

## **PHE LESSON PLAN FOR 2<sup>ND</sup> TERM- BASIC 2**

**WEEK:** One

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** Local games skills

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

- i. Perform some local games

**BUILDING A BACKGROUND:** the pupils are familiar with some local games like 'do as i do', clap over your head, who is in the garden

**CONTENT:**

### **LOCAL GAMES**

Local games are those games that are common among a particular set of people, race, community or country. Examples of local games are: Ludo, ten-ten, who is in the garden, Susana Susana , ayo



**INSTRUCTIONAL MATERIAL:** Play ground

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

Find a partner and play ten-ten

**WEEK:** Two

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** Basic skills in basketball I

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

- i. Mention two basic skills in basketball

**BUILDING A BACKGROUND:** the pupils are familiar with some skills in basketball e.g: passing and bouncing

**CONTENT:**

**BASIC SKILLS IN BASKETBALL**

Basic skills in basketball include: Passing, Bouncing, Dribbling etc



**INSTRUCTIONAL MATERIAL:** Playground, ball, whistle, Pictures

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

1. Mention two basic skills in basket ball
2. Demonstrate the skills you have mentioned

**WEEK:** Three

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** Basic skills in basketball II

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

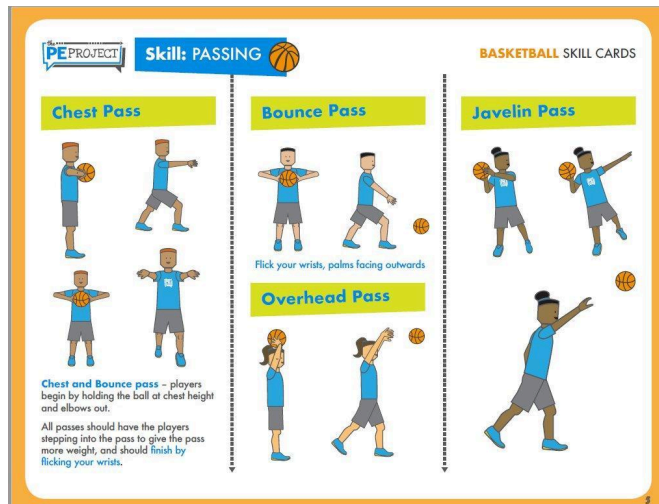
- i. Mention some basic skills in basketball game

**BUILDING A BACKGROUND:** the pupils are familiar with some skills in basketball e.g throwing and catching

**CONTENT:**

**BASIC SKILLS IN BASKET BALL GAME**

Other basic skills in basketball are passing, bouncing, dribbling, running etc.



**INSTRUCTIONAL MATERIAL:** Playground, pictures and textbooks

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

1. Mention two types of passing
2. Demonstrate each of them

**WEEK:** Four

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** safety rules in Basketball games

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

- i. State some safety rules in basketball

**BUILDING A BACKGROUND:** the pupils are familiar with some things they must not do at the swimming pool

**CONTENT:**  
**SAFETY RULES IN BASKETBALL**



**INSTRUCTIONAL MATERIAL:** textbook

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

1. Mention four safety rules in basket ball

**WEEK:** Five

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** Basic skills in swimming I

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

- i. Mention some basic skills in swimming

**BUILDING A BACKGROUND:** the pupils are familiar with some swimming skills

**CONTENT:**

**BASIC SKILLS IN SWIMMING**

Basic skills in swimming include:

**BACK STROKE**



**BREAST STROKE**



**BUTTERFLY STROKE**

**CRAWL**



**FRONT**



**INSTRUCTIONAL MATERIAL:** swimming pool, pool of water

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

1. Mention four swimming skills

**WEEK:** six

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** Demonstrate basic skills in swimming II

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

- i. Demonstrate basic skills in swimming

**BUILDING A BACKGROUND:** the pupils are familiar with some swimming skills

**CONTENT:**

**DEMONSTRATION OF BASIC SKILLS IN SWIMMING**

Swimming skills are:

Front crawl

Back stroke

Breast stroke

Butterfly stroke

Side crawl etc

**SIDE CRAWL**



**INSTRUCTIONAL MATERIAL:** Swimming pool, charts and textbook

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

Demonstrate any swimming skill of your choice

**WEEK:** Seven

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** Benefits of swimming

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

- i. Mention two benefits of swimming

**BUILDING A BACKGROUND:** the pupils are familiar with some benefits of swimming

**CONTENT:**



## **BENEFITS OF SWIMMING**

1. It reduces the risk of drowning.
2. It reduces stress
3. it is a form of relaxation
4. it improves memory function.

**INSTRUCTIONAL MATERIAL:** Charts and textbooks

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

State two benefits of swimming

**WEEK:** Eight

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** Safety rules in swimming

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

- i. Mention the safety rules of swimming

**BUILDING A BACKGROUND:** the pupils are familiar with some safety rules of swimming

**CONTENT:**  
**SAFETY RULES OF SWIMMING**

**POOL RULES**

1. No running around the swimming pool
2. No going in the swimming pool with out an adult around
3. Never swim alone
4. Do not bring glass into the pool area
5. If something looks wrong in or around the pool do not go in the pool
6. Know or ask where the first aid kit is before going in the pool
7. Make sure gates around the pool are closed and locked at all times.

**INSTRUCTIONAL MATERIAL:** Charts and textbooks

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

Mention three pool rules

**WEEK:** Nine

**CLASS:** Basic 2

**SUBJECT:** Physical and Health Education

**TOPIC:** Entry and coming out of the swimming pool

**BEHAVIOURAL OBJECTIVES:** At the end of the lesson, pupils should be able to:

- i. Demonstrate entry and coming out of the swimming pool

**BUILDING A BACKGROUND:** the pupils have seen people demonstrate entry and exit from the pool.

**CONTENT:**

**PRACTICES SKILLS**

1. Use the hand rails to enter and exit the pool.
2. Don't jump except you are an expert
3. Enter from a shallow end
4. Don't run alongside the swimming pool

#### **HAND RAILS**



**INSTRUCTIONAL MATERIAL:** Swimming pool, Pool of water

**REFERENCE MATERIAL:** Compendium Physical and Health Education for primary schools. Book 2.

**EVALUATION:** Pupils are evaluated thus:

1. Explain two rules on how to enter and exit the pool
2. If you jump as a beginner, you may be .....

**WEEK 10 : Practical**