

**SCHEME OF WORK
PHYSICAL EDUCATION AND SPORTS
GRADE 7 2023
TERM II**

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WK	LSN	STRAND	SUB-STRAND	SPECIFIC LEARNING OUTCOMES	KEY INQUIRY QUESTIONS	LEARNING EXPERIENCES	LEARNING RESOURCES	ASSESSMENT METHODS	REFLECTION
1	OPENER EXAMS								
2	1	Handball	Passes and reception in Handball	By the end of the lesson, the learner should be able to: Define passing in Handball. Demonstrate a jump pass, side pass and the stages of execution in jump pass and stage pass. Have a desire to play different games.	What is handball?	Learners are guided to define passing in Handball In groups, learners are guided to demonstrate a jump pass, side pass and the stages of execution in jump pass and stage pass	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Handball	Passes and reception in Handball	By the end of the lesson, the learner should be able to: Identify the qualities of a good pass. Practise jump pass, flick pass and two-line drill. Have fun and enjoy playing handball.	What are the qualities of a good pass?	In groups, learners are guided to identify the qualities of a good pass In groups, learners are guided to practise jump pass, flick pass and two-line drill	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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3	1	Handball	Footwork in Handball	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the characteristics of a handball game. Demonstrate how to make a knee-deep landing. Perform stepping progression drills. Desire to uphold integrity during sporting competitions</p>	How many step is a player allowed to make when in possession of the ball? How can a player advance further with the ball beyond the limits st by the rule?	<p>In pairs, learners are guided to identify the characteristics of a handball game. In groups, learners are guided to demonstrate how to make a knee-deep landing. In groups, learners are guided to perform stepping progression drills.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Handball	Footwork in Handball	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the characteristics of a handball game. Demonstrate how to make a knee-deep landing. Perform stepping progression drills. Desire to uphold integrity during sporting competitions</p>	How many step is a player allowed to make when in possession of the ball? How can a player advance further with the ball beyond the limits st by the rule?	<p>In pairs, learners are guided to identify the characteristics of a handball game. In groups, learners are guided to demonstrate how to make a knee-deep landing. In groups, learners are guided to perform stepping progression drills.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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4	1	Handball	Dodging and marking in Handball	<p>By the end of the lesson, the learner should be able to:</p> <p>Define dodging and marking in handball. Identify the qualities of a good marker. Practice single and double feign dodge. Have fun and enjoy dodging and marking in handball.</p>	What is dodging and marking in handball?	<p>Learners are guided to define dodging and marking in handball In groups, learners are guided to identify the qualities of a good marker In groups, learners to practice single and double feign dodge.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Handball	Dribbling in Handball	<p>By the end of the lesson, the learner should be able to:</p> <p>Define dribbling in handball. Practise a high and low dribble. Have fun and enjoy dribbling in handball.</p>	What should a player with th ball do to maintain it	<p>Learners are guided to define dribbling in handball In groups, learners to practise a high and low dribble</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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5	1	Handball	Shooting in Handball	<p>By the end of the lesson, the learner should be able to:</p> <p>Use digital devices to watch a clip and observe the lob shots from the compilation. Demonstrate the shooting in handball. Observe safety measures when performing shooting in handball.</p>	Why is landing and stepping important in a handball game?	<p>In parts, learners are guided to use digital devices to watch a clip and observe the lob shots from the compilation. In pairs, learners are guided to demonstrate the shooting in handball</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Handball	Shooting in Handball	<p>By the end of the lesson, the learner should be able to:</p> <p>Use digital devices to watch a clip and observe the lob shots from the compilation. Demonstrate the shooting in handball. Observe safety measures when performing shooting in handball.</p>	Why is landing and stepping important in a handball game?	<p>In parts, learners are guided to use digital devices to watch a clip and observe the lob shots from the compilation. In pairs, learners are guided to demonstrate the shooting in handball</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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6	1	Handball	Shooting in Handball	<p>By the end of the lesson, the learner should be able to:</p> <p>Discuss the grip of the ball when making a shot at goal. Practice step shot, dribble and shot and corner drill. Display the character of a sport person.</p>	What skill aspects would you consider when rating a player on marking and dodging ability?	<p>In groups, learners are guided to discuss the grip of the ball when making a shot at goal.</p> <p>In groups, learners are guided to practice step shot, dribble and shot and corner drill</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Athletics	Long jump	<p>By the end of the lesson, the learner should be able to:</p> <p>Use digital devices to watch video clips and observe the hang and hitch kick techniques in long jump. Discuss and compare the sequence of the sail, hand and hitch kick. Appreciate the importance of observing safety rules.</p>	What is long jump?	<p>In groups, learners to use digital devices to watch video clips and observe the hang and hitch kick techniques in long jump.</p> <p>In groups, learners are guided to discuss and compare the sequence of the sail, hand and hitch kick</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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7	1	Athletics	Long jump	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the rules of long jump for sportsmanship and fair play. Practise the approach, take-off, flight and landing to perfect the techniques in long jump. Have fun practising long jump.</p>	Why is raking done on the landing pit?	<p>Learners are guided to identify the rules of long jump for sportsmanship and fair play In groups, learners are guided to practise the approach, take-off, flight and landing to perfect the techniques in long jump,</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Athletics	Long jump	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the rules of long jump for sportsmanship and fair play. Practise the approach, take-off, flight and landing to perfect the techniques in long jump. Have fun practising long jump.</p>	Why is raking done on the landing pit?	<p>Learners are guided to identify the rules of long jump for sportsmanship and fair play In groups, learners are guided to practise the approach, take-off, flight and landing to perfect the techniques in long jump,</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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8	1	Athletics	Javelin	<p>By the end of the lesson, the learner should be able to:</p> <p>State the importance of safety in javelin. Discuss the types of grips. Demonstrate carriage, and approach run. Appreciate the importance of observing safety in javelin.</p>	What is javelin?	<p>Learners are guided to state the importance of safety in javelin</p> <p>In groups, learners are guided to discuss the types of grip, such as, the American grip</p> <p>In groups, learners are guided to demonstrate carriage, and approach run.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Athletics	Javelin	<p>By the end of the lesson, the learner should be able to:</p> <p>Discuss the importance of safety while throwing the javelin. Practise the phases in javelin, such as, cross over drill, release and follow through drill. Have fun and enjoy throwing javelin.</p>	What is the appropriate weight of a javelin for a 13-year-old?	<p>In groups, learners are guided to discuss the importance of safety while throwing the javelin.</p> <p>In groups, learners to practise the phases in javelin, such as, cross over drill, release and follow through drill</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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9	1	Athletics	Sprint start in athletics	<p>By the end of the lesson, the learner should be able to:</p> <p>Use digital devices to watch video clips and observe the correct placement of the blocks and feet placement on the blocks. Discuss the different positions on starting blocks for sprints starts. Appreciate the different positions on starting blocks for sprints starts.</p>	What equipment is used in sprint start in athletics?	<p>Learners are guided to use digital devices to watch video clips and observe the correct placement of the blocks and feet placement on the blocks In groups, learners are guided to discuss the different positions on starting blocks for sprints starts.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Athletics	Sprint start in athletics	<p>By the end of the lesson, the learner should be able to:</p> <p>Use digital devices to watch video clips and observe the correct placement of the blocks and feet placement on the blocks. Discuss the different positions on starting blocks for sprints starts. Appreciate the different positions on starting blocks for sprints starts.</p>	What equipment is used in sprint start in athletics?	<p>Learners are guided to use digital devices to watch video clips and observe the correct placement of the blocks and feet placement on the blocks In groups, learners are guided to discuss the different positions on starting blocks for sprints starts.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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10	1	Athletics	Sprint start in athletics	By the end of the lesson, the learner should be able to: Identify types of sprint starts. Practise the bunch, medium and elongated start in sprints. Have fun and enjoy sprint mini game.	How many types of sprints are there?	Learners are guided to identify types of sprint starts, such as, medium start, elongated start. In groups, learners to practise the bunch, medium and elongated start in sprints	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Athletics	Running in sprint races	By the end of the lesson, the learner should be able to: Name the commands given during a sprint start. Use digital devices to watch video clips on phases in a sprint race. Analyse the running phases of reaction time, acceleration and maintaining speed in sprint races. Appreciate the commands given during a sprint start.	Which commands are given during a sprint start?	In groups, learners are guided to name the commands given during a sprint start In groups, learners are guided to use digital devices to watch video clips on phases in a sprint race. In groups, learners are guided to analyse the running phases of reaction time, acceleration and maintaining speed in sprint races	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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11	1	Athletics	Running in sprint races	<p>By the end of the lesson, the learner should be able to:</p> <p>Describe the actions taken by the athlete after each command. Practise body alignment for quick reaction time, acceleration and maintaining speed in sprint races. Have fun and enjoy running in sprint races.</p>	Which actions are taken by athletes after each command?	<p>In groups, learners are guided to describe the actions taken by the athlete after each command.</p> <p>In groups, in pairs or individually, learners to practise body alignment for quick reaction time, acceleration and maintaining speed in sprint races</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	2	Athletics	Finishing techniques in sprint races	<p>By the end of the lesson, the learner should be able to:</p> <p>Discuss the different finishing techniques. Identify characteristics of the sprint finish methods. Practice individual drill and paired drills. Apply starting, running and finishing techniques in mini races for fun and enjoyment.</p>	What are the characteristics of the sprint finish methods?	<p>In groups, learners to discuss the different finishing techniques.</p> <p>In groups, learners to identify characteristics of the sprint finish methods.</p> <p>In groups, learners to practice individual drill and paired drills.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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12	1	Athletics	Baton change relay	<p>By the end of the lesson, the learner should be able to:</p> <p>Define relay running.</p> <p>Outline the safety rules to observe when participating in baton change relay.</p> <p>Demonstrate the baton change technique to depict unity.</p> <p>Practise the upswing baton change.</p> <p>Have fun and enjoy relay running.</p>	What is the name of the item being carried by the athletes during baton change relay?	<p>Learners are guided to define relay running.</p> <p>In groups, learners to outline the safety rules to observe when participating in baton change relay.</p> <p>In groups, learners to demonstrate the baton change technique to depict unity.</p> <p>In groups, learners are guided to practise the upswing baton change.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	
	1-2	Athletics	Baton change relay	<p>By the end of the lesson, the learner should be able to:</p> <p>Define relay running.</p> <p>Outline the safety rules to observe when participating in baton change relay.</p> <p>Demonstrate the baton change technique to depict unity.</p> <p>Practise the upswing baton change.</p> <p>Have fun and enjoy relay running.</p>	What is the name of the item being carried by the athletes during baton change relay?	<p>Learners are guided to define relay running.</p> <p>In groups, learners to outline the safety rules to observe when participating in baton change relay.</p> <p>In groups, learners to demonstrate the baton change technique to depict unity.</p> <p>In groups, learners are guided to practise the upswing baton change.</p>	KLB; Top Scholar: Physical Education and Sport Learner	Oral questions Oral Report Observation	

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13	ASSESSMENT AND CLOSING THE SCHOOL								