

CONTENT DISTRIBUTION IN SCHOOL YEAR 2022-2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods

Class: Primary Four

Term: One

| UNIT 1: Motor control | | Number of Periods: 8 |
|--|--|-----------------------------|
| Key unit competency: Perform a range of aerobic warm-up exercises and develop basic techniques in gymnastics | | |
| Week | Contents | Periods |
| 1 | - Aerobic warm up exercises. - Develop various gymnastic exercises alone | 2 |
| 2 | - Develop various gymnastic exercises with others including jumping. - Basic gymnastic using equipment for climbing: vaults and balance | 2 |
| 3 | - Exercises on prolonge inspiration, expiration, - Exercises for relaxation of muscles in general | 2 |
| 4 | - End unit assessment | 2 |
| UNIT 2: Body control and balance. | | Number of Periods: 6 |
| Key unit competency: Perform a range of actions and movements with consistency, fluidity, and clarity of movement | | |
| Week | Contents | Periods |
| 5 | - Exercises and games, which develop intelligence, cooperation, social respect, and emotional control. - Different types of formations and hand-eye coordination. | 2 |
| 6 | - Playing in teams adhering to the rules. - Exercises and games that develop patience and happiness. | 2 |
| 7 | End unit assessment | 2 |
| UNIT 3: Gymnastics | | Number of Periods: 4 |
| Key Unit Competence: Perform floor exercises or use exercising machines | | |

| Week | Contents | Periods |
|---|---|----------------------------------|
| 8 | <ul style="list-style-type: none"> - Exercises of rolling forward and backwards from different departure positions. - Exercises of using basic gymnastic equipment. | 2 |
| 9 | <ul style="list-style-type: none"> - Prolonged aerobic exercises. - End unit assessment | 2 |
| UNIT 4: Athletics. | | Number of Periods: 14 (8) |
| Key Unit Competence: Use basic techniques in running, jumping, and throwing with speed, resistance, and endurance. | | |
| Week | Contents | Periods |
| 10 | <ul style="list-style-type: none"> -Body coordination -Exercises of running, running 70 meters to 100 meters at top speed. | 2 |
| 11 | <ul style="list-style-type: none"> - Running nonstop for 5 to 8 minutes - Perform simple jumping exercises from their own choice | 2 |
| 12 | <ul style="list-style-type: none"> - Exercises of jumping with legs and arms open, jumping forward, jumping backward, - Exercises of jumping left, jumping right, jumping with knees touching the chest | 2 |
| 13 | <ul style="list-style-type: none"> - Exercises of throwing balls with two hands while bending and legs opened | 2 |

Term: Two

| UNIT 4: Athletics(Next) | | Number of Periods: 6 |
|---|--|-----------------------------|
| Key unit Competence: Use basic techniques in running, jumping, and throwing with speed, resistance and endurance | | |
| Week | Contents | Periods |
| 1 | <ul style="list-style-type: none"> - Throwing sharp pointed sticks to a fixed target. - Perform exercises of throwing balls in different positions | 2 |
| 2 | <ul style="list-style-type: none"> - Perform simple throwing exercises from their own choice | 2 |
| 3 | <ul style="list-style-type: none"> - End unit assessment. | 2 |

| UNIT 5: Football | | Number of Periods: 12 |
|--|--|------------------------------|
| Key Unit Competence: Kick (Shoot), pass, Receiving, control, football in accordance to the basic rules of football. | | |
| Week | Contents | Periods |
| 4 | - Exercises of basic passing the ball in football game - Exercises of basic receiving the ball in football game | 2 |
| 5 | - Exercises of basic shooting the ball in football game. Basic techniques exercise of football in the football game situation | 2 |
| 6 | - Exercises of basic football tactics in attacking - Attacking tactics in football game | 2 |
| 7 | - Perform basic offensive and defensive tactics in football game situation Attacking tactics in football game | 2 |
| 8 | - Perform basic offensive and defensive tactics in football game situation | 2 |
| 9 | - Perform a game with basic rules | 2 |
| UNIT 6: Volleyball | | Number of Periods: 8 |
| Key Unit Competence: Introduce basic technical skills of passing, receiving, setting, and serving in volleyball | | |
| Week | Contents | Periods |
| 10 | - Introduction of basic skills of volleyball in service - Introduction of basic volleyball skills of reception | 2 |
| 11 | - Introduction of basic volleyball skills of passing | 2 |
| 12 | - Introduction of basic volleyball skills of setting - Perform basic volleyball techniques for playing in the team | 2 |
| 13 | - End unit assessment | 2 |

Term: Three

| UNIT 7: Basketball | | Number of Periods: 10 |
|---|---|------------------------------|
| Key unit Competence : Perform basic technical skills of passing, receiving, shooting, and dribbling basketball | | |
| Week | Contents | Periods |
| 1 | - Introduction of basic basketball skills of passing and receiving the ball | 2 |
| 2 | - Introduction of basic basketball skills of shooting the ball | 2 |
| 3 | - Introduction of basic basketball skills of dribbling the ball | 2 |
| 4 | - Perform basic basketball techniques in the game adhering to the rules | 2 |
| 5 | - End unit assessment | 2 |
| UNIT 8: Hand ball | | Number of Periods: 10 |
| Key Unit Competence: Perform basic technical skills of passing and catching, shooting, dribbling and , goal keeping the ball in handball | | |
| Week | Contents | Periods |
| 6 | - Introduction of basic handball skills of passing and catching the ball | 2 |
| 7 | - Introduction of basic handball skills of shooting the ball | 2 |
| 8 | - Introduction of basic handball skills of dribbling the ball - Introduction of basic handball skills of goalkeeping | 2 |
| 9 | - Perform basic handball techniques in the game using basic rules | 2 |
| 10 | - End unit assessment | 2 |
| UNIT 9: Transmitted diseases | | Number of Periods: 6 |
| Key unit competency: Protect oneself against HIV/AIDS through games and sports | | |
| Week | Contents | Periods |
| 11 | - Perform different games to increase awareness on HIV inclusion. | 2 |
| 12 | - Perform games that help to know different preventive modes of HIV/AIDS. | 2 |
| 13 | - End unit assessment | 2 |

CONTENT DISTRIBUTION IN SCHOOL YEAR 2022/2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods

Class: Primary Five

Term: One

| UNIT 1: Motor control | | Number of Periods: 8 |
|---|--|-----------------------------|
| Key unit Competence: Perform a range of exercises that focus on using circulatory and respiratory systems and develop basic techniques in gymnastics | | |
| Week | Contents | Periods |
| 1 | - Basic physical exercises - Physical exercise for circulatory and respiratory system | 2 |
| 2 | - Physical exercises of circulatory and respiratory system - Jumping exercises | 2 |
| 3 | - Exercises of strengthening muscles of the body - Exercises of using basic gymnastics equipment | 2 |
| 4 | - End unit assessment | 2 |
| UNIT 2: Body control and balance | | Number of Periods: 6 |
| Key Unit Competence: Design and perform movement and dance sequences that combine a range of movements | | |
| Week | Contents | Periods |
| 5 | - Exercises and games that develop mental strength, coordination, intuition, perception, muscle memory, ease of exercising. - Different exercises and game requiring learners to play in teams. | 2 |
| 6 | - Cooperation and importance of exercises and games - Exercises and games that develop emotion intelligence | 2 |
| 7 | - End unit assessment | 2 |
| UNIT 3: Gymnastics | | Number of Periods: 5 |
| Key Unit Competence: Perform exercises of rolling safely and refine techniques | | |

| Week | Contents | Periods |
|---|--|-----------------------------------|
| 8 | <ul style="list-style-type: none"> - Rolling forward from different positions safely and rolling backward from different positions safely - Exercises using basic gymnastic equipment. | 2 |
| 9 | <ul style="list-style-type: none"> - Aerobic prolonged exercises. | 2 |
| 10 | <ul style="list-style-type: none"> - End unit assessment | 1 |
| UNIT 4: Athletics | | Number of Periods: 15 (7) |
| Key Unit Competence: Demonstrate different ways of throwing heavy objects and different types of jumping and running at accelerated speeds | | |
| Week | Contents | Periods |
| 10 | <ul style="list-style-type: none"> - Sprints | 1 |
| 11 | <ul style="list-style-type: none"> - Formula one - Ladder running(speed ladder | 2 |
| 12 | <ul style="list-style-type: none"> - "8" Endurance Race - Exercises of jumping | 2 |
| 13 | <ul style="list-style-type: none"> - Jumping short obstacles - Long jump) | 2 |

Term: Two

| UNIT 4: Athletics(Next) | | Number of Periods: 8 |
|---|---|-----------------------------|
| Key unit Competence: Demonstrate different ways of throwing heavy objects and different types of jumping and running at accelerated speeds | | |
| Week | Contents | Periods |
| 1 | <ul style="list-style-type: none"> - Long jump - Introduction to triple jump | 2 |
| 2 | <ul style="list-style-type: none"> - Introduction to high jump - Exercises of throwing: throw heavy objects a small distance by using one hand. | 2 |
| 3 | <ul style="list-style-type: none"> - Exercises of using basic athletic equipment | 2 |
| 4 | <ul style="list-style-type: none"> - End unit assessment | 2 |

| UNIT 5: Football | | Number of Periods: 10 |
|---|---|------------------------------|
| Key Unit Competence: Use technical skills of playing football | | |
| Week | Contents | Periods |
| 5 | - Exercises of kicking the motionless ball, kicking the positioned ball - Exercises of corner-kick and free kick. | 2 |
| 6 | - Exercises of penalty kick - Exercises of passing the ball | 2 |
| 7 | - Exercises of running to meet the pass, pass in triangle - Exercises of control the ball with thigh and foot, | 2 |
| 8 | - Exercises of control the ball with chest, and head. - Playing in small. Groups using different techniques. | 2 |
| 9 | - Playing with an opponent team. - End unit assessment | 2 |
| UNIT 6: Volleyball | | Number of Periods: 8 |
| Key unit Competence: Execute technical skills in game situations, emphasizing on rules and regulations of volleyball | | |
| Week | Contents | Periods |
| 10 | - Individual techniques and tactics in attack: under head serve, overhead serve, jump serve. - Individual techniques and tactics in attack and defence: passing, hitting or smash and blocking exercises. | 2 |
| 11 | - Blocking to prevent the ball from opponent team to fall down in your camp. - Individual techniques and tactics in defence: balancing and controlling, maintaining the position, | 2 |
| 12 | - Individual techniques and tactics in defence in rotating. - Performing different volleyball techniques in a game situation like serving the ball in a low frontal kick adhering basic rules during the short game. | 2 |
| 13 | - End unit assessment | 2 |

Term: Three

| UNIT 7: Basketball | | Number of Periods: 10 |
|---|--|------------------------------|
| Key unit Competence: Apply technical skills in game situations with increasing adherence to the rules. | | |
| Week | Contents | Periods |
| 1 | <ul style="list-style-type: none"> - Individual techniques and tactics in attack: Backspin, dribbling. - Individual techniques and tactics in attack by shooting | 2 |
| 2 | <ul style="list-style-type: none"> - Individual techniques and tactics in defence: Even number, man to man defence without contact - Individual techniques and tactics in attack by ten consecutive passes | 2 |
| 3 | <ul style="list-style-type: none"> - Small games by using pass, dribbling and shooting | 2 |
| 4 | <ul style="list-style-type: none"> - Apply the rules in a game situation | 2 |
| 5 | End unit assessment | 2 |
| UNIT 8: Handball | | Number of Periods: 10 |
| Key Unit Competence: Perform technical skills of handball in game situations | | |
| Week | Contents | Periods |
| 6 | <ul style="list-style-type: none"> - Exercises of passing and receiving the ball | 2 |
| 7 | <ul style="list-style-type: none"> - Exercises of shooting the ball - Exercises of dribbling the ball | 2 |
| 8 | <ul style="list-style-type: none"> - Exercises of goalkeeping | 2 |
| 9 | <ul style="list-style-type: none"> - Perform small games by passing, dribbling and shooting. - Applying rules in the handball game situation | 2 |
| 10 | <ul style="list-style-type: none"> - End unit assessment | 2 |
| UNIT 9: Transmission diseases | | Number of Periods: 6 |
| Key unit Competence: Prevent against diseases through games and sports | | |
| Week | Contents | Periods |
| 11 | <ul style="list-style-type: none"> - Infectious diseases. - Diarrheal diseases games: clean food tag, moving water, boiling water, cover, cook, peel or wash, fun food challenge, diarrhoea knockdown, crossing the standing water | 2 |

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| 12 | - Games in which learners increase their awareness around safe water handling, clean foods, boiling water, cover, cook, peel or wash, fun food challenge , crossing the standing water | 2 |
| 13 | - End unit assessment | 2 |

CONTENT DISTRIBUTION IN SCHOOL YEAR 2022/2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods

Class: Primary Six

Term: One

| UNIT 1: Motor control | | Number of Periods: 4 |
|--|---|-----------------------------|
| Key unit Competence: Refine and increase range of participation in physical exercises | | |
| Week | Contents | Periods |
| 1 | <ul style="list-style-type: none"> - Exercises of circulatory or respiratory systems: relaxing muscles and stretching. - Exercises of running speed running, long running, running and jumping. | 2 |
| 2 | <ul style="list-style-type: none"> - Exercise using basic gymnastic equipment appropriately. - End unit assessment | 2 |
| UNIT 2: Body control and balance | | Number of Periods: 4 |
| Key Unit Competence: Create a simple character and narrative through movement and dance in response to a range of stimuli | | |
| Week | Contents | Periods |
| 3 | <ul style="list-style-type: none"> - Exercises of coordination - Exercises of playing in groups using movement creations | 2 |
| 4 | <ul style="list-style-type: none"> - Exercises and games, which develop emotion: exercises and games in which develop patience, pardon, and happiness - End unit assessment | 2 |
| UNIT 3: Gymnastics | | Number of Periods: 4 |
| Key Unit Competence: Execute gymnastic movements and other forms of physical activity safely | | |
| Week | Contents | Periods |
| 5 | <ul style="list-style-type: none"> - Developing sequences of gymnastics movement alone and with others: free floor work and reserved manual support. | 2 |

| | | |
|---|---|------------------------------|
| | - Exercises of rolling forward and backward from different departure position safely | |
| 6 | - Wheel and going round in circle exercises. - End unit assessment | 2 |
| UNIT 4: Athletics | | Number of Periods: 14 |
| Key Unit Competence: Improve techniques of jumping, running, and throwing objects in different positions | | |
| Week | Contents | Periods |
| 7 | - Running exercises with sprint (100m-400m) - Relays | 2 |
| 8 | - Middle distance running exercises (distance between 1500m-3000m) - Running with obstacles(Hurdles) exercises | 2 |
| 9 | - Long distance running exercises (5000m) - Long jump exercises, | 2 |
| 10 | - Triple jump exercises - High jump exercises | 2 |
| 11 | - Javelin throw exercises - Discuss throw exercises | 2 |
| 12 | - Shot put throw exercises - End unit assessment | 2 |
| 13 | - End unit assessment | 2 |

Term: Two

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|--|--|------------------------------|
| UNIT 5: Football | | Number of Periods: 18 |
| Key Unit Competence: Develop skills of football and apply techniques and tactics of kicking, passing, and using appropriate parts of the body | | |
| Week | Contents | Periods |
| 1 | - Technical skill of football: shooting | 2 |
| 2 | - Technical skill of football: heading | 2 |
| 3 | - Technical skill of football: controlling | 2 |

| | | |
|---|--|-----------------------------|
| 4 | - Technical skill of football: dribbling | 2 |
| 5 | - Technical skill of football: passing | 2 |
| 6 | - Counter-attack., Defence, attack | 2 |
| 7 | - Perform technical exercises of football: kicking, heading, trapping, and dribbling, passing, counter-attack in the game | 2 |
| 8 | - Apply basic rules of football in game situation | 2 |
| 9 | - End unit assessment | 2 |
| UNIT 6: Volleyball | | Number of Periods: 8 |
| Key unit Competence: Improve techniques of passing, blocking, setting, and serving and use these techniques in game situations | | |
| Week | Contents | Periods |
| 10 | - Volleyball techniques and tactics in Service - Volleyball techniques and tactics in dig(reception) | 2 |
| 11 | - Volleyball techniques and tactics in passing. - Volleyball techniques and tactics in spike. | 2 |
| 12 | - Set and block in volleyball - Perform technical and tactical exercises of volleyball in the game adhering to the volleyball rules | 2 |
| 13 | - End unit assessment | 2 |

Term: Three

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|---|--|------------------------------|
| UNIT 7: Basketball | | Number of Periods: 12 |
| Key unit Competence: Demonstrate defensive and offensive techniques and tactics in game situations | | |
| Week | Contents | Periods |
| 1 | - Different types of passing in basketball. | 2 |
| 2 | - Different types of dribbling in basketball | 2 |
| 3 | - Different types of shooting in basketball | 2 |
| 4 | - Man to man defence without contact - Zone defence in basketball | 2 |

| | | |
|--|---|------------------------------|
| 5 | - Perform technical and tactical exercises of basketball in the game adhering to the rules | 2 |
| 6 | - End unit assessment | 2 |
| UNIT 8: Handball | | Number of Periods: 10 |
| Key Unit Competence: Use techniques and tactics of handball in game situations | | |
| Week | Contents | Periods |
| 7 | - Techniques of handball: passing and receiving | 2 |
| 8 | - Techniques of handball Shooting - Techniques and tactics of handball: Throwing and catching | 2 |
| 9 | - Exercises of goalkeeping - Exercises of playing attack and defence | 2 |
| 10 | - Perform technical and tactical exercises of handball in the game. | 2 |
| 11 | - End unit assessment | 2 |
| UNIT 9: Transmission diseases | | Number of Periods: 4 |
| Key unit Competence: Prevent against infectious diseases through games and sports | | |
| Week | Contents | Periods |
| 12 | - Infectious diseases: what they are, how they are acquired, and how one can protect against acquiring diseases. - Hand washing and hygiene games: clean hands, wash your hands, beat the bacteria, clean hands detective, soap against germs and washing race | 2 |
| 13 | - End unit assessment | 2 |