

PHYSICAL AND HEALTH EDUCATION
GRADE 4 TERM 3 2021/2022

Week	Lesson	Strand	Sub strand	Specific learning outcomes	Key inquiry questions	Learning experiences	Learning resources	Assessment	
1	1		Components of health-related fitness: Muscular strength	By the end of the sub-strand, the learner should be able to: describe the term muscular strength to enhance learning identify exercises that assist in developing muscular strength perform exercises that aid in developing muscular strength	Which exercises can be used to develop muscular strength?	learners in groups interact with technology to find out what is muscular strength learners in groups discuss the importance of muscular strength in daily life learners in groups discuss and list activities that increase muscular strength of the arms, legs, abdomen, and heart.	Mentor Grade 4 pg 123-125		
	2		Components of health-related fitness: Muscular strength	By the end of the sub-strand the learner should be able to: observe rules when playing games for own and others safety play games that aid in developing muscular strength for fun and enjoyment appreciate the importance of exercise of exercise to the human for healthy living	Why is it important to have strong muscles?	Learners individually and in groups practice exercises that aid in developing muscular strength for the arms, legs, abdomen, and heart. Learners individually bring images of people they think have good muscular strength and post them on class bulletin board or wall Learners play games for fun and enjoyment and observe safety	Mentor Grade 4 pg 121-123		
	3		Components of health-related fitness:	By the end of the sub-strand, the learner should be able to: explain the term muscular endurance to enhance learning	Which exercises can be used to develop	learners in groups interact with technology to find out what muscular endurance is Learners in groups discuss	Mentor Grade 4 pg 126-128		

			Muscular endurance	identify exercises that assist in developing muscular endurance discuss the importance of muscular endurance in daily life perform exercises that aid in developing muscular endurance for fitness	muscular endurance?	and list exercise activities that increase muscular endurance •			
	4		Components of health-related fitness: Muscular endurance	By the end of the sub-strand the learner should be able to: observe rules when playing games for own and others safety play games that aid in developing muscular endurance for fun and enjoyment appreciate muscular endurance for daily activities	Why is it important to develop muscular endurance	learners in groups discuss the importance of muscular endurance in daily life Learners individually and in groups practice exercises that aid in developing muscular endurance Learners play games for fun and enjoyment and observe safety	Mentor Grade 4 pg 126-128		
	5		Muscular and joint flexibility	By the end of the sub-strand the learner should be able to: Explain the terms muscular and joint flexibility to enhance learning identify exercises that assist in developing muscular and joint flexibility discuss the importance of muscular and joint flexibility in daily life perform exercises that aid in developing muscular and joint	What is the importance of muscular and joint flexibility in daily life?	learners in groups interact with technology to find out the meaning of muscular and joint flexibility Learners in groups discuss and list exercise activities are suitable for muscular and joint flexibility. learners in groups discuss the importance of muscular and joint flexibility in daily life	Mentor Grade 4 pg 128-130		

				flexibility for fitness					
2	1		Muscular and joint flexibility	By the end of the sub-strand the learner should be able to: Set up a fitness circuit that has exercises for all the health-related fitness components observe rules when playing games for own and others safety play games that aid in developing muscular and joint flexibility for fun and enjoyment appreciate muscular and joint flexibility in the performance of daily activities	Which are the components of health-related fitness?	Learners in groups perform exercises develop muscular and joint flexibility Learners in groups set up a fitness circuit that has exercises for all the health-related fitness components Learners play games for fun and enjoyment and observe safety	Mentor Grade 4 pg 128-130		
	2	Health and Physical fitness	Nutrition and sports performance : Water intake	By the end of the sub-strand, the learner should be able to: explain the terms hydration and dehydration for body functions state the importance of drinking water during games and sports for hydration state the signs of a well hydrated athlete during games and sports	Why is it necessary for an athlete to take plenty of water during games sports?	Learners interact with technology to find out the meaning of the term's hydration and dehydration Learners in groups discuss the importance of taking water during games and sports Learners in groups discuss the signs of a well hydrated athlete during games and sports	Mentor Grade 4 pg 130-134		
	3	Health and Physi	Nutrition and sports performance	By the end of the sub-strand the learner should be able to: state the signs of a dehydrated	Why is it necessary for an athlete to take plenty of	Learners in groups discuss the signs of a dehydrated athlete during games and	Mentor Grade 4 pg 130-134		

		cal fitness	: Water intake	athlete during games sports explore ways of taking clean water for health play games for fun and enjoyment appreciate the importance of drinking clean water during games and sports for hydration	water during games sports?	sports Learners in groups explore ways of taking clean water during games and sports Learners in groups discuss the dangers of taking unclean water Learners play games for fun and enjoyment and observe safety			
	4	Health and Physical fitness	Nutrition and sports performance :	By the end of the sub strand, the learner should be able to: discuss the importance of healthy eating habits during games and sports share food with others for companionship during games and sports	Why is it important to make healthier food choices during games and sports?	Learners in groups discuss the benefits of taking time when eating food Learners in groups discuss the reasons for sharing food with others	Mentor Grade 4 pg 130-134 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	5	Health and Physical fitness	Nutrition and sports performance :	By the end of the sub-strand the learner should be able to: list the benefits of making healthier food choices during games and sports play games for fun and enjoyment appreciate making healthier food choices for a healthy body	Why is it important to make healthier food choices during games and sports?	Why is it important to make healthier food choices during games and sports? Learners in groups discuss the importance of healthy eating habits (for example taking time to eat healthy food during games and sports)	PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
3	1	Health and Physical	Nutrition and sports performance	By the end of the sub-strand the learner should be able to: identify the common foods found	Why is it important to eat balanced diet during	Learners interact with technology to identify the common foods found in their	Mentor Grade 4 pg 138-141 PHE Design, space/ fields, field		

		cal fitness	: Food intake during games and sports	in the community identify the different food nutrients for survival classify food into different food groups to enhance learning	competitions?	community and food nutrients in them Learners in groups classify food into different food groups	markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	2	Health and Physical fitness	Nutrition and sports performance : Food intake during games and sports	By the end of the sub-strand the learner should be able to: name the importance of taking balanced diet during games sports performance discuss the importance being healthy during games and sports	Why is it important to eat balanced diet during competitions?	Learners in groups discuss the importance of taking balanced diet during sports performance Learners in groups discuss the importance of being healthy during games and sports	Mentor Grade 4 pg 138-141 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	3	Health and Physical fitness	Nutrition and sports performance : Food intake during games and sports	By the end of the sub-strand the learner should be able to: discuss when to eat each of the food groups during sports performance plan a menu for the school athletic team during training	what can sports people do to make sure they remain healthy?	Learners in groups discuss when to eat each of the food groups during sports performance	Mentor Grade 4 pg 138-141 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	4	Health and Physical fitness	Nutrition and sports performance :	observe rules during games for own and others safety play games for fun and enjoyment appreciate the importance	what can sports people do to make sure they	Learners in groups plan a menu for the school athletic team during training learners play games for fun	Mentor Grade 4 pg 138-141 PHE Design, space/ fields, field		

		cal fitness	Food intake during games and sports	eating a well- balanced meal during sports performance	remain healthy?	and enjoyment, while observing safety	markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	5	Health and Physical fitness	wellness: Dealing with emotions	By the end of the sub strand the learner should be able to: describe the term emotional wellbeing state the importance of kindness in daily life identify suitable ways to show kindness to others during games and sports	Why is it important to be kind to others?	Learners in groups discuss the importance of kindness in daily life Learners in groups discuss suitable ways of showing kindness to others Learners in groups discuss the effects of showing kindness to others during games and sports	Mentor Grade 4 pg 142-144 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
4	1	Health and Physical fitness	wellness: Dealing with emotions	By the end of the sub-strand the learner should be able to: describe the effects of showing kindness to others during games and sports play games for fun and enjoyment appreciate showing kindness to others for harmonious coexistence	Why is it important to be kind to others?	Learners in groups discuss ways in which their community shows kindness to others (school community, Church/Mosque/Temple community among others) Learners play games for fun and enjoyment	Mentor Grade 4 pg 142-144 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	2	Health and Physical fitness	Wellness: Alcohol and drug abuse in games and sports	By the end of the sub strand the learner should be able to: identify common harmful drugs and substances used in	What are the benefits of having alcohol and drug abuse free	Learners in groups identify common harmful drugs and substances used in the community Learners in groups identify	Mentor Grade 4 pg 144-147 PHE Design, space/ fields, field markers, Assessment check		

			performance	the community identify stereo types associated with drugs and substance use during games and sports	communities?	stereo types associated with drugs and substance use during games and sports	lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	3	Health and Physical fitness	Wellness: Alcohol and drug abuse in games and sports performance	discuss the importance of abstinence from substance and drug use during games and sports observe rules when playing games for own and others safety play games for fun and enjoyment	What are the benefits of having alcohol and drug abuse free communities?	Learners in groups discuss the importance of abstinence from drugs and substance use during games and sports Play games for fun and enjoyment and observe safety	Mentor Grade 4 pg 144-147 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	4		Wellness: Alcohol and drug abuse in games and sports performance	By the end of the sub-strand, the learner should be able to: identify factors that influence the abuse of alcohol and drugs during games and sports discuss ways of resisting peer influence on alcohol and substance abuse during games and sports discuss the short- and long-term effects of drug and substance abuse during games and sports identify behaviour changes associated with alcohol and drugs abuse during games and sports	How can a sports person avoid drug and substances use during games and sports?	learners in groups identify common harmful drugs and substances abused during sports competitions (alcohol, solvents, glue among others) learners in groups identify the factors that influence drugs and substance use during games and sports competitions (peer pressure, media, home influence among others) Learners in groups discuss the short- and long-term effects of drug and substance use during games and sports competitions	Mentor Grade 4 pg 144-147 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		

	5		Wellness: Alcohol and drug abuse in games and sports performance	By the end of the sub-strand, the learner should be able to state ways of communicating about alcohol and drug abuse among the peer during games and sports observe rules when playing games for own and others safety appreciate staying clean of alcohol and drug abuse during games and sports competitions play games for fun and enjoyment	Why is it important to resist negative peer influence?	learners in groups identify the behaviour changes associated with drugs and substance abuse during games and sports competitions Learners in groups discuss ways of communicating to the relevant people about alcohol and drug use during games and sports competitions Play games for fun and enjoyment and observe safety	Mentor Grade 4 pg 148-151 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
5	1	Games and Sports	games and Sports: ABC of First Aid	By the end of the sub-strand, the learner should be able to explain the term First Aid to enhance learning discuss the meaning of the acronym ABC in first aid to for first aid awareness demonstrate how to apply the ABC of First Aid in an unconscious person		Learners interact with technology to find out the contents of a First Aid box Learners in groups discuss the importance of a first aid box The learners examine and arrange the items of a First Aid	Mentor Grade 4 pg 148-151 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	2	Games and Sports	games and Sports: ABC of First Aid	By the end of the sub-strand, the learner should be able to discuss how to call for help during an emergency list the safety measures for handling a bleeding victim discuss how to calm an injured victim	Why is First Aid important in emergencies?	Learners in groups discuss and list the items of a first aid box Learners in groups discuss situations that require the use of items in a first aid box	Mentor Grade 4 pg 148-151 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens,		

							pencils and rubbers		
	3	Game s and Sport s	games and Sports: ABC of First Aid	By the end of the sub-strand, the learner should be able to observe rules when playing games for own and others safety play games for fun and enjoyment appreciate the ABC of first aid in responding to emergencies	Why is First Aid important in emergencies?	Learners in groups discuss and list the items of a first aid box Learners in groups discuss situations that require the use of items in a first aid box	Mentor Grade 4 pg 148-151 PHE Design, space/ fields, field markers, Assessment check lists Video clips, video clips, First Aid kit, exercise books pens, pencils and rubbers		
	4	First Aid in Game s and Sports	Common Injuries in games and sports: First Aid box	By the end of the sub-strand the learner should be able to: identify the items in a first aid box for familiarization explain the importance of a First Aid Box for emergencies	What items a found in a Fir Aid box?	In groups learners discuss how to safely handle items in a first aid box Learners participate in games for fun and enjoyment	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	5	First Aid in Game s and Sports	Common Injuries in games and sports: First Aid box	By the end of the sub-strand, the learner should be able to list the items of a First Aid box to enhance learning observe safety when handling the items of a First Aid box to avoid injury	What items a found in a Fir Aid box?	In groups learners discuss how to safely handle items in a first aid box Learners participate in games for fun and enjoyment	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
6	1	First Aid in Game s and Sports	Common Injuries in Sports: Bruise	By the end of the sub-strand, the learner should be able to describe a bruise as an injury discuss the signs and symptoms of a bruise for identification	Which are signs and symptoms of bruise?	Learners in groups discuss the causes of bruising Learners in groups discuss the signs and	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens,		

				demonstrate a cold press application on a bruise for lessening pain		symptoms of a bruise Learners interact with technology to observe the application of a cold press on a bruise	pencils and rubbers, and Assessment check lists		
	2	First Aid in Games and Sports	Common Injuries in Sports: Bruise	By the end of the sub-strand, the learner should be able to observe safety when handling a bruise for protection observe rules when playing games for own and others safety play games for fun and enjoyment	How do you apply first aid on a bruise?	In groups learners demonstrate and practice the application of cold press on a bruise Learners observe safety when handling a bruise to avoid infection Learners participate in games for fun and enjoyment	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	3	First Aid in Games and Sports	Common Injuries in Sports: Bruise	By the end of the sub-strand the learner should be able to: describe a bruise as an injury discuss the signs and symptoms of a bruise for identification demonstrate a cold press application on a bruise for lessening pain	Which are signs and symptoms of bruise?	Learners in groups discuss the causes of bruising Learners in groups discuss the signs and symptoms of a bruise Learners interact with technology to observe the application of a cold press on a bruise	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	4			By the end of the sub-strand the learner should be able to: observe safety when handling a bruise for protection observe rules when playing games for own and others safety	How do you apply first aid on a bruise?	In groups learners demonstrate and practice the application of cold press on a bruise Learners observe safety when handling a bruise to avoid infection Learners participate in games	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and		

				play games for fun and enjoyment		for fun and enjoyment	Assessment check lists		
	5	First Aid in Games and Sports	Common Injuries in Sports: Nose bleeding	By the end of the sub-strand the learner should be able to: identify the causes of nose bleeding to enhance learning discuss the causes of nose bleeding for first aid apply first aid to stop nose bleeding in a victim	How can you apply First Aid to stop nose bleeding?	Learners interact with technology to identify nose bleeding Learners in groups discuss the causes of nose bleeding Learners interact with technology to observe the application of First Aid to stop nose bleeding	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
7	1	First Aid in Games and Sports	Common Injuries in Sports: Nose bleeding	By the end of the sub-strand, the learner should be able to observe safety when applying first aid to stop nose bleeding for protection observe safety when playing games for own and others safety play games for fun and enjoyment	How can you apply First Aid to stop nose bleeding?	In groups learners demonstrate and practice how to apply First Aid to stop nose bleeding Learners observe safety when applying first aid to stop nose bleeding to prevent infection Play games for fun and enjoyment	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	2	First Aid in Games and Sports	Common Injuries in Sports: Wounds: clean cut wounds	By the end of the sub-strand, the learner should be able to discuss the causes of clean-cut wounds for safety demonstrate cleaning of a clean-cut wound to avoid infection	Why should you clean a clean-cut wound?	Learners interact with technology to identify the causes of a Clean-cut wound Learners interact with technology to observe how to clean a clean-cut wound	Mentor Grade 4 pg 152-156 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	3	First Aid in Game	Common Injuries in Sports:	By the end of the sub-strand, the learner should be able to observe safety when cleaning a	Why should you clean a clean-cut	Learners in groups discuss safety measures to observe when cleaning a clean-cut	Mentor Grade 4 pg 152-156		

		s and Sports	Wounds: clean cut wounds	clean-cut wound for protection select a bandage for application on a clean- cut wound	wound?	wound Learners in pairs demonstrate how to clean a clean-cut wound	PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	4	First Aid in Games and Sports	Common Injuries in Sports: Wounds: clean cut wounds	By the end of the sub-strand, the learner should be able to applying a bandage on a clean-cut wound for self-protection apply a bandage on a clean-cut wound to keep it from being infected play games for fun and enjoyment	Why is it important to cover a clean cut wound?	Learners in groups identify and select appropriate bandages for a clean-cut wound Learners in groups apply clean bandages on a clean-cut wound Learners participate in games for fun and enjoyment and observe safety	Mentor Grade 4 pg 160- PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	5	First Aid in Games and Sports	Transporting an injured victim: Single human crutch method	By the end of the sub-strand the learner should be able to: describe the Single human crutch method used for transporting an injured victim demonstrate how to carry a victim using the Single human crutch method	Which situation would be most appropriate in using the Single human crutch method?	Learners interact with technology to observe the Single human crutch method and how it is used to transport an injured victim Learners demonstrate and practice the Single Human crutch method in pairs	Mentor Grade 4 pg 168-170 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
8	1	First Aid in Games and Sports	Transporting an injured victim: Single human crutch method	By the end of the sub-strand, the learner should be able to observe safety when using the Single human crutch method to avoid more harm play games for fun and enjoyment	Which situation would be most appropriate in using the Single human crutch method?	Learners observe safety when using the Single human crutch method. Participate in games for fun and enjoyment and observe rules	Mentor Grade 4 pg 168-170 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and		

				appreciate Single human crutch method for injured victim			Assessment check lists		
	2	Outdoor activities	Recreation: Active and passive Leisure activities	By the end of the sub-strand, the learner should be able to: describe the term active and passive leisure activities in recreation list down active leisure activities within the community differentiate between active and passive leisure activities in recreation	Why is it important to engage in active leisure activities?	learners interact with technology in pairs to look up for the meaning of the terms active and passive leisure activities learners in groups discuss active and passive leisure activities learners in groups list down active and passive leisure activities learners in groups to discuss the differences between active and passive leisure activities	Mentor Grade 4 pg 171-174 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	3	Outdoor activities	Recreation: Active and passive Leisure activities	By the end of the sub-strand, the learner should be able to state the disadvantages of passive leisure activities for recreation locate leisure sites in the county map identify cultural activities in the community for leisure	Why is it important to engage in active leisure activities?	learners to role play the disadvantages of passive leisure activities learners to draw the county map and indicate leisure sites learners in groups discuss cultural activities they can participate in for leisure learners in groups to identify different leisure activities done at home, school and community	Mentor Grade 4 pg 171-174 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		

	4	Outdoor activities	Recreation: Active and passive Leisure activities	By the end of the sub-strand, the learner should be able to observe safety measures when engaging in leisure activities to avoid injury play games for fun and enjoyment desire to engage in active leisure activities for good health	Why is it important to engage in active leisure activities?	learners to highlight safety measures to be observed when engaging in leisure activities participate in games for fun and enjoyment and observe safety	Mentor Grade 4 pg 171-174 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	5	Outdoor activities	Recreation: Leisure and Time management	By the end of the sub-strand, the learner should be able to: describe leisure and time for self-management organize daily routine to create time for leisure activities	Why is it important to plan time?	learners interact with technology to find out what is Leisure and Time management learners interact with technology to plan a personal schedule for leisure time	Mentor Grade 4 pg 175-177 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
9	1	Outdoor activities	Recreation: Leisure and Time management	By the end of the sub-strand, the learner should be able to observe safety when planning for leisure activities play games for fun and enjoyment appreciate leisure and time management for self-management	Why is it important to plan time?	learners in groups discuss how to organize the daily routine to create time for leisure activities learners in groups discuss the safety measures that should be observed during leisure activities participate in games for fun and enjoyment and observe safety	Mentor Grade 4 pg 175-177 PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
	2	Outdoor activities	Recreation: care for community recreation	By the end of the sub-strand, the learner should be able to: describe the use of community recreation	Why are community recreation facilities	Learners interact with technology to find out what community recreation facilities are	Mentor Grade 4 pg 178-180 PHE Design, Video clips, First Aid Box, exercise		

			facilities	facilities mention the recreation facilities in the community observe cleanliness when using the community recreation facilities	important?	In groups learners discuss the various community recreation facilities found in their community	books and pens, pencils and rubbers, and Assessment check lists		
	3	Outdo or activit ies	Recreation: care for community recreation facilities	By the end of the sub-strand, the learner should be able to explain ways of keeping the community recreation facilities safe for all conserve the community recreation facilities for future generations play games for fun and enjoyment appreciate caring for community recreation facilities for posterity	Which actions portray community and solidarity in the school	Learners in groups suggest ways of cleaning and conserving community recreation facilities In groups learners suggest ways of keeping the community recreation facilities safe for all participate games for fun and enjoyment and observe safety	PHE Design, Video clips, First Aid Box, exercise books and pens, pencils and rubbers, and Assessment check lists		
10				END OF TERM					