

PHE LESSON PLAN FOR 2ND TERM- BASIC 2

WEEK: One

TOPIC: Local games skills

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



WEEK: Two

TOPIC: Basic skills in basketball I

CONTENT:
BASIC SKILLS IN BASKETBALL

Basic skills in basketball include: Passing, Bouncing, Dribbling etc



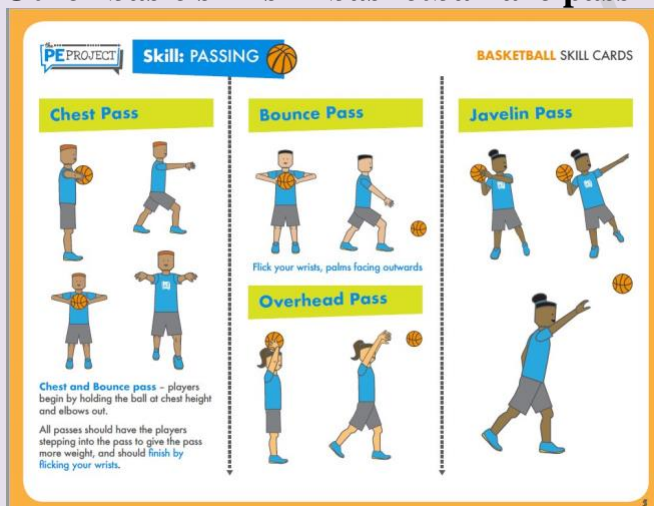
WEEK: Three

TOPIC: Basic skills in basketball II

CONTENT:

BASIC SKILLS IN BASKET BALL GAME

Other basic skills in basketball are passing, bouncing, dribbling, running etc.



WEEK: Four

TOPIC: safety rules in Basketball games

CONTENT:
SAFETY RULES IN BASKETBALL



WEEK: Five

TOPIC: Basic skills in swimming I

CONTENT:
BASIC SKILLS IN SWIMMING
Basic skills in swimming include:

BACK STROKE

BREAST STROKE



BUTTERFLY STROKE

FRONT

CRAWL



WEEK: six

TOPIC: Demonstrate basic skills in swimming II

CONTENT:

DEMONSTRATION OF BASIC SKILLS IN SWIMMING

Swimming skills are:

Front crawl

Back stroke

Breast stroke

Butterfly stroke

Side crawl etc

SIDE CRAWL



WEEK: Seven

TOPIC: 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.

WEEK: Eight

TOPIC: Safety rules in swimming

CONTENT:
SAFETY RULES OF SWIMMING



WEEK: Nine

TOPIC: Entry and coming out of the swimming 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



WEEK 10 : Practical

MDT RESOURCES