

			<p>a) Explain the terms muscular and joint flexibility to enhance learning</p> <p>b) identify exercises that assist in developing muscular and joint flexibility</p> <p>c) discuss the importance of muscular and joint flexibility in daily life</p> <p>d) perform exercises that aid in developing muscular and joint flexibility for fitness</p>	<p>joint flexibility in daily life?</p> <p>2. Which are the components of health-related fitness?</p>		rubbers bat, first aid kit,		
4		Muscular And Joint Flexibility	<p>e) Set up a fitness circuit that has exercises for all the health-related fitness components</p> <p>f) observe rules when playing games for own and others safety</p> <p>g) play games that aid in developing muscular and joint flexibility for fun and enjoyment</p> <p>h) appreciate muscular and joint flexibility in the performance of daily activities</p>		<ul style="list-style-type: none"> ▪ 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 ▪ 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 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit,		
5		Nutrition And Sports Performance : Water Intake	<p>By the end of the sub-strand, the learner should be able to:</p> <p>a) explain the terms hydration and dehydration for body functions</p> <p>b) state the importance of drinking water during games and sports for hydration</p> <p>c) state the signs of a well hydrated athlete during games and sports</p>	<p>Why is it necessary for an athlete to take plenty of water during games sports?</p>	<ul style="list-style-type: none"> ▪ 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 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		

2	1		Nutrition And Sports Performance : Water Intake	<p>d) state the signs of a dehydrated athlete during games sports</p> <p>e) explore ways of taking clean water for health</p> <p>f) play games for fun and enjoyment</p> <p>g) appreciate the importance of drinking clean water during games and sports for hydration</p>	Why is it necessary for an athlete to take plenty of water during games sports?	<p>athlete during games and sports</p> <ul style="list-style-type: none"> ▪ Learners in groups discuss the signs of a dehydrated athlete during games and 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 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	2		Healthy Eating Habits	<p>By the end of the sub strand, the learner should be able to:</p> <p>a) discuss the importance of healthy eating habits during games and sports</p> <p>b) share food with others for companionship during games and sports</p> <p>c) list the benefits of making healthier food choices during games and sports</p>	Why is it important to make healthier food choices during games and sports?	<ul style="list-style-type: none"> ▪ Learners in groups discuss the benefits of taking time when eating food ▪ Learners in groups discuss the reasons for sharing food with others 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	3		Healthy Eating Habits	<p>d) play games for fun and enjoyment</p> <p>e) appreciate making healthier food choices for a healthy body</p>	Why is it important to make healthier food choices during games and sports?	<ul style="list-style-type: none"> ▪ Learners in groups discuss the importance of healthy eating habits (for example taking time to eat healthy food during games and sports) ▪ Learners in groups discuss the benefits of making healthy food choices ▪ learners play games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		

4		Food Intake During Games And Sports	<hr/> <p>By the end of the sub-strand, the learner should be able to:</p> <p>a) identify the common foods found in the community</p> <p>b) identify the different food nutrients for survival</p> <p>c) classify food into different food groups to enhance learning</p>	<p>1. Why is it important to eat balanced diet during competitions?</p> <p>2. what can sports people do to make sure they remain healthy?</p>	<ul style="list-style-type: none"> ▪ Learners interact with technology to identify the common foods found in their community and food nutrients in them ▪ Learners in groups classify food into different food groups 	<p>PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups</p>		
5		Food Intake During Games And Sports	<p>d) name the importance of taking balanced diet during games sports performance</p> <p>e) discuss the importance being healthy during games and sports</p>	<p>1. Why is it important to eat balanced diet during competitions?</p> <p>2. what can sports people do to make sure they remain healthy?</p>	<ul style="list-style-type: none"> ▪ 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 	<p>PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups</p>		
3	1	Food Intake During Games And Sports	<p>f) discuss when to eat each of the food groups during sports performance</p> <p>g) plan a menu for the school athletic team during training</p>	<p>1. Why is it important to eat balanced diet during competitions?</p> <p>2. what can sports people do to make sure they remain healthy?</p>	<ul style="list-style-type: none"> ▪ Learners in groups discuss when to eat each of the food groups during sports performance ▪ Learners in groups plan a menu for the school athletic team during training 	<p>PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups</p>		

2		Food Intake During Games And Sports	<ul style="list-style-type: none"> h) observe rules during games for own and others safety i) play games for fun and enjoyment j) appreciate the importance eating a well-balanced meal during sports performance 	<ol style="list-style-type: none"> 1. Why is it important to eat balanced diet during competitions? 2. what can sports people do to make sure they remain healthy? 	<ul style="list-style-type: none"> ▪ Learners in groups plan a menu for the school athletic team during training ▪ learners play games for fun and enjoyment, while observing safety 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
3		Wellness :Dealing With Emotions	<p>By the end of the sub strand the leaner should be able to:</p> <ul style="list-style-type: none"> a) describe the term emotional wellbeing b) state the importance of kindness in daily life c) identify suitable ways to show kindness to others during games and sports 	<p>Why is it important to be kind to others?</p>	<ul style="list-style-type: none"> ▪ Learners in groups using technology find out the meaning of the term kindness ▪ Learners in groups discuss the importance of kindness in daily life ▪ Learners in groups discuss suitable ways of showing kindness to others 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
4		Wellness :Dealing With Emotions	<ul style="list-style-type: none"> d) describe the effects of showing kindness to others during games and sports e) play games for fun and enjoyment f) appreciate showing kindness to others for harmonious coexistence 	<p>Why is it important to be kind to others?</p>	<ul style="list-style-type: none"> ▪ Learners in groups discuss the effects of showing kindness to others during games and sports ▪ 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 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		

	5		Alcohol and drug abuse in games and sports performance	<p>By the end of the sub strand the learner should be able to:</p> <ul style="list-style-type: none"> a) identify common harmful drugs and substances used in the community b) identify stereo types associated with drugs and substance use during games and sports 	What are the benefits of having alcohol and drug abuse free communities?	<ul style="list-style-type: none"> ▪ Learners in groups identify common harmful drugs and substances used in the community ▪ Learners in groups identify stereo types associated with drugs and substance use during games and sports 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
4	1		Alcohol and drug abuse in games and sports performance	<ul style="list-style-type: none"> c) discuss the importance of abstinence from substance and drug use during games and sports d) observe rules when playing games for own and others safety e) play games for fun and enjoyment 	What are the benefits of having alcohol and drug abuse free communities?	<ul style="list-style-type: none"> ▪ Learners in groups discuss the importance of abstinence from drugs and substance use during games and sports 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	2		Alcohol and drug abuse in games and sports performance	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none"> a) identify factors that influence the abuse of alcohol and drugs during games and sports b) discuss ways of resisting peer influence on alcohol and substance abuse during games and sports c) discuss the short- and long-term effects of drug and substance abuse during games and sports 	<ol style="list-style-type: none"> 1. How can a sports person avoid drug and substances use during games and sports? 2. Why is it important to resist negative peer influence? 	<ul style="list-style-type: none"> ▪ 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 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		

	3		Alcohol and drug abuse in games and sports performance	<ul style="list-style-type: none"> d) identify behavior changes associated with alcohol and drugs abuse during games and sports e) state ways of communicating about alcohol and drug abuse among the peer during games and sports f) observe rules when playing games for own and others safety g) appreciate staying clean of alcohol and drug abuse during games and sports competitions h) play games for fun and enjoyment 	<p>1. How can a sports person avoid drug and substances use during games and sports?</p> <p>2. Why is it important to resist negative peer influence?</p>	<ul style="list-style-type: none"> ▪ learners in groups identify the behavior 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 	PHE design, field/space, video, check list, exercise books, pens, rubbers bat, first aid kit, water bottles, various food groups		
	4	First Aid In Games And Sports	Common Injuries In Games And Sports: ABC Of First Aid	<p>By the end of the sub-strand the learner should be able to:</p> <ul style="list-style-type: none"> a) explain the term First Aid to enhance learning b) discuss the meaning of the acronym ABC in first aid to for first aid awareness c) demonstrate how to apply the ABC of First Aid in an unconscious person 	<p>Why is First Aid important in emergencies?</p>	<ul style="list-style-type: none"> ▪ Learners in groups interact with technology to find out the meaning of the term first aid and the acronym ABC in First Aid ▪ Learners in groups practice applying the ABC of First Aid (Airways, Breathing and Circulation or pulse rate) 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	5		Common Injuries In Games And Sports: ABC Of First Aid	<ul style="list-style-type: none"> d) discuss how to call for help during an emergency e) list the safety measures for handling a bleeding victim f) discuss how to calm an injured victim 		<ul style="list-style-type: none"> ▪ Learners practice calling for help during emergency ▪ Learners in groups practice calming an injured victim 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
5	1		Common Injuries In Games And Sports: ABC Of First Aid	<ul style="list-style-type: none"> f) discuss how to calm an injured victim g) observe rules when playing games for own and others safety h) play games for fun and enjoyment i) appreciate the ABC of first aid in responding to emergencies 		<ul style="list-style-type: none"> ▪ Learners list the safety measures for handling a bleeding victim when administering first aid ▪ Learner play games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		

	2		First Aid Box	<p>By the end of the sub-strand the learner should be able to:</p> <p>a) identify the items in a first aid box for familiarization</p> <p>b) explain the importance of a First Aid Box for emergencies</p>	<p>1. What items are found in a First Aid box?</p> <p>2. Why is it important to have a first aid box in school and at home?</p>	<ul style="list-style-type: none"> 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 	<p>PHE design, field/space, video, check list, exercise books, pens, first Aid Box</p>		
	3		First Aid Box	<p>c) list the items of a First Aid box to enhance learning</p> <p>d) observe safety when handling the items of a First Aid box to avoid injury</p>	<p>1. What items are found in a First Aid box?</p> <p>2. Why is it important to have a first aid box in school and at home?</p>	<ul style="list-style-type: none"> The learners examine and arrange the items of a First Aid Learners in groups discuss and list the items of a first aid box 	<p>PHE design, field/space, video, check list, exercise books, pens, first Aid Box</p>		
	4		First Aid Box	<p>e) play games for fun and enjoyment</p> <p>f) appreciate the First Aid box for emergency cases</p>	<p>1. What items are found in a First Aid box?</p> <p>2. Why is it important to have a first aid box in school and at home?</p>	<ul style="list-style-type: none"> Learners in groups discuss situations that require the use of items in a first aid box In groups learners discuss how to safely handle items in a first aid box Learners participate in games for fun and enjoyment 	<p>PHE design, field/space, video, check list, exercise books, pens, first Aid Box</p>		
	5		Bruise	<p>By the end of the sub-strand the learner should be able to:</p> <p>a) describe a bruise as an injury</p> <p>b) discuss the signs and symptoms of a bruise for identification</p> <p>c) demonstrate a cold press application on a bruise for lessening pain</p>	<p>1. Which are signs and symptoms of bruise?</p> <p>2. How do you apply first aid on a bruise?</p>	<ul style="list-style-type: none"> Learners interact with technology to identify a 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 	<p>PHE design, field/space, video, check list, exercise books, pens, first Aid Box</p>		
6	1		Bruise	<p>d) observe safety when handling a bruise for protection</p> <p>e) observe rules when playing games for own and others safety</p> <p>f) play games for fun and enjoyment</p>		<ul style="list-style-type: none"> 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 	<p>PHE design, field/space, video, check list, exercise books, pens, first Aid Box</p>		

	2		Nose Bleeding	By the end of the sub-strand the learner should be able to: a) identify the causes of nose bleeding to enhance learning b) discuss the causes of nose bleeding for first aid c) apply first aid to stop nose bleeding in a victim	How can you apply First Aid to stop nose bleeding?	<ul style="list-style-type: none"> ▪ 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 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	3		Nose Bleeding	d) observe safety when applying first aid to stop nose bleeding for protection e) observe safety when playing games for own and others safety f) play games for fun and enjoyment	How can you apply First Aid to stop nose bleeding?	<ul style="list-style-type: none"> ▪ 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 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	4		Wounds: Clean Cut Wounds	By the end of the sub-strand the learner should be able to: a) discuss the causes of clean-cut wounds for safety b) demonstrate cleaning of a clean-cut wound to avoid infection	1. Why should you clean a clean-cut wound?	<ul style="list-style-type: none"> ▪ 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 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	5		Wounds: Clean Cut Wounds	c) observe safety when cleaning a clean-cut wound for protection d) select a bandage for application on a clean-cut wound	2. Why is it important to cover a clean-cut wound?	<ul style="list-style-type: none"> ▪ Learners in groups discuss safety measures to observe when cleaning a clean-cut wound ▪ Learners in pairs demonstrate how to clean a clean-cut wound ▪ Learners in groups identify and select appropriate bandages for a clean-cut wound 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
7	1		Wounds: Clean Cut Wounds	e) applying a bandage on a clean-cut wound for self-protection f) apply a bandage on a clean-cut wound to keep it from being infected g) play games for fun and enjoyment	2. Why is it important to cover a clean-cut wound?	<ul style="list-style-type: none"> ▪ Learners in groups apply clean bandages on a clean-cut wound ▪ Learners participate in games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		

	2		Transporting An Injured Victim: Single Human Crutch Method	By the end of the sub-strand the learner should be able to: a) describe the Single human crutch method used for transporting an injured victim b) 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?	<ul style="list-style-type: none"> 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 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	3		Transporting An Injured Victim: Single Human Crutch Method	c) observe safety when using the Single human crutch method to avoid more harm d) play games for fun and enjoyment e) appreciate Single human crutch method for injured victim	Which situation would be most appropriate in using the Single human crutch method?	<ul style="list-style-type: none"> Learners observe safety when using the Single human crutch method. Participate in games for fun and enjoyment and observe rules 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	4	Outdoor Activities	Recreation Active and passive Leisure activities	By the end of the sub-strand, the learner should be able to: a) describe the term active and passive leisure activities in recreation b) list down active leisure activities within the community c) differentiate between active and passive leisure activities in recreation	Why is it important to engage in active leisure activities?	<ul style="list-style-type: none"> 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 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
	5		Active and passive Leisure activities	d) state the disadvantages of passive leisure activities for recreation e) locate leisure sites in the county map f) identify cultural activities in the community for leisure	Why is it important to engage in active leisure activities?	<ul style="list-style-type: none"> 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 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
8	1		Active and passive Leisure activities	g) observe safety measures when engaging in leisure activities to avoid injury h) play games for fun and enjoyment i) desire to engage in active leisure activities for good health	Why is it important to engage in active leisure activities?	<ul style="list-style-type: none"> learners to highlight safety measures to be observed when engaging in leisure activities participate in games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		

2		Leisure and Time management	<p>By the end of the sub-strand, the learner should be able to:</p> <p>a) describe leisure and time for self-management</p> <p>b) organize daily routine to create time for leisure activities</p> <p>c) observe safety when planning for leisure activities</p>	Why is important to plan time?	<ul style="list-style-type: none"> ▪ 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 ▪ learners in groups discuss how to organize the daily routine to create time for leisure activities 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
3		Leisure and Time management	<p>d) play games for fun and enjoyment</p> <p>e) appreciate leisure and time management for self-management</p>	Why is important to plan time?	<ul style="list-style-type: none"> ▪ learners in groups discuss the safety measures that should be observed during leisure activities ▪ participate in games for fun and enjoyment and observe safety 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		
4		Care For Community Recreation Facilities	<p>By the end of the sub-strand, the learner should be able to:</p> <p>a) describe the use of community recreation facilities</p> <p>b) mention the recreation facilities in the community</p> <p>c) observe cleanliness when using the community recreation facilities</p>	<p>1. Why are community recreation facilities important?</p> <p>2. Which actions portray community and solidarity in the school</p>	<ul style="list-style-type: none"> ▪ Learners interact with technology to find out what community recreation facilities are ▪ In groups learners discuss the various community recreation facilities found in their community 	PHE design, field/space, video, check list, exercise books, pens, first Aid Box		

5		Care For Community Recreation Facilities	<ul style="list-style-type: none"> d) explain ways of keeping the community recreation facilities safe for all e) conserve the community recreation facilities for future generations f) play games for fun and enjoyment g) appreciate caring for community recreation facilities for posterity 	<ol style="list-style-type: none"> 1. Why are community recreation facilities important? 2. Which actions portray community and solidarity in the school 	<ul style="list-style-type: none"> ▪ 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, field/space, video, check list, exercise books, pens, first Aid Box		
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9-10	End Year/Assesment							
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