



**LAGOS STATE GOVERNMENT
MINISTRY OF EDUCATION
EARLY CHILDHOOD CARE EDUCATION
SCHEMES OF WORK**

PHYSICAL DEVELOPMENT

KINDERGARTEN (AGE 5)

SECOND TERM

TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
1 CORRECT POSTURE FOR SITTING.	By the end of the lesson, pupils should be able to; -demonstrate the correct sitting position; -practice the correct sitting position with their teachers.	Activity Pupils in groups are encouraged to practice the correct sitting posture, e.g. The knees and hip joints must make angle 90°. -Pupils in small groups demonstrate correct posture by sitting on the couch, preserve the curves, take a deep breath, and check the shoulders. Pupils keep feet flat or rest them on either the floor or a footrest. Avoiding crossing knees or ankles. Relaxing the shoulders. Placing ankles in front of the knees.	Communication and collaboration. Creativity and imagination Digital literacy. Cross curricular links Science Numeracy Movement benefits Improve balance and posture. Health Tips The pupils are expected to wash their hands immediately after each activity.	Web links www.occupationaltherapy.com www.cyh.com www.whattoexpecte.com www.surestep.net >blog www.theschoolrun.com Instructional materials -Musical instruments -Song/ rhyme books -Puzzles.
2 CORRECT POSTURE FOR STANDING	By the end of the lesson, pupils should be able to; -practice how to stand correctly with their teachers.	Activity -Pupils as a class demonstrate standing position. -Pupils take turns in standing, correct placing position by taking feet apart, stand up straight.	Creativity and imagination Digital literacy Communication and collaboration. Cross curricular links Science Numeracy Movement benefits Improve balance and posture. Health Tips The pupils are expected to wash their hands immediately after each activity.	Web links www.occupationaltherapy.com www.cyh.com www.whattoexpecte.com www.surestep.net >blog www.theschoolrun.com Instructional materials -Musical instruments -Song/ rhyme books -Puzzles. -Charts -Picture whistle

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3.	CORRECT POSTURE FOR READING	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -demonstrate reading position by sitting in a comfortable chair. -practice reading position by sitting in a supportive chair, 	<p>Activity</p> <ul style="list-style-type: none"> -Pupils as a group sit up straight with their chin tucked down and their neck even with shoulders and chair well adjusted. -pupils in pairs demonstrates and corrects reading posture, e.g. posture for reading by sitting and placing the thighs. -Hunching forward will cause neck and back pain and reduce the pupils' focus. 	<p>Creativity and imagination Digital literacy Communication and collaboration.</p> <p>Cross-curricular links Science Numeracy</p> <p>Movement benefits Improve balance and posture.</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Web links www.occupationaltherapy.com www.cyh.com www.whattoexpect.com www.surestep.net www.theschoolrun.com</p> <p>Instructional materials -Musical instrument -Song/ rhyme book -Puzzles. -Charts -Picture whistle Radio -Books</p>
4.	NON-LOCOMOTOR MOVEMENT (Twisting).	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -discuss and demonstrates the different ways of twisting the body; - demonstrates the twist and turn exercise i.e. Twist to the left Twist to the right and turn around. 	<p>Activity</p> <ul style="list-style-type: none"> -Pupils were asked to put their hands out to the side of the body and twist the body back and forth from side to side, then go slowly and hold a stretch on each side. -Pupils "dance" around the corner area and "freeze" like a statue every eight seconds. The pupils start dancing again after freezing for 8 seconds and so on. 	<p>Creativity and imagination Digital literacy Communication and collaboration.</p> <p>Cross-curricular links Science Numeracy</p> <p>Movement benefits Develops dynamic balance and posture. (gross motor skills)</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Web links https://ndchildcare.com.ng https://books.google.com https://atlasmission.com www.aboutkidshealth.ca www.beactivekids.com</p> <p>Instructional materials Open spaces -Pictures -Charts. Flash cards Markers Cones Whistles Stopwatch</p>
5.	FOOTBALL GAME (Kicking and Shooting).	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -demonstrates and practices with their peers by choosing a shooting distance based on the strength and size of the pupils. 	<p>Activity</p> <p>Pupils as a class stand behind balls; step and swing the kick foot, then shoot the ball into the goal post.</p> <ul style="list-style-type: none"> -Pupils in small groups practice kicking and 	<p>Critical thinking and problem solving. Creativity and imagination Digital literacy</p> <p>Crosscurricular link - Numeracy and thinking strategy. -Social habit</p>	<p>Video links YouTube. Vogel Mastering YouTube. Kicking Coach YouTube. Coach Choice</p> <p>Web links</p>

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		shooting on the field of play.	<p>Movement benefits To improve their coordination and motor skills.</p> <p>Number benefits Give the children the opportunity to imitate number of extended activities.</p> <p>Social habit Manners of taking turns. Building self-esteem and confidence.</p>	<p>www.complete-soccerguide.com www.wikihow.com www.insidethepylor.com www.strivechallenge.com Instructional material Soft soccer ball -Whistle -2 empty large cartons for goal post -Charts -Posters Sport kits Flash cards Cones markers</p>
IDENTIFICATION OF COLOURS (sorting of colour).	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -Identify, differentiate and match colors together. - sort different matched colours. <p>The traffic lights are used as sample to reinforce learning of colours.</p>	<p>MID TERM BREAK</p> <p>Activity -Pupils in small groups create coloured cards from a colourful cardboards. The cardboards are matched to different colours.</p> <p>-The pupils recite rhymes of primary colours which are; blue, red and yellow.</p>	<p>Critical thinking and problem solving. Creativity and imagination Digital literacy</p> <p>Cross-curricular link - Numeracy and thinking strategy. -Social habit</p> <p>Movement benefits To improve their coordination and motor skills.</p> <p>Number benefits Give the children the opportunity to imitate number of extended activities.</p> <p>Social habit Manners of taking turns. Building self-esteem and confidence.</p>	<p>MID TERM BREAK</p> <p>blog">https://flintobox.com>blog www.imaginationtree.com https://munsell.com</p> <p>Instructional material -Colour -Song -Crayon -Traffic song.</p>
TRACK EVENT (50m short distance race).	.By the end of the lesson, pupils should be able to; -participate in a short distance race.	Activity -Pupils in groups are taken to the field of play to demonstrate the 50m	Creativity and imagination Digital literacy Collaboration and	Web links https://www.momjunction.com

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		<p>-demonstrate the following Short distance skills; The start The form The finish</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>race and encourage the pupils to participate in the 50m race.</p> <p>-Pupils in groups perform the following demonstration showing; The start (starting position). The form (running action). The finish (crossing the line to finish).</p>	<p>communication</p> <p>Movement benefit leg coordination, strength.gross motor control.</p>	<p>https://www.actom.com www.parenting.com https://howtoadult.com https://marathon.com Instructional Open space field Sport kits -Hose/ socks -Whistle. Markers Starting blocks/cone Pictures Stopwatch Web links https://www.growingdsonkids.com https://www.climbingkids.com www.researchgate.net https://nymag.com https://www.thegenerationplay.org www.rock-up.co.uk Instructional materials Open space field -sport kits -Hose/ socks -Whistle. Markers Starting blocks/cone Rope Stop watch Charts Picture</p>
9.	NEURO-MUSCULAR (Jumping).	<p>By the end of the lesson, pupils should be able to;</p> <p>-introduce jumping skills to the pupils; -participate in jumping skills.</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Activity</p> <p>-Pupils in pairs jump/ step over a stationary rope held at a suitable height by partners on both sides of each child.</p> <p>-The teacher holds pupil's hands one after the other to help them jump.</p> <p>-Pupils observes monitors and stimulates pupils to jump.</p> <p>-The teacher monitors the pupils by jumping on one leg up, two legs up, jump front, jump back, etc.</p>	<p>Creativity and imagination Digital literacy Collaboration and communication</p> <p>Movement benefit leg coordination, strength.gross motor control.</p>	<p>Web links https://www.growingdsonkids.com https://www.climbingkids.com www.researchgate.net https://nymag.com https://www.thegenerationplay.org www.rock-up.co.uk Instructional materials Open space field -sport kits -Hose/ socks -Whistle. Markers Starting blocks/cone Rope Stop watch Charts Picture</p>
10&11.			REVISION		REVISION
12&13.			EXAMINATIONS		REVISION
					Evaluation base activities exposed to