Second term PHE E-Lesson Note

SUBJECT: PHYSICAL HEALTH EDUCATION **CLASS: PRIMARY 3**

SCHEME OF WORK **2ND TERM LESSON NOTE**

WEEK ONE TO WEEK TWELVE

SCHEME OF WORK

WEEKS	TOPICS	LEARNING OBJECTIVES: At the end of the lesson the students should be able to:
1	Revision of last term's work	
2	Ball Games- football	Explain football and sate the skills, perform and demonstrate -
3	Ball Game- football	Identify safety rules in football and describe them
4	Tennis	Describe History of table tennis, state basic skills and demonstrate
5	Table tennis	Identify safety rules in table tennis and demonstrate and perform
6	Table tennis continue	Table tennis continued
7	**MID TERM BREAK**	**Midterm- Test**
8	Ball game – Basketball	Describe history of basketball , state skills , facilities, equipment
9	Ball game- Basketball	State safety rules in basketball
10	Revision	Revision
11	Revision	General revision
12	Examination	Examination

WEEK ONE **Date……**

TOPIC: REVISION OF LAST TERM'S WORK

WEEK: 2 **DAY:** **SUBJECT:**

DATE: **TOPIC:**

SUBTOPIC: **PERIODS:** **DURATIONS:**

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PERFORMANCE OBJECTIVES

By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to perform the basic skills in ball games.

ENTRY BEHAVIOUR : Playing ball

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of playground, balls, etc.

CONTENT: BASIC SKILLS IN BALL GAMES

BASIC SKILLS IN BALL

ACTIVITIES 1 – KICKING BALLS - Kick with the legs

ACTIVITIES 2 – STOPPING BALLS – with the any part of the body like chest, leg, except hand,

ACTIVITIES 3 – PASSING BALL – with hands by throwing , with legs and any other part of the body except hand while playing. Only the goal keeper is allowed to pass with hands

PRESENTATION

- To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;
2. Explains the skills in kicking and stopping.
3. Pupil's Activities – Practice the skills of kicking and stopping.

CONCLUSION

- To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.

LESSON EVALUATION : Pupils to perform the skills of football games e.g. kicking and stopping, etc. correctly.

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WEEK: 3 **DAY:** **SUBJECT:**

DATE: **TOPIC:**

SUBTOPIC: **PERIODS:** **DURATIONS:**

PREVIOUS LESSON – SKILLS IN BALL (KICKING, STOPPING AND PASSING)

PERFORMANCE OBJECTIVES

By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to state safety rules in games.

ENTRY BEHAVIOUR : Playing with care.

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of playground.

CONTENT: SAFETY RULES IN FOOTBALL GAMES

MEANING OF SAFETY

Safety means to be free from danger.

SAFETY RULES IN GAMES

1. Follow the teacher's instructions.
2. Remove all dangerous objects like stones, broken plastic, broken bottles, broken chairs, etc.
3. Remove all other objects that can be dangerous while playing. For example, chair, table, bucket, etc.
4. Support one another.
5. Be slow and steady.
6. Don't rush.
7. Don't push.
8. Be on sport outfits.
9. Cooperate with your team mates.
10. Obey the rules of the game.

PRESENTATION

- To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;
2. Lists safety rules.
3. Pupil's Activities – Mention safety rules.

CONCLUSION

To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.

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WEEK: **4 & 5 & 6** **DAY:** **SUBJECT:**

DATE: **TOPIC:**

SUBTOPIC: **PERIODS:** **DURATIONS:**

PREVIOUS LESSON –

TOPIC –

PERFORMANCE OBJECTIVES By the end of the lesson, the pupils should be able to:

1. Narrate the history of table tennis in Nigeria;

2. State basketball facilities and equipment;

3. Draw and label a table tennis board with dimensions.

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of playground.

Building Background /connection to prior knowledge : Students are familiar with table tennis

CONTENT: TABLE TENNIS

TABLE TENNIS

Table tennis is one of the major sports in the world. It is played at all levels of competition. Both young and old people play the game but at world championships, it is a young person's game. The game is played by a minimum two people in form of singles and maximum of four people in form of doubles or mixed doubles.

The game takes place on a hard table divided by a net.

HISTORY OF TABLE TENNIS IN NIGERIA

Unconfirmed reports had it that the game had its origin in the kitchen, played between Mum and Dad with potatoes used as balls and frying pans used as bats and played across the table.

Table Tennis was introduced in Nigeria in the early Thirties by British. In Nigeria, table tennis is played everywhere among people of all ages and sex. It is popular among students in the Universities, colleges, and post – primary schools. Nigeria has continued to take active part in the competition at both national and international levels.

The Nigeria Table Tennis Federation (NTTF) was formed 1951.

TABLE TENNIS FACILITIES AND EQUIPMENT

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The facilities and equipment of the game of table tennis are:

1. The table tennis board

2. The net

3. The bat/racket and table tennis ball

4. The jersey

5. The sock and canvas

Basic Table Tennis Rules

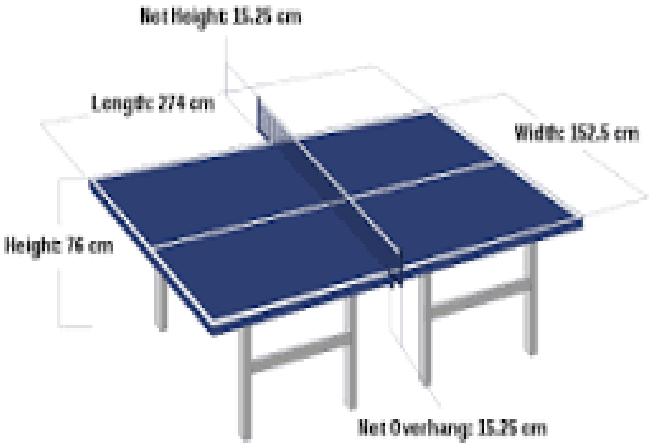
The service must start with the ball in an open palm. ...

The ball must be thrown vertically, at least 16 cm. ...

The ball must be above and behind the table throughout the serve.

After throwing the ball, the server must get their free arm and hand out of the way.

TABLE TENNIS DIMENSION



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Second term PHE E-Lesson Note

Evaluation:-

1. narrates the history of table tennis in Nigeria;

2. Mention the facilities and equipment;

3. Draw and label table tennis board with dimensions.

WEEK: 7- MIDTERM BREAK MID-TERM TEST

WEEK: 8-9 DAY: SUBJECT:

DATE: TOPIC:

SUBTOPIC: PERIODS: DURATIONS:

PERFORMANCE OBJECTIVES

1. Tell history of basketball.
2. Mention the number of players needed.
3. Mention the basic skills of basketball.
4. Perform the skill
5. Perform other skills like: a. individual defense fainting, dodging. b. shooting.

ENTRY BEHAVIOUR : Playing with care.
INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of playground (basketball) , whistle , ball, basketball court
CONTENT: BALL- GAME (BASKETBALL)

THE BRIEF HISTORY OF BASKETBALL.

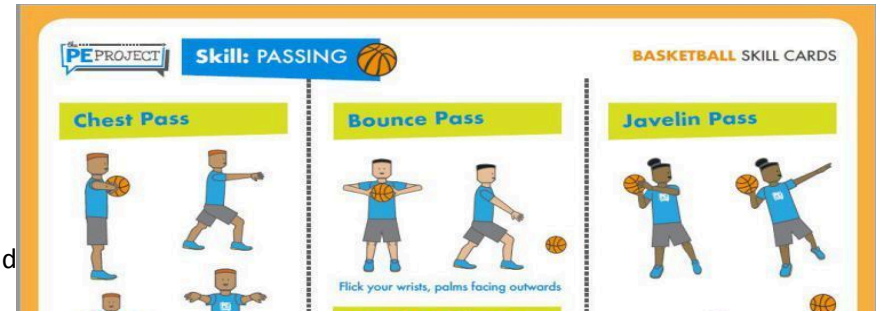
Basketball was invented by James Naismith in Springfield, Massachusetts. The year was 1891, and as the story goes, Naismith was asked to come up with an indoor game that offered fewer injuries than classic American gridiron football. He came up with a 9-on-9 game that involved shooting a ball into a peach basket.

The actual numbers of players allowed in a team to play a basketball are five in numbers

I.e 5players from each team while 7 players is allowed on bench as substitute.

BASIC SKILLS IN BASKETBALL

1. Passing and catching 2. Dribbling. 3. Shooting. 4. Footwork 5. Individual defense

Download 

EVALUATION. The Teacher ask the Pupils to

1. Lists four skills used in the basket

2. Give a brief history of basketball.

3. List the players in basketball game.

4. Draw the court.

5. Explains the skill of shooting and individual defence in basketball.

PERIOD 2

Behavioural objectives: At the end of the lesson pupils should be able to

1. Perform the skills of footwork, individual defence.
2. Draw and label the basketball court.

3. Mention the various officials in basketball game.

Instructional material/Reference material: 1. Basketball , 2. Whistle. 3. Basketball court.

Building Background /connection to prior knowledge : Pupils have been taught basketball

Content: **LIST OF OFFICIALS IN BASKETBALL**

1. Referees
2. Lead referees
3. Scorer
4. Timer.

The diagram of Basketball pitch and label.

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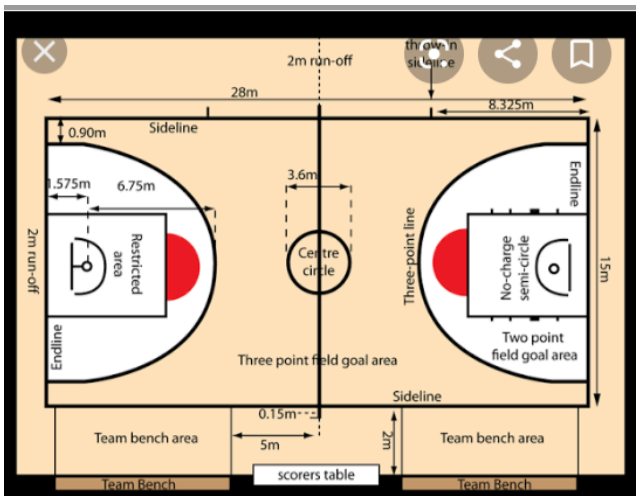
Evaluation: Teacher ask pupil to

1. Explains footwork as a skill in basketball.
2. Draw a basketball court
3. Name two officials in a basketball game.

WEEK: 10- REVISION

WEEK: 11- REVISION

WEEK: 12- EXAMINATION



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