing, catching and dribbling the ball		
Week	Contents	Periods
1	Exercises/games of throwing the ball	2
2	Exercises/games of throwing the ball	2
3	Exercises/games of throwing the ball	2
4	Exercises/games of catching the ball	2
5	Exercises/games of catching the ball	2
6	Exercises/games of catching the ball	2
7	Exercises/games of dribbling the ball	2
8	Exercises/games of dribbling the ball	2
9	Exercises/games of dribbling the ball	2
10	End unit assessment	2
UNIT 6: DISEASE PREVENTION		Number of Periods: 6
Key unit Competence: Perform physical exercises without discomforting others and prevent illnesses caused by lack of hygiene throughout sports		
Week	Contents	Periods
11	Sports activities that promote body cleanliness.	2
12	Exercises used to prevent diseases caused by poor or lack of hygiene.	1
	Sports activities that promote tolerance	1
13	Sports activities that promote tolerance	1
	End unit assessment	1

CONTENT DISTRIBUTION IN SCHOOL YEAR 2022/2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods (1-1)

Class: Primary Two

Term: One

UNIT 1: MOTOR CONTROL		Number of Periods: 6
Key unit Competence: Perform warm-up, stretching and body balance exercises with courage and self-confidence		
Week	Contents	Periods
1	Warm-up exercises/games.	2
2	Stretching exercises/games and Cool down exercises	2
3	Flexibility and balance exercises/games	1
	End unit assessment and remediation	1
UNIT 2: MOVEMENT AND COORDINATION		Number of Periods: 14
Key Unit Competence: Act accordingly in changing rhythm and direction on a straight line		
Week	Contents	Periods
4	Physical exercises and games that develop movement and coordination.	2
5	Physical exercises and games that develop cognitive skills using senses.	2
6	Games of discovering things by smelling	2
7	Games of discovering things by touching while blindfolded	2
8	Physical exercises that aimed at living well with others.	2
9	Physical exercises that develop emotions.	2
10	End unit assessment and remediation	2
UNIT 3: ATHLETIC EXERCISES AND GAMES		Number of Periods: 10
Key Unit Competence: Perform various games/exercises of running, jumping and throwing		
Week	Contents	Periods
11	Exercises of running the distance between 30 and 40 meters.	2
12	Long jumping exercises.	2

13	End Term assessment	
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Term: Two

UNIT 3: ATHLETIC EXERCISES AND GAMES (continue)		Number of Periods: 10
Key Unit Competence: Perform various games/exercises of running, jumping and throwing		
Week	Contents	Periods
1	High jumping exercises.	2
2	Exercises of throwing and catching while making movement	2
3	End unit assessment and remediation	2
UNIT 4: FOOTBALL		Number of Periods: 12
Key Unit Competence: Perform physical exercises that develop practical skills of playing football game in teams by respecting basic rules.		
Week	Contents	Periods
4	Exercises of dribbling the ball	2
5	Exercises of throwing the ball by using arms.	2
6	Short and long pass exercises.	2
7	Exercises of taking positions on the playground/court.	2
8	Exercises of playing in teams by scoring in the goals.	2
9	End unit assessment	2
UNIT 5: EXERCISES OF PLAYING BALL BY USING HANDS		Number of Periods: 24
Key unit Competence: Follow basic rules of ball games played with hands while playing in teams and accept results from the game.		
Week	Contents	Periods
10	Exercises of shooting the ball in the goals using hands	2
11	Exercises of dribbling and shooting the ball in the goals by using hands (handball)	2
12	Exercises of passing the ball while moving	2
13	End Term assessment	

Term: Three

UNIT 5: EXERCISES OF PLAYING BALL BY USING HANDS		Number of Periods: 24
Key unit Competence: Follow basic rules of ball games played with hands while playing in teams and accept results from the game.		
Week	Contents	Periods
1	Playing the game using hands with the purpose of scoring goals	2
2	Exercises of throwing the ball over the net (volleyball)	2
3	Play the game of throwing the ball over the net with hands with the purpose of scoring a point. (Volleyball)	2
4	Exercises of shooting the ball in the basket	2
5	Exercises of dribbling and shooting the ball in the basket.	2
6	Exercises of passing and shooting into the basket	2
7	Play the game of passing, dribbling and shooting the ball in the basket.	2
8	Play the game of passing, dribbling and shooting the ball in the goal (handball)	2
9	End unit assessment	2
UNIT 6: HEALTH AND WELL-BEING		Number of Periods: 6
Key Unit Competence: Play games/exercises that facilitate learners to know the importance of cleanliness/hygiene to human life		
Week	Contents	Periods
10	Games/exercises that teach hygiene	2
11	Exercises/games that teach prevention of diseases caused by poor hygiene	2
12	End unit assessment and remediation	2
13	End Term assessment	

CONTENT DISTRIBUTION IN SCHOOL YEAR 2022/2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods

Class: Primary three

Term: One

UNIT 1: MOTOR CONTROL		Number of Periods: 8
Key unit Competence: Perform basic ground gymnastic exercises with flexibility, self-control and balance		
Week	Contents	Periods
1	-Warm-up exercises -Stretching exercises.	2
2	-Rolling forward exercises. -Rolling backward exercises	2
3	-Flexibility exercises -Balance exercises.	2
4	-Variation of the speed and direction exercises. - End unit assessment	2
UNIT 2: EXERCISES AND GAMES THAT DEVELOP MOVEMENT AND COORDINATION		Periods: 10
Key Unit Competence: Perform exercises/games that develop movement and coordination basing on given instructions.		
Week	Contents	Periods
5	Exercises and games that develop movement and coordination	2
6	Exercises and games that develop cognitive skills	2
7	Exercises aimed at developing living well with others	2
8	Exercises aiming at developing emotions	2
9	End unit assessment and remediation	2
UNIT 3: ATHLETIC EXERCISES AND GAMES		Number of Periods: 12

Key Unit Competence: Perform sprint races, receiving and throwing, jumping and relay running of long distance

Week	Contents	Periods
10	Running exercises of a distance between 40- 60 meter	2
11	Relay running of long distance	2
12	Jumping exercises	2
13	End Term assessment	

Term: Two

UNIT 3: ATHLETIC EXERCISES AND GAMES (Continue) Periods:12

Key unit Competence: Perform sprint races, receiving and throwing, jumping and relay running of long distance

Week	Contents	Periods
1	Jumping exercises	2
2	Exercises of throwing and receiving	2
3	End unit assessment and remediation	2

UNIT 4: FOOTBALL Number of Periods: 18

Key Unit Competence: Understand and apply the instructions in game situation and different ways of scoring the goal

Week	Contents	Periods
4	Exercises of dribbling,	2
5	Exercises of passing and	2
6	Exercises of controlling the ball	2
7	Exercises of shooting the ball held in hands before it falls/lands on the ground(goalkeeper)	2
8	Exercise of kicking the ball to farthest distance while targeting teammate (Long pass)	2
9	Exercise of kicking the ball to farthest distance while targeting the goal post (free kicks)	2
10	Exercises of playing in teams with small number in delimited playground	2
11	Exercises of playing in teams with a big number of players targeting in goalposts and following the instructions.	2

12	End unit assessment	2
13	End Term assessment	

Term: Three

UNIT 5: BALL GAMES PLAYED WITH HANDS		Number of Periods: 20
Key unit Competence: Dribbling the ball competitively, receiving and passing the ball while running		
Week	Contents	Periods
1	Exercises of receiving the ball	2
2	Exercise of passing the ball.	2
3	Exercises of throwing the ball aiming at a moving target	2
4	Exercises of throwing the ball aiming at a moving target	2
5	Exercises of throwing the ball aiming at a moving target	2
6	Exercises of throwing and dodging	2
7	Exercises of throwing and dodging	2
8	Exercises of dribbling the ball while running	2
9	Exercises of dribbling the ball while running	2
10	End unit assessment	2
UNIT 6: HEALTH AND WELL-BEING		Number of Periods: 4
Key Unit Competence: Perform exercises that help understand the importance of health and well-being in the learner's life		
Week	Contents	Periods
11	- Exercises and games that teach Hygiene	2
12	- Exercises/games that teach prevention of diseases caused by poor hygiene - End unit assessment and remediation	2
13	- End Term assessment	