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, tenten, 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



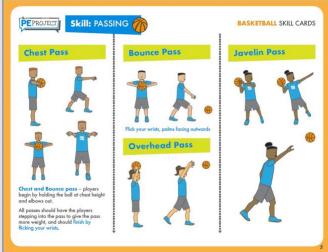
WEEK: Three

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

BASKETBALL COURT RULES

- · Use basketball court at own risk.
- · No food, glass or alcoholic beverages.
- No Pets
- No bicycles, roller blades or skate boards.
- Proper footwear required.
- Children under the age of 12 must be accompanied by an adult.
- · Court for residents and their guests only.
- Do not hang on rim.
- Court hours from

8:00 am to 8:00 pm.

WEEK: Five

TOPIC: Basic skills in swimming I

CONTENT:

BASIC SKILLS IN SWIMMING

Basic skills in swimming include:

BACK STROKE

BREAST STOKE



BUTTERFLY STROKE

FRONT







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

POOL RULES

- 1. No running around the swimming pool
- No going in the swimming pool with out an adult around
- 3. Never swim alone
- 4. Do not bring glass into the pool area
- If something looks wrong in or around the pool do not go in the pool
- Know or ask where the first aid kit is before going in the pool
- Make sure gates around the pool are closed and locked at all times.

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