



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

PHYSICAL DEVELOPMENT

KINDERGARTEN (AGE 5)

THIRD TERM

WKS	TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
1.	REVISION OF 2 <sup>ND</sup> TERM'S WORK		REVISION	REVISION	REVISION
2.	STAGES OF DEVELOPMENT (Developmental Stages).	<p>By the end of the lesson, pupils should be able to; Discuss about self i.e names, location, school etc.</p> <p>Participate in simple sport activities such as...jumping, hopping, skipping, etc.</p>	<p><b>Activity</b> Pupils in groups are physically monitored through simple sport activities that will show their flexibility, agility, balance, coordination, reaction time.</p> <p>Pupils are able to tell their full names, where they live, which school they attend.</p> <p>-Pupils in pairs are able to jump, hop and skip.</p> <p>-Individual pupils dresses independently.</p>	<p>Critical thinking and problem solving Digital literacy Collaboration and communication</p> <p><b>Movement benefit</b> Developed gross motor skill, language skill, thinking skill, social interaction and fine motor skill.</p>	<p><b>Web links</b> <a href="https://www.webmd.com/parenting">https://www.webmd.com/parenting</a> <a href="https://www.ccrcca.org/parents">https://www.ccrcca.org/parents</a>. <a href="http://www.verywellfamily.com">www.verywellfamily.com</a> <a href="https://riseservicesinc.org">https://riseservicesinc.org</a> <a href="https://www.healthline.com/health">https://www.healthline.com/health</a> <a href="http://www.goodtoknow.co.uk">www.goodtoknow.co.uk</a></p> <p><b>Instructional material</b> Flashcards Charts Growth chart -Poster/ chart -Pictures -Skipping rope. Swings</p>
3.	NEURO-MUSCULAR SKILLS (Dancing).	<p>By the end of the lesson, pupils should be able to;</p> <p>-engage in dancing activities to help them keep their body and mind active such as: The high five dance Emoji dance Balloon dance Animal dance High five dance Jumping jack dance</p>	<p><b>Activity</b> Pupils as a class are engaged in different dancing game with their teachers. The pupils are guided in some dancing skills that can be used for dancing game movement, e.g. leap, switch leap, single and double turn, toe touch. Pupils as a class perform simple dancing activities such as: High five dance Emoji dance Balloon dance Animal dance High five dance Jumping jack dance</p>	<p>Creativity and imagination Digital literacy Collaboration and communication</p> <p><b>Movement benefit</b> Developed gross motor skill, language skill, thinking skill, social interaction and fine motor skill.</p>	<p><b>Web link</b> <a href="https://parentingfirstcry.com">https://parentingfirstcry.com</a> <a href="http://www.momjunction.com">www.momjunction.com</a> YouTube.MUVEmethod <a href="https://pinterest.com/dancing">https://pinterest.com/dancing</a> <a href="https://www.atlasmission.com">https://www.atlasmission.com</a></p> <p><b>Instructional material</b> -Whistle -Charts -Colouring pictures -Music. -Space to play Flashcards</p>



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4	CARE OF THE HANDS (Hand Washing).	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> <li>-demonstrate the correct hand washing techniques;</li> <li>-participate in some hand washing fun activities especially during Covid-19 pandemic period.</li> </ul>	<p>-The instructor observes, monitors and stimulates pupils to dance.</p> <p>-Pupils as a class are introduced to hand wash technique.</p> <p><b>Activity</b> Pupils are shown handwashing procedures. i.e. Wash hands under running water, apply soap and rub palms together to ensure complete washing Ensures the soap gets in between the fingers, grip the fingers on each hand. Press fingertips into the palm of each hand. Pay particular attention to the thumbs Dry thoroughly with a clean paper towel. Pupils as a class sing handwashing songs when performing the activity.</p> <p>Pupils are encouraged to practise regular hand washing at home and in the school. Pupils are taught to wash their hands: After being outdoors or getting their hands dirty, After using the bathroom, After touching animals, Before and after touching food After coughing, sneezing, or blowing their nose..</p>	<p>Creativity and imagination Digital literacy Collaboration and communication</p> <p><b>Movement benefit</b> Developed gross motor skill, language skill, thinking skill, social interaction and fine motor skill.</p>	<p><b>Web links</b> <a href="http://www.healthychildren.org">www.healthychildren.org</a> <a href="https://handsonaswegrow.com">https://handsonaswegrow.com</a> <a href="https://livingmontessori.com">https://livingmontessori.com</a> <a href="http://www.care.com&gt;stories">www.care.com&gt;stories</a> <a href="https://childdevelopment.com">https://childdevelopment.com</a></p> <p><b>Instructional materials</b> -Water -soap -Towel -Bowl -Open space. Paper towel Chats Flashcards Colouring pictures Hand washing poster</p>
5.	KITEFLYING	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> <li>-demonstrate how to make a kite</li> </ul>	<p><b>Activity</b> -The pupils are taught how to fly a kite high above the ground by moving the hands up till</p>	<p>Collaboration and communication Digital literacy Creativity and</p>	<p><b>Web links</b> <a href="https://m.youtube.com">https://m.youtube.com</a> &gt;watch <a href="https://www.scholastic.com">https://www.scholastic.com</a></p>



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		<p>-decorate kids kite made by them while their teachers supervise.</p> <p><b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.</p>	<p>the wind goes away then the kite comes down to stay (hand comes down).</p> <p>-The pupils are expected to run, skip, jump with the wind. Twirl and whirl like the wind.</p>	<p>imagination</p> <p><b>Crosscurricular link</b></p> <ul style="list-style-type: none"> <li>- Numeracy</li> <li>- Science</li> <li>-Social habit</li> </ul> <p><b>Movement benefit</b> To develop gross motor coordination and fine motor coordination.</p> <p><b>Number benefits</b> Give the children the opportunity to sort and match colours, recognising and naming the colours.</p> <p><b>Social habit</b> Social interactions, Manners of taking turn and cooperative play.</p> <p><b>Literacy benefits</b> Sharing of language, listening and creative expression.</p>	<p>om <a href="https://www.my-best-kite.com">https://www.my-best-kite.com</a> <a href="https://www.amazon.com">https://www.amazon.com</a> www.first-school.ws&gt;letterkite</p> <p><b>Instructional materials</b> Open space -Pictures -Charts -Paper -Scissors -Pencil -Ribbons Ruler Masking tape</p>
6.			MIDTERM BREAK		
7.	FIRST AID	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> <li>-explain the meaning of first aid;</li> <li>-describe situation that requires first aid treatment;</li> <li>-know who to call and when to call in case of an emergency;</li> <li>-list types of first aid injuries;</li> <li>-mention contents in a first aid box.</li> </ul>	<p><b>Activity</b> Pupils as a class explain the term "first aid" Pupils in small groups are shown equipment inside a First Aid box and discuss content in the First Aid box.</p> <p>-Pupils as a class listen as their teacher explains the situation that needs first aid.</p> <p>-The instructor discuss the types of first aid injuries:</p>	<p>Collaboration and communication Digital literacy Creativity and imagination</p> <p><b>Crosscurricular link</b></p> <ul style="list-style-type: none"> <li>- Numeracy</li> <li>- Science</li> <li>-Social habit</li> </ul> <p><b>Movement benefit</b> To develop gross motor coordination and fine motor</p>	<p><b>Web links</b> <a href="https://learn.eartheasy.com">https://learn.eartheasy.com</a> <a href="https://flintobox.com">https://flintobox.com</a> <a href="https://firstaidforlife.org.uk">https://firstaidforlife.org.uk</a> <a href="http://www.theschoolrun.com">www.theschoolrun.com</a></p> <p><b>Instructional materials</b> First aid box -Chart -Poster Plasters Sterile gauze</p>



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			<p>Cut Wound Nose bleeding Fever Minor burns</p> <p>The pupils are guided on how to get help in an emergency case, who to call and when to call for help. -The pupils are briefed on how to describe situation that requires first aid.</p> <p>First aid is the temporary treatment given to an injured person before the arrival of medical personnel.</p> <p>-Types of first aid injuries -Cut, wound, minor burns, nose bleeding, fever.</p> <p>Content in first aid box -Paracetamol syrup -Eye drop -Iodine -Spirit -Cotton wool -Plaster -Scissor/ blade -Bandage -Soap -Water</p>	<p>coordination.</p> <p><b>Number benefits</b> Give the children the opportunity to sort and match colours, recognising and naming the colours.</p> <p><b>Social habit</b> Social interactions, Manners of taking turn and cooperative play.</p> <p><b>Literacy benefits</b> Sharing of language, listening and creative expression.</p>	<p>Triangular bandages Crepe rolled bandages Safety pin Disposable sterile glove Tweezers Flash cards Scissors Cleansing wipes Sticky tape Thermometer Skin rash cream Spray to relieve insect bite Antiseptic cream Pain killer such as paracetamol Distilled water for cleansing wounds</p>
8.	ATHLETICS (obstacle race).	<p>By the end of the lesson, pupils should be able to;</p> <p>-demonstrate an obstacle race with peers.</p>	<p><b>Activity</b> Pupils as a class are guided to jump over barrier or a road block while racing. The activity involves pupils jumping, crawling, carrying, running, hopping Leaping over an obstacle etc.</p>	<p>Creativity and imagination Digital literacy Collaboration and communication</p> <p><b>Movement benefit</b> Skills developed are speed, muscular endurance, quick acceleration.</p>	<p><b>Web links</b> <a href="https://m.youtube&gt;watch">https://m.youtube&gt;watch</a> <a href="https://theinspiredtreehouse.com">https://theinspiredtreehouse.com</a> <a href="https://www.familyeducation.com">https://www.familyeducation.com</a> <a href="https://handsonaswegrow">https://handsonaswegrow</a> <a href="https://www.care.com&gt;story">https://www.care.com&gt;story</a> <a href="https://www.pre-">https://www.pre-</a></p>



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					kpages.com  <b>Instructional materials</b> -Open space field -Hurdle -Cone -Whistle -Stopwatch. Markers Road blocks Trampoline Balancing beam Tape
9.	SPORT FACILITIES AND EQUIPMENT.	By the end of the lesson, pupils should be able to;  -identify different sport facilities and equipment.  Pupils are shown different Sport pavilions, stadium, sport facilities, equipment where games are performed.  <b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.	<b>Activity</b> Pupils in small groups identify different sport materials.  Pupils as a group interact with each other while walking round the field .  Pupils are shown charts, video clips, pictures of sport pavilions, stadium, sport facilities, equipment and laboratories where games are performed.  -Pupils in pairs differentiate between outdoor and indoor equipment correctly.	Collaboration and communication Digital literacy Creativity and imagination  <b>Crosscurricular link</b> - Numeracy - Science -Social habit  <b>Movement benefit</b> To develop gross motor coordination and fine motor coordination.  <b>Number benefits</b> Give the children the opportunity to sort and match colours, recognising and naming the colours.  <b>Social habit</b> Social interactions, Manners of taking turn and cooperative play.  <b>Literacy benefits</b> Sharing of language, listening and creative expression.	<b>Weblinks</b> <a href="https://ir-library.ku.ac.ke">https://ir-library.ku.ac.ke</a> <a href="https://www.lawinsider.com">https://www.lawinsider.com</a> <a href="https://usmc-mccs.org">https://usmc-mccs.org</a> <a href="https://en.m.wikipedia.org">https://en.m.wikipedia.org</a>  <b>instructional materials</b> balls nets protective gear Charts -Poster -Field. Sport kits Pictures Flash cards
10& 11.			REVISION	REVISION	REVISION
12& 13.			<b>Evaluation</b> Pupils are evaluated based on activities exposed to on the field of play.	EXAMINATIONS	<b>Evaluation</b> Pupils are evaluated based on activities exposed to on the field of play.