

PHE LESSON PLAN FOR 2ND 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:

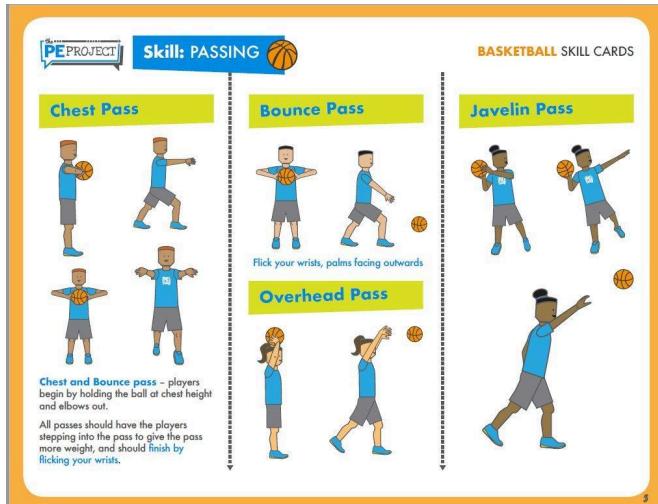
- i. Mention some basic skills in basketball game

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

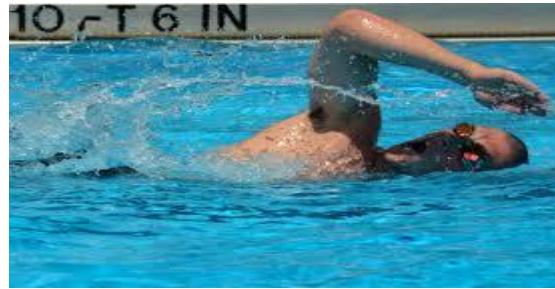
Back stroke

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 without 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