



P.E. SCHEME OF WORK GRADE 5 TERM 2

NAME	
TSC NO.	
SCHOOL	

SCHOOL	GRADE	LEARNING AREA	TERM	YEAR
	5	P.E.	2	

Week	Lsn	Strand	Sub Strand	Specific Learning Outcomes	Key Inquiry Questions	Learning Experiences	Learning Resources	Assessment	Remarks
1	1	Games and Sports	Bating- Stance and C-Grip	By the end of the sub strands, the learner should be able to: practice the stance and grip for good hitting when batting	Why is it important to apply courage when bating? Why is it important to use the glove when catching in bating?	Learner is guided individually or in groups to: Use the digital media to watch video clips on the stance and grip for good hitting Demonstrate the stance and grip and get feedback from the teacher	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Bating-Stance and C-Grip	By the end of the sub- strand, the learners should be able to: use drills to practice the stance and grip for hitting	Why is it important to apply courage when bating? Why is it important to use the glove when catching in bating?	learner is guided individually or in groups to: use drills to practice the stance and grip for hitting play modified softball games for enjoyment and observe safety	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written	

						Appreciate base running and sliding in softball for as a vital skill		Tests Portfolio	
	3	Games and Sports	The Swing technique	By the end of the sub- strand, the learners should be able to: practice the swing technique in softball for hitting	Why is it important to observe safety while swinging in softball?	learner is guided individually or in groups to: Interact with technology to watch a video clip and observe the swing technique. Demonstrate the swing technique and get feedback from the teacher Practice the swing technique and give each other feedback	KICD Physical Health Education Curriculum Design	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Games and Sports	Base running and sliding	By the end of the sub-strand, the learner should be able to: practice base running and sliding in softball for skill acquisition	Why is it important to observe safety when sliding in softball?	Learner is guided individually or in groups to: Interact with technology or any other source of information and observe base running and sliding Demonstrate base running and sliding and get feedback	KICD Physical Health Education Curriculum Design	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written	

						from the teacher		Tests Portfolio	
	5	Games and Sports	Base running and sliding	By the end of the sub- strand, the learners should be able to: Discuss the importance of sliding in softball Use drills to practice the base running and sliding in softball	Why is it important to observe safety when sliding in softball?	learner is guided individually or in groups to: Practice the base running and sliding give and each other feedback Play modified softball games and observe safety	KICD Physical Health Education Curriculum Design	Value based sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
2	1	Games and Sports	Batting games: Rounder	By the end of the sub-strand, the learner should be able to: practice throwing, catching and stamping in a rounders' game	Why is it important to obey rules when playing Rounders?	learner is guided individually or in groups to: Interact with technology to watch a rounders game and observe throwing, catching and stamping	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Fielding, Throwing, Catching and Stamping	By the end of the sub- strand, the learners should be able to:	Why is it important to obey rules when playing	learner is guided individually or in groups to: practice throwing,	KICD Physical Health Education Curriculum	Observation Peer assessment and feedback	

				use drills to practice throwing, catching and stamping for skill masterly	Rounders?	catching and stamping and get feedback from the teacher use drills to practice throwing, catching and stamping and give each other feedback	Design	Self - assessment and feedback Practical's Written Tests Portfolio	
	3	Games and Sports	Fielding, Throwing, Catching and Stamping	By the end of the sub-strand, the learner should be able to: Play games for enjoyment and observe rules for a harmonious game	Why is it important to obey rules when playing Rounders?	learner is guided individually or in groups to: play games and observe rules team work	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Games and Sports	Technical, Tactical approaches and rules of the game	By the end of the sub- strand, the learners should be able to: Explain the terms technical and tactical approaches for knowledge acquisition	What are the technical and tactical approaches in rounders?	learner is guided in groups to watch a game of rounders and observe the technical and tactical approaches in softball	KICD Physical Health Education Curriculum Design	sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests	

								Portfolio	
	5	Games and Sports	Technical, Tactical approaches and rules of the game	By the end of the sub-strand, the learner should be able to: Apply technical and tactical approaches when playing the rounders game	What are the technical and tactical approaches in rounders?	learner is guided individually and in groups to find out the rules of rounders	KICD Physical Health Education Curriculum Design	sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
3	1	Games and Sports	Technical, Tactical approaches and rules of the game	By the end of the sub- strand, the learners should be able to: Apply technical and tactical approaches when playing the rounders game	What are the technical and tactical approaches in rounders?	In groups, learners to play a game of rounders and apply the rules and technical and tactical observed	KICD Physical Health Education Curriculum Design	sports channels, Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Technical, Tactical approaches	By the end of the sub-strand, the learner should be	What are the technical and tactical	In groups, learners to play a game of rounders and apply	KICD Physical Health Education	sports channels, Observation	

			and rules of the game	able to: Play rounders game and apply the rules of the game	approaches in rounders?	the rules and technical and tactical observed	Curriculum Design	Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	3	Games and Sports	Soccer passes	By the end of the sub- strand, the learners should be able to: practice the push pass for skill acquisition	Which is the direction of the supporting foot when taking the push pass?	Learner is guided individually or in groups to: Use the digital media to watch how a push pass is taken Demonstrate a push pass and get feedback from the teacher practice the push pass and give each other feedback	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Games and Sports	Push pass	By the end of the sub- strand, the learners should be able to: use the push pass in playing games and observe safety	Which is the direction of the supporting foot when taking the push pass?	The learner is guided individually or in groups to use the push pass in playing games and observe safety ☑ appreciate the push pass as an essential skill when playing soccer	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written	

								Tests Portfolio	
	5	Games and Sports	Wall pass	By the end of the sub-strand, the learner should be able to: Identify the position of the players when the wall pass is taken	How many players are involved in a wall pass?	The learner is guided individually or in groups to watch a video on the taking of wall pass in soccer and observe the players position	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
4	1	Games and Sports	Wall pass	By the end of the sub- strand, the learners should be able to: practice the wall pass for skill acquisition	What leads to a wall pass in soccer?	The learner is guided individually or in groups to demonstrate the wall pass and get feedback from the teacher Use drills to practice the wall pass Observe the rules when taking the wall pass Play minor soccer games and use the wall pass	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Outside of the foot pass	By the end of the sub- strand, the learners should be	Which other parts of the body can be	In groups, Learners to interact with technology to identify	KICD Physical Health Education	Observation Peer assessment	

				able to: Identify the part of the body called Outside of the foot for body awareness	used to pass the ball in soccer?	the part of the body called Outside of the foot Demonstrate passing the ball using the Outside of the foot and get feedback from the teacher	Curriculum Design	and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	3	Games and Sports	Outside of the foot pass	By the end of the sub- strand, the learners should be able to: practice passing the ball using the Outside of the foot for skill acquisition	Which other parts of the body can be used to pass the ball in soccer?	In groups, learner to use drills to practice passing the ball using the Outside of the foot for skill masterly Discuss the 'spirit of sports value' fair play in competitions	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Games and Sports	Volleyball	By the end of the sub-strand the learner should be able to: Draw the volleyball field of play for field orientation	What is recreational volleyball? How many types of volleyball game are there?	earner is guided individually or in groups to: Interact with technology to view the volleyball field of play and positioning of players at the start of game Use provided sketches or internet to draw the volleyball	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

						field of play			
	5	Games and Sports	Volleyball-facility, equipment and positioning	By the end of the sub- strand, the learners should be able to: position the volleyball players at the start of game Identify the equipment used in playing volleyball game for familiarization	What is recreational volleyball? How many types of volleyball game are there?	Learners in groups interact with technology to identify the equipment used in volleyball game Play games for enjoyment while observing safety	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
5	1	Games and Sports	Improvising the volleyball equipment	By the end of the sub- strand, the learners should be able to: Identify and gather locally available materials for improvising the volleyball equipment	Which locally available materials are suitable for making the volleyball equipment?	Learners in groups to interact with digital technology to find out the volleyball equipment (net and uprights) learners identify and gather locally available materials that can be used to improvise a durable volleyball net and posts	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Improvising the volleyball equipment	By the end of the sub- strand, the learners should be	Which locally available materials are	Learners to creatively improvise an age appropriate	KICD Physical Health Education	Observation Peer assessment	

				able to: creatively improvise age appropriate volleyball equipment Dispose waste appropriately after improvisation for environmental care	suitable for making the volleyball equipment?	volleyball equipment Clean the working area and dispose waste appropriately	Curriculum Design	and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	3	Games and Sports	Improvising the volleyball equipment	By the end of the sub- strand, the learners should be able to: observe safety when improvising the volleyball equipment to avoid injuries	Which locally available materials are suitable for making the volleyball equipment?	Learners individually or in groups to play games using improvised volleyball equipment and observe safety	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Games and Sports	Under arm serve	By the end of the sub- strand, the learners should be able to: Practice the stance, toss and under arm serve in volleyball for skill acquisition b	How will skills in volleyball be helpful in everyday life?	In groups, Learners to use technology to watch a video clip on the under- arm service and observe the stance, toss and the service Demonstrate the stance, toss and under arm serve in and get feedback from the teacher	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

	5	Games and Sports	Under arm serve	By the end of the sub-strand the learner should be able to: Use drills to practice the stance, toss and under arm serve for skill masterly	How will skills in volleyball be helpful in everyday life?	Learners in pairs practice the stance, toss and under arm serve and give each other feedback Use drills to practice the stance, toss and under arm serve	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
6	1	Games and Sports	The dig	By the end of the sub-strand the learner should be able to: practice the stance and the dig for skill acquisition	How else can the volleyball ball be received other than with hands?	In pairs /in groups learners to use technology to watch a video on the dig pass and observe the stance and the hand formation Demonstrate the stance and dig pass and get feedback from the teacher .	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	The dig	By the end of the sub-strand the learner should be able to: use drills to practice the stance and the	How else can the volleyball ball be received other than with hands?	In pairs /in groups learners to practice the stance and the dig pass and give each other feedback	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment	

				dig for skill masterly		Use drills to practice the stance and the dig pass		and feedback Practical's Written Tests Portfolio	
	3	Games and Sports	The Volley	By the end of the sub-strand the learner should be able to: practice the volley for skill acquisition	Where can you play the volleyball game?	The learner is guided individually or in groups to: use technology to watch a video on the volley and observe the placement of hands and the stance when volleying Demonstrate the volley and get feedback from the teacher	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Games and Sports	The Volley	By the end of the sub-strand the learner should be able to: use drills to practice the volley for skill masterly	Where can you play the volleyball game?	In groups, learner to practice the volley and give each other feedback Use drills to practice the volley	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

	5	Games and Sports	Kabaddi Game: Facility and position of players	By the end of the sub-strand the learner should be able to: Familiarize with the Kabaddi field of play for field orientation Play game for fun and enjoyment	Which other game resembles kabaddi? How many players play kabaddi game?	In groups, learners to Interact with technology to observe the kabaddi field of play position the players on the field before start of game ☑ Play game for fun and enjoyment	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
7	1	Games and Sports	Kabaddi: Entry	By the end of the sub-strand the learner should be able to: demonstrate entry techniques for skill acquisition Use drills to practice entry when playing kabaddi	What is entry How entry is made in Kabaddi game?	In groups, learners to Interact with technology to observe the entry technique in kabaddi game Demonstrate entry techniques in the game	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Footwork	By the end of the sub-strand the learner should be able to: Define the term footwork as used in kabaddi to enhance learning Demonstrate	Which ball games apply footwork? What factors contribute to proper footwork?	individually or in groups learners to: Interact with technology to find out the application of footwork in Kabaddi game Demonstrate footwork in	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written	

				footwork for skill acquisition		Kabaddi game		Tests Portfolio	
	3	Games and Sports	Footwork	By the end of the sub-strand the learner should be able to: Use drills to practice footwork when playing kabaddi game	Which ball games apply footwork? What factors contribute to proper footwork?	In groups, Learners to practice footwork drills in Kabaddi game Observe rules for successful footwork in kabaddi game	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Games and Sports	Kabaddi: Legal touches	By the end of the sub-strand the learner should be able to: Define the terms legal touches in kabaddi to enhance learning outline the legal touches in kabaddi for use by the raider	How is foot touch performed?	The learner interact with technology to find out which are the legal touches in kabaddi	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

	5	Games and Sports	Kabaddi: Legal touches	By the end of the sub-strand the learner should be able to: use drills to practice legal touches in Kabaddi	How is foot touch performed?	In groups learners to use drills to practice legal touches in kabaddi	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
8	1	Games and Sports	Kabaddi: Legal touches	By the end of the sub- strand, the learners should be able to: Play small sided Kabaddi games for enjoyment and practicing legal touches.	How is foot touch performed?	learners individually and in groups to play small sided Kabaddi games and observe safety	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Kabaddi: Cant	By the end of the sub- strand, the learners should be able to: practice the 'Cant' in Kabaddi for skill acquisition	How is 'cant' used in Kabaddi game?	learners in pairs to; demonstrate the Cant and get feedback from the teacher Practice the 'Cant' and give each other feedback Use drills to practice the 'Cant'	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written	

Tests
Portfolio

3

Games and Sports

Kabaddi:
Raiding

By the end of the sub- strand, the learners should be able to:
outline the role of the raider in Kabaddi
Practice raiding in Kabaddi game

How can playing Kabaddi improve physical fitness?

Learners is guided individually or in groups to interact with technology to find out what the term raider in Kabaddi game means Discuss the raiders role in Kabaddi
Practice raiding in Kabaddi and get feedback from the teacher

KICD Physical Health Education Curriculum Design

Observation
Peer assessment and feedback
Self - assessment and feedback
Practical's
Written Tests
Portfolio

4

Games and Sports

Tag Rugby Game:
Facility and Equipment

By the end of the sub- strand, the learners should be able to;
Familiarize with the tag rugby field for field orientation

Which locally available materials can be used to make tags for use when playing tag games?
Which other game has the same name as Tag rugby?

Learners in pairs to interact with technology to familiarize with the tag rugby field of play

KICD Physical Health Education Curriculum Design

Observation
Peer assessment and feedback
Self - assessment and feedback
Practical's
Written Tests
Portfolio

5

Games and Sports

Tag Rugby Game:
Facility and

By the end of the sub- strand, the learners should be

Which locally available materials can be

The learner is guided individually or in groups to interact

KICD Physical Health Education

Observation
Peer assessment

			Equipment	able to: Identify the different equipment used in tag rugby	used to make tags for use when playing tag games? Which other game has the same name as Tag rugby?	with technology to observe the tags used in tag rugby game Gather suitable materials and make tags to use when playing tag rugby game	Curriculum Design	and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
9	1	Games and Sports	Tag Rugby Game: Facility and Equipment	By the end of the sub- strand, the learners should be able to: select and gather suitable materials for making tags Creatively make tags for use in playing tag rugby	Which locally available materials can be used to make tags for use when playing tag games? Which other game has the same name as Tag rugby?	The learner is guided individually or in groups interact with technology to observe the equipment used in tag rugby	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Tag Rugby Game: Passing and ball carriage	By the end of the sub- strand, the learners should be able to; practice the lateral pass and ball carriage for skill acquisition	How should the ball be carried in tag rugby?	Learner to interact digital devices to watch the ball carriage and lateral pass in tag rugby Use drills to practice the ball carriage and lateral pass	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests	

Portfolio

	3	Games and Sports	Tag Rugby Game: Passing and ball carriage	By the end of the sub-strand the learner should be able to: play games for enjoyment and observe safety in using the lateral pass and ball carriage	How should the ball be carried in tag rugby?	Learners to observe safety when using practicing the ball carriage and lateral pass Play games for enjoyment and observe safety	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Games and Sports	Tag Rugby Game: Running	By the end of the sub-strand the learner should be able to: Practice running technique in tag rugby for skill acquisition	Why is it important to learn the correct passing technique in Tag rugby?	The learner individually or in groups to practice running technique in tag rugby and get feedback from the teacher Use drills to practice the run and give each other feedback	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	5	Games and Sports	Tag Rugby Game: Tagging and offside rule	By the end of the sub-strand the learner should be able to: practice tagging technique and observe	Which other tagging games are there?	The learner to interact with technology to watch a tag rugby game and observe the tagging	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment	

				the offside rule		technique and offside rule Demonstrate tagging technique and get feedback from the teacher		and feedback Practical's Written Tests Portfolio	
10	1	Games and Sports	Tag Rugby Game: Tagging and offside rule	By the end of the sub-strand the learner should be able to: use drills to practice the tag rugby for skill masterly Play games and observe safety when tagging to avoid injuries	Which other tagging games are there?	Learner is guided individually or in groups to: use drills to practice tagging and give each other feedback Play games and observe safety to avoid injuries	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	2	Games and Sports	Tag Rugby Game: Scoring	By the end of the sub-strand the learner should be able to: practice scoring in tag rugby to enhance learning	Why is scoring important in games?	Learner is guided individually or in groups to: Discuss the scoring system in tag rugby Practice scoring in tag rugby and get feedback from the teacher Use drills to practice scoring in tag rugby	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	

	3	Optional Games and Sports	Frisbee: Two handed rim catch	By the end of the sub-strand the learner should be able to: Practice the Two-handed rim catch in Frisbee for skill acquisition	How else can you catch the disc in Frisbee?	learner is guided individually or in groups to: use technology to watch a game of frisbee and observe the two handed rim catch Demonstrate the two-handed rim catch and get feedback from the teacher In pairs practice the two-handed rim catch and give each other feedback	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	4	Optional Games and Sports	Frisbee: Two handed rim catch	By the end of the sub-strand the learner should be able to: appreciate the two-handed rim catch in Frisbee as a skill	How else can you catch the disc in Frisbee?	Leaners individually or in groups to use drills to practice the two handed rim catch in frisbee Play frisbee games for fun and enjoyment	KICD Physical Health Education Curriculum Design	Observation Peer assessment and feedback Self - assessment and feedback Practical's Written Tests Portfolio	
	5	Optional Games and Sports	Frisbee: cutting	By the end of the sub-strand, the learner should be able to:	Which other skills resemble cutting in frisbee?	Learners in groups to use technology to watch a game of frisbee and	KICD Physical Health Education Curriculum	Observation Peer assessment and feedback	

				Practice cutting in Frisbee for skill acquisition		observe cutting Practice cutting and get feedback from the teacher	Design	Self - assessment and feedback Practical's Written Tests Portfolio	
11	END OF TERM ASSESSMENT AND CLOSING								