



MOVEMENT SCHEME OF WORK GRADE 1 TERM 2

NAME	
TSC NO.	
SCHOOL	



SCHOOL	GRADE	LEARNING AREA	TERM	YEAR
	1	Movement Activities	2	

Week	Lesson	Strand	Sub Strand	Specific Learning Outcome	Key Inquiry Question	Learning Experiences	Learning Resources	Assessment	Remarks
1	1	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: name the parts of the body that are in use during the over arm throw for body awareness	Name games that involve the over arm throw.	Learners to name objects around the school compound that they are able to throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	2	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: name the parts of the body that are in use during the over arm throw for body awareness	Name games that involve the over arm throw.	Learners to name objects around the school compound that they are able to throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and	Signed questions and practicals make appropriate play items and use them in their own	



							Cricket	games	
	3	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: watch a video clip on over arm throw for digital literacy and problem solving	Name games that involve the over arm throw.	Learners to observe the over arm throw skill in the you tube using digital devices such as mobile phones	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	4	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: watch a video clip on over arm throw for digital literacy and problem solving	Name games that involve the over arm throw.	Learners to observe the over arm throw skill in the you tube using digital devices such as mobile phones	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	5	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: perform the over arm throw in different ways for strength, coordination, endurance and balance	Name games that involve the over arm throw.	Learners to improvise balls using the locally available materials for use during the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own	



								games	
2	1	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: perform the over arm throw in different ways for strength, coordination, endurance and balance	Name situations where you can use the over arm throw	Learners to improvise balls using the locally available materials for use during the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	2	Basic motor skills	Manipulative skill Over arm throw	perform the over arm throw in different ways for strength, coordination, endurance and balance	Name situations where you can use the over arm throw	Learners to improvise balls using the locally available materials for use during the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	3	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: practice the over arm throw in different ways for strength coordination, endurance, balance and for excellence	Name situations where you can use the over arm throw	Practices the over arm throw by throwing objects in different directions such as throwing in front, sideways and at the back	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and	Signed questions and practicals make appropriate play items and use them in their own	



							Cricket	games	
	4	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: practice the over arm throw in different ways for strength coordination, endurance, balance and for excellence	Name situations where you can use the over arm throw	Practices the over arm throw by throwing objects in different directions such as throwing in front, sideways and at the back	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	5	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: practice the over arm throw in different ways for strength coordination, endurance, balance and for excellence	Name situations where you can use the over arm throw	Practices the over arm throw by throwing objects in different directions such as throwing in front, sideways and at the back	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
3	1	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: establish relationships through using the over arm throw for critical thinking and problem solving	Name games that involve the over arm throw. Name situations where you can use the over arm	Practices the over arm throw by throwing objects in different directions such as throwing in front, sideways and at the back. § Throw objects of different sizes using the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and	Signed questions and practicals make appropriate play items and use them in their own	



					throw.		Cricket	games	
	2	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: make appropriate play items for creativity and imagination	Name games that involve the over arm throw. Name situations where you can use the over arm throw.	Practices the over arm throw by throwing objects in different directions such as throwing in front, sideways and at the back. § Throw objects of different sizes using the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	3	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: make appropriate play items for creativity and imagination	Name games that involve the over arm throw. Name situations where you can use the over arm throw.	Practices the over arm throw by throwing objects in different directions such as throwing in front, sideways and at the back. § Throw objects of different sizes using the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	4	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: appreciate throwing using the over arm throw for strength, coordination, balance and self-esteem	Name games that involve the over arm throw. Name situations where you can use the over arm	Throw objects of different sizes using the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and	Signed questions and practicals make appropriate play items and use them in their own	



					throw.		Cricket	games	
	5	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: play games for enjoyment;	Name games that involve the over arm throw. Name situations where you can use the over arm throw.	Throw objects of different sizes using the over arm throw Learners to play games that involve the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
4	1	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: play games for enjoyment.	Name games that involve the over arm throw. Name situations where you can use the over arm throw.	Throw objects of different sizes using the over arm throw Learners to play games that involve the over arm throw	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and Cricket	Signed questions and practicals make appropriate play items and use them in their own games	
	2	Basic motor skills	Manipulative skill Over arm throw	By the end of the sub-strand the learner should be able to: observe rules when playing games for own and others safety.	Name games that involve the over arm throw. Name situations where you can use the over arm	Observe the rules when playing games using the over arm throw.	Field markers, bean bags, ropes, • Digital devices such as computers, mobile phones • Video clip of the over arm throw or games that use the skill such as Netball and	Signed questions and practicals make appropriate play items and use them in their own	



					throw.		Cricket	games	
	3		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: name the parts of the body that are in use during catching for body awareness	What are the body parts that are used for catching?.	Learners to answer questions on the parts of the body in use when catching.	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
	4		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: name the parts of the body that are in use during catching for body awareness	What are the body parts that are used for catching?	Learners to answer questions on the parts of the body in use when catching.	Field markers, bean bags, ropes, Digital devices such as computers and mobile phones Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
	5		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: watch a video clip on catching for digital literacy and problem solving;	Name games where catching is used	learners in groups to watch video clips of people playing netball and other games where the catching skill is used	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as	Signed questions and practicals	



							netball where the catching skill is used		
5	1		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: watch a video clip on catching for digital literacy and problem solving;	Name games where catching is used	learners in groups to watch video clips of people playing netball and other games where the catching skill is used	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
	2		manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: perform catching in different ways for strength, coordination, endurance and balance	Name games where catching is used	Learners to practice catching items of different sizes such as bean bags, tenniquoits and balls	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
	3		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: perform catching in different ways for strength coordination, endurance and balance	Name games where catching is used	Learners to practice catching items of different sizes such as bean bags, tenniquoits and balls	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as	Signed questions and practicals	



							netball where the catching skill is used		
	4		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: practice catching in different ways for strength, coordination, endurance, balance and for excellence	Name games where catching is used	Learners to practice catching in groups, in twos	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
	5		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: practice catching in different ways for strength, coordination, endurance, balance and for excellence	Name games where catching is used	Learners to practice catching in groups, in twos Learners to play games using the catching skill	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
6	1		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: establish relationships through catching for critical thinking and problem solving;	Name games where catching is used	Learners to practice catching in groups, in twos Learners to play games using the catching skill	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and	Signed questions and practicals	



							games such as netball where the catching skill is used		
	2		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: make appropriate balls for use, and for creativity and imagination;	Name games where catching is used	Learners to play games using the catching skill	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
	3		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: make appropriate balls for use, and for creativity and imagination.	Name games where catching is used	Learners to play games using the catching skill	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
	4		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: appreciate catching for Strength, coordination and	Name games where catching is used	Learners to play games using the catching skill	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the	Signed questions and practicals	



				balance and self-esteem.			catching skill and games such as netball where the catching skill is used		
	5		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: play games for enjoyment.	Name games where catching is used	Learners to play games using the catching skill	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
7	1		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: play games for enjoyment.	Name games where catching is used	Learners to play games using the catching skill	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the catching skill and games such as netball where the catching skill is used	Signed questions and practicals	
	2		Manipulative skills: Catching	By the end of the sub-strand, the learner should be able to: Observe rules when playing games for own and others safety.	Name games where catching is used	Learners to observe rules when playing games using the catching skill	Field markers, bean bags, ropes, • Digital devices such as computers and mobile phones • Video clips of the	Signed questions and practicals	



							catching skill and games such as netball where the catching skill is used		
	3	Water safety:	Pool Rules	By the end of the sub-strand, the learners should be able to: Name water bodies found in the locality.	Name some water bodies around where you come from. Mention some of your classroom rules	Learners in groups could be shown video clips of different water bodies such as dams, lakes, rivers, oceans and swimming pools	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers ,mobile phones	Signed questions, observations Practicals make posters	
	4	Water safety:	Pool Rules	By the end of the sub-strand, the learners should be able to: Name water bodies found in the locality.	Name some water bodies around where you come from. Mention some of your classroom rules	Learners in groups could be shown video clips of different water bodies such as dams, lakes, rivers, oceans and swimming pools	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers ,mobile phones	Signed questions, observations Practicals make posters	
	5	Water safety:	Pool Rules	By the end of the sub-strand, the learners should be able to: create a poster of pool rules for display in the changing room.	Name some water bodies around where you come from. Mention some of your	Learners to create a poster showing the swimming pool rules for display in the changing room	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers	Signed questions, observations Practicals make posters	



					classroom rules		,mobile phones		
8	1	Water safety:	Pool Rules	By the end of the sub-strand, the learners should be able to: create a poster of pool rules for display in the changing room.	Name some water bodies around where you come from. Mention some of your classroom rules	Learners to create a poster showing the swimming pool rules for display in the changing room	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers ,mobile phones	Signed questions, observations Practicals make posters	
	2	Water safety:	Pool Rules	By the end of the sub-strand, the learners should be able to: identify sections of the pool and its environs.	Name some water bodies around where you come from. Mention some of your classroom rules	Learners to observe pool sanitation and hygiene showering before entering the pool	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers ,mobile phones	Signed questions, observations Practicals make posters	
	3	Water safety:	Pool Rules	By the end of the sub-strand, the learners should be able to: familiarize with the pool rules for safety.	Name some water bodies around where you come from. Mention some of your classroom	Learners to observe pool sanitation and hygiene showering before entering the pool	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers ,mobile phones	Signed questions, observations Practicals make posters	



					rules				
	4	Water safety:	Pool Rules	By the end of the sub-strand, the learners should be able to: familiarize with the pool rules for safety.	Name some water bodies around where you come from. Mention some of your classroom rules	Learners to observe pool sanitation and hygiene showering before entering the pool appropriate dress code	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers ,mobile phones	Signed questions, observations Practicals make posters	
	5	Water safety:	Pool Rules	By the end of the sub-strand, the learners should be able to: observe sanitation around the pool environs for personal hygiene.	Name some water bodies around where you come from. Mention some of your classroom rules	Learners to be taken round the swimming pool for familiarization appropriate dress code	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers ,mobile phones	Signed questions, observations Practicals make posters	
9	1	Water safety	Pool Rules	By the end of the sub-strand, the learners should be able to: enjoy playing simple water games.	Name some water bodies around where you come from. Mention some of your classroom rules	Learners to be taken round the swimming pool for familiarization appropriate dress code Learners to play water games	Swimming pool • Manila paper • Colouring pencils/crayons • Pencils • Rubbers • Digital devices such as computers ,mobile phones	Signed questions, observations Practicals make posters	
	2	Water safety	Pool Rules	By the end of the sub-strand, the learners	Name some water bodies	Learners to observe safety	Swimming pool • Manila paper	Signed questions,	



				should be able to: obey pool rules for own and others safety.	around where you come from. Mention some of your classroom rules	rules around the swimming pool	<ul style="list-style-type: none">• Colouring pencils/crayons• Pencils• Rubbers• Digital devices such as computers ,mobile phones	observations Practicals make posters	
	3	Swimming	Water Safety: Personal floatation device	By the end of the sub-strand, the learner should be able to: State swimming pool rules.	Which objects can float in water? Name any two pool rules that you know.	Learners in groups to watch video clips of different types of floatation devices.	Field markers, bean bags, ropes, <ul style="list-style-type: none">• Digital devices such as computer, mobile phones• Video clips of different types of floatation devices	Signed questions, observation, practicals make posters to sensitize the community on water hazards and display them on the community water bodies	
	4	Swimming	Water Safety: Personal floatation device	By the end of the sub-strand, the learner should be able to watch a video clip of people wearing flotation devices for digital literacy and problem solving;	Which objects can float in water? Name any two pool rules that you know.	Learners in groups to watch video clips of different types of floatation devices.	Field markers, bean bags, ropes, <ul style="list-style-type: none">• Digital devices such as computer, mobile phones• Video clips of different types of floatation devices	Signed questions, observation, practicals make posters to sensitize the community on water hazards and display	



								them on the community water bodies	
	5	Swimming	Water Safety: Personal floatation device	By the end of the sub-strand, the learner should be able to watch a video clip of people wearing flotation devices for digital literacy and problem solving;	Which objects can float in water? Name any two pool rules that you know.	Learners in groups to watch video clips of different types of floatation devices.	Field markers, bean bags, ropes, <ul style="list-style-type: none">• Digital devices such as computer, mobile phones• Video clips of different types of floatation devices	Signed questions, observation, practicals make posters to sensitize the community on water hazards and display them on the community water bodies	
10	1	Swimming	Water Safety: Personal floatation device	By the end of the sub-strand, the learner should be able to identify different personal flotation device for wearing during swimming.	Which objects can float in water? Name any two pool rules that you know.	Learners to name different items that float on water	Field markers, bean bags, ropes, <ul style="list-style-type: none">• Digital devices such as computer, mobile phones• Video clips of different types of floatation devices	Signed questions, observation, practicals make posters to sensitize the community on water hazards and display them on the community water bodies	



2	Swimming	Water Safety: Personal floatation device	By the end of the sub-strand, the learner should be able to demonstrate the wearing of a personal floatation device for safety.	Which objects can float in water? Name any two pool rules that you know.	Learners to name different items that float on water	Field markers, bean bags, ropes, • Digital devices such as computer, mobile phones • Video clips of different types of floatation devices	Signed questions, observation, practicals make posters to sensitize the community on water hazards and display them on the community water bodies	
3	Swimming	Water Safety: Personal floatation device	By the end of the sub-strand, the learner should be able to demonstrate the wearing of a personal floatation device for safety.	Which objects can float in water? Name any two pool rules that you know.	Learners to name different items that float on water	Field markers, bean bags, ropes, • Digital devices such as computer, mobile phones • Video clips of different types of floatation devices	Signed questions, observation, practicals make posters to sensitize the community on water hazards and display them on the community water bodies	
4	Swimming	Water Safety: Personal floatation device	By the end of the sub-strand, the learner should be able to appreciate the floatation devices for	Which objects can float in water? Name any	Learners to name different items that float on water. • Learners to watch video clips of	Field markers, bean bags, ropes, • Digital devices such as computer, mobile phones	Signed questions, observation, practicals make	



				safety.	two pool rules that you know.	people wearing floatation devices. • Learners practice wearing floatation devices	• Video clips of different types of floatation devices	posters to sensitize the community on water hazards and display them on the community water bodies	
	5	Swimming	Water Safety: Personal floatation device	By the end of the sub-strand, the learner should be able to play simple water games for enjoyment	Which objects can float in water? Name any two pool rules that you know.	Learners to name different items that float on water. • Learners to watch video clips of people wearing floatation devices. • Learners practice wearing floatation devices	Field markers, bean bags, ropes, • Digital devices such as computer, mobile phones • Video clips of different types of floatation devices	Signed questions, observation, practicals make posters to sensitize the community on water hazards and display them on the community water bodies	
11	END TERM ASSESSMENT AND CLOSING								