

EaD Comprehensive Lesson Plans



or



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FIRST TERM SCHEME OF LEARNING, 2023

SUBJECT: PHYSICAL EDUCATION – BASIC 8

| WEEK | WEEK ENDING | STRAND | SUB STRAND | CONTENT STANDARD | INDICATORS | RESOURCES |
|------|-------------|---|---|------------------|------------|---|
| 1 | 13-01-2023 | DISCUSSION OF LAST TERM EXAMINATION QUESTIONS (REVISION) | | | | |
| 2 | 20-01-2023 | Health Education | Nutrition and Physical Activity | B8.1.1.1 | B8.1.1.1.1 | Poster, Pictures and Video. |
| 3 | 27-01-2023 | Health Education | Disease Prevention and Management. | B8.1.2.1 | B8.1.2.1.1 | Poster, Pictures and Video. |
| 4 | 03-02-2023 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B8.2.1.1 | B8.2.1.1.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 5 | 10-02-2023 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B8.2.1.1 | B8.2.1.1.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 6 | 17-02-2023 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B8.2.1.2 | B8.2.1.2.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 7 | 24-02-2023 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B8.2.1.3 | B8.2.1.3.1 | Word chart, Poster, Pictures, video. |
| 8 | 03-03-2023 | Physical Activity Education | Physical Fitness | B8.2.2.1 | B8.2.2.1.1 | Word chart, Poster, Pictures, video. |
| 9 | 10-03-2023 | Physical Activity Education | Physical Fitness | B8.2.2.2 | B8.2.2.2.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 10 | 17-03-2023 | Physical Activity Education | Physical Fitness | B8.2.2.3 | B8.2.2.3.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 11 | 24-03-2023 | Physical Activity Education | Physical Fitness | B8.2.2.3 | B8.2.2.3.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 12 | | Physical Activity Education | Physical Fitness | B8.2.2.3 | B8.2.2.3.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 13 | 07-04-2023 | REVISION | | | | |

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| 14 | 14-04-2023 | EXAMINATION | | | | |
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