



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

PHYSICAL DEVELOPMENT

NURSERY ONE (AGE 3)

FIRST TERM

TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
INTRODUCTION TO SELF	<p>By the end of the lesson, pupils should be able to:</p> <ul style="list-style-type: none"> -talk about self; -identify parts of their body. 	<p>Pupils as a class are taught how to identify parts of their body.</p> <p>Activity 1</p> <p>Pupils as a class shake and wriggle their body parts with the use of a fun upbeat music.</p> <p>The pupils in groups start the activity at the top and play their way down, i.e.</p> <p>Highhead, eyes, nose, mouth.</p> <p>Mediumneck, shoulder, chest, hand, tummy.</p> <p>Lowwaist, hips, knees.</p> <p>Activity 2</p> <p>Pupils as a class sit in a circle to watch the leader/instructor demonstrate.</p> <p>"Head and shoulder, knees and toes". the pupils demonstrate the actions as well.</p> <p>Health tips</p> <p>Pupils are encouraged to wash their hands with water after participating in each activity with their teacher.</p>	<p>Imagination Creativity and imagination Digital literacy</p> <p>Crosscurricular link</p> <ul style="list-style-type: none"> -literacy -Science -Number work <p>Number benefits</p> <p>Give the children the opportunity to imitate number of extended activities and taking of turns.</p> <p>Literacy benefits</p> <p>Vocabulary (body parts, terms that describe different ways of moving which teach the pupils how to follow instructions.</p> <p>Movement benefit</p> <p>Gross motor skills</p> <p>Phonological awareness</p> <p>Rhymes</p> <p>Core skills</p> <p>Creativity and imagination Digital literacy</p> <p>Crosscurricular link</p> <ul style="list-style-type: none"> - Number wor 	<p>Web link</p> <p>https://playworld.com www.todaysparent.com www.theconversation.com https://www.understood.org</p> <p>Video links</p> <p>https://kidshealth.org/parents/exercise https://pinterest.com</p> <p>Instructional material</p> <ul style="list-style-type: none"> -Whistle -Charts -Colouring pictures -Music. -Space to play
2. BALANCING (WALKING ON STRAIGHT LINE)	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -walk on a straight line to control their body; -develop body balancing to perfect equilibrium. 	<p>Activity</p> <p>Pupils as a class are invited to stand on a line, equidistance from each other.</p> <p>As the music begins, the pupils walk in a line in a normal manner but keep the</p>	<p>Core skills</p> <p>Creativity and imagination Digital literacy</p> <p>Crosscurricular link</p> <ul style="list-style-type: none"> - Number wor 	<p>Web site</p> <p>www.infomontessori.com https://www.pinterest.com</p> <p>video links</p> <p>https://kidshealth.org youtube.ADuleth.ca</p>

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		<p>same distance from the person in front of them. Once the music stops, they should be instructed to sit at a spot.</p> <p>Health tips The pupils are encouraged to wash their hands with water after participating in each activity with their teachers.</p>	<ul style="list-style-type: none"> - Letter work - Science <p>Movement benefits Gross motor skills (Concentration and coordination of movements and exertion of will). Awareness of body parts and building up of balancing.</p> <p>Number benefits Give the children the opportunity to imitate number of extended activities and taking of turns.</p> <p>Literacy benefits Vocabulary terms that describe different ways of moving on a straight line which teach the pupils how to follow instructions.</p>	<p>www.hands-on-learning.com www.pretkpieces.com http://theinspiredhouse.com</p> <p>Instructional materials</p> <ul style="list-style-type: none"> -Space to play -Colored tape -A straight line -Music -Whistle -A hand held flag -Pom poms
2. CATCHING THE BUBBLES	<p>By the end of the lesson, pupils should be able to:</p> <ul style="list-style-type: none"> -blow the bubbles in different directions. -catch and chase bubbles using different body parts. 	<p>Activities Pupils in groups are encouraged to blow and catch bubbles in the air.</p> <p>Pupils in small groups walk, run, catch, reach, pop bubbles while playing with their peers.</p> <p>Health tips Pupils are encouraged to wash their hands with water after participating in each activity with their teachers.</p>	<p>Digital literacy Collaboration and communication Creativity and imagination</p> <p>Crosscurricular link</p> <ul style="list-style-type: none"> - Numeracy and thinking strategy - Literacy and language activities - Science <p>Movement benefits To strengthen muscles and develop gross motor skills.</p>	<p>Web site http://www.themuse.uredmom.com http://www.scholastic.com/parents http://www.childup.com</p> <p>Video link http://www.cnn.com/edu/news</p> <p>Learning materials</p> <ul style="list-style-type: none"> -Soap -Water -Bubble stick -bubble w/ -Space or field -Whistle -Rainbow soap

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		<p>Number benefits Give the children the opportunity to imitate number of extended activities and taking of turns.</p> <p>Literacy benefits Vocabulary terms that describe different ways of moving on a straight line which teach the pupils how to follow instructions.</p> <p>Science benefits Pupils are engaged in experimentation and purposeful play which guide their curiosity and learning.</p>	hose
<p>PLAYING WITH BALLS BALL GAMES (catching and throwing).</p> <p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -play with soft balls by catching and throwing to each other. -catching and throwing is the ability to develop the gross motor skills which often reflect on how well a child can balance his/ her body and relate with the environment. <p>Health tips The pupils are expected to wash their hands after play. -Drink a lot of water.</p>	<p>Activities</p> <ul style="list-style-type: none"> -Pupils as a group demonstrate throwing and catching skills. -Pupils perform correctly the throwing and catching of balls to each other. -Pupils in pairs throw and catch balls to each other at a specific time till the instructor says stop. 	<p>Digital literacy Collaboration and communication Creativity and imagination</p> <p>Crosscurricular link</p> <ul style="list-style-type: none"> - Numeracy and thinking strategy - Literacy and language activities - Science -Social habit <p>Movement benefit To develop and strengthen the arm and leg muscles, hand and eye coordination and fitness.</p> <p>Number benefits Give the children the</p>	<p>Web site Raisingchildren.net.au www.verywellfamily.com</p> <p>video links indoorfamilyfun&inactivities.com">http://frugalfun4boys.com>indoorfamilyfun&inactivities.com</p> <p>Instructional material</p> <ul style="list-style-type: none"> -baskets -Soft ball -Balls -Video tapes -Charst -Board -Posters -Television -Whistle

WKS	TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
				<p>opportunity to imitate number of extendedactivities.</p> <p>Social habit Manners of taking turns. Building self –esteem and confidence.</p> <p>Literacy benefits Vocabulary terms that describe different ways of moving which teach the pupils how to follow instructions.</p> <p>Science benefits Pupils are engaged in experimentation and purposeful play which guide their curiosity and learning.</p>	
5.	BALL GAME (picking the balls).	<p>By the end of the lesson, pupils should be able to;</p> <p>-practice picking of balls and throwing into a basket or box.</p> <p>-identify colours of each ball.</p>	<p>Activities</p> <p>-Pupils in small groups demonstrate the game by picking different balls and place on a selectedset of cones.</p> <p>- Pupils are paired into groups to pick balls of different colours and drop into different baskets.</p> <p>Health tips The pupils are expected to wash their hands after play. -Drink a lot of water.</p>	<p>Digital literacy Collaboration and communication Creativity and imagination</p> <p>Crosscurricular link</p> <ul style="list-style-type: none"> - Numeracy - Science -Social habit <p>Movement benefit To develop grasping skills, eye-hand coordination, tracking, finger muscles and the ability to move objects from one hand to another. The movement strengthens the arm and leg muscles. It stimulates</p>	<p>Web site Frugalfun4boys.com Verywellfamily.com Raisingchildren.net.au</p> <p>Video links https://pinterest.com http://scholastic.com</p> <p>Instructional materials</p> <ul style="list-style-type: none"> -lightweight ball -Basket -Bucket -Cone -Whistle A large Box Open place

		LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
			creativity. Number benefits Give the children the opportunity to imitate number of extended activities. Social habit Manners of taking turns. Building self-esteem and confidence. Science benefits Pupils are engage in experimentation and purposeful play which guide their curiosity and learning.	
		MID TERM BREAK		MID TERM BREAK
ATHLETICS (25m)	By the end of the lesson, pupils should be able to: -run on a straight line within a short distance.	Activity -The pupils in small groups are expected to run on a straight line within a short distance. Health tips -The pupils are expected to wash their hands after play. -Drink a lot of water.	Digital literacy Collaboration and communication Creativity and imagination Crosscurricular link - Numeracy Movement benefits To develop grasping skills, eye strengthen the arm and leg muscles. It stimulates creativity. Number benefits Give the children the opportunity to imitate number of extended activities. Social habit Manners of taking turns. Building self-esteem and confidence. Science benefits	Web link http://www.verywellfamily.com http://nsw.swimming.org.au video link https://royallifesavingwa.com.au -hand coordinatic Instructional materials - Free Space -Field -Whistle -Stopwatch -Canvas -Spike shoe -music

VKS	TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCE
				Pupils are engaged in Experimentation and purposeful play which guide their curiosity and learning.	
8.	WATER PLAY	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> - strengthen their gross motor skill by running, dodging with water drops and hopping through a sprinkler. 	<p>Activity Pupils as a class are expected to play with water.</p> <p>The pupils are grouped by their instructor.</p> <p>The instructor provides adequate space for the pupils</p> <ul style="list-style-type: none"> -The pupils are exposed and guided to play with water. -The pupils strengthen their gross motor skill by running, dodging with water drop and hopping through a sprinkler. -Water play encourages the development of eye/ hand coordination through pouring, squeezing, painting, scrubbing and squatting. 	<p>-Digital literacy -Collaboration and communication -Creativity and imagination</p> <p>Crosscurricular link - Numeracy - Science -Social habit</p> <p>Movement benefit to To develop gross motor skill.</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>Science benefits Pupils are engage in experimentation and purposeful play which guide their curiosity and learning.</p>	<p>Web site toddler">http://handsongrow.com>toddler water">http://www.pinterest.com>water</p> <p>Video link water-play">https://teachingmama.org>water-play easy-water">https://picklebums.com>easy-water</p> <p>Instructional materials -Water -Charts -Pictures -Water gun -Water shooter -Bowl -Cups Whistle</p>
	COLOUR MATCHING GAMES	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -explore different toys by Matching. 	<p>Activity 1 Pupils as a class make a coloured card from a colourful cardboard. The cardboards are matched to</p>	<p>-Collaboration and communication -Digital literacy -Creativity and imagination</p>	<p>Web site https://theimaginationtree.com Learning4kids.com</p> <p>Video links</p>

LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
<p>-combine/sort to make a simple colour matching.</p> <p>-The primary colours are; blue, yellow and red. The traffic light are used as sample to reinforce learning of colours.</p>	<p>different colours.</p> <p>Activity 2 Pupils as a group recite rhymes on primary colours which are blue, red and yellow. The traffic light can be used as sample to reinforce learning of colours.</p> <p>Activity 3 The pupils are instructed to make colour matching and sorting by using an egg box, coloured pen.</p>	<p>Crosscurricular link</p> <ul style="list-style-type: none"> - Numeracy - Science - Social habit <p>Movement benefit To develop gross motor skill.</p> <p>Number benefits Give the children the opportunity to sort and match colours, recognising and naming the colours.</p> <p>Social habit Manners of taking turn, co-operation, perseverance, Building self-esteem and confidence.</p> <p>Science benefits Pupils are engaged in experimentation and purposeful play which guide their curiosity and learning in independent planning and creativity.</p>	<p>https://teaching2and3yearsold.com</p> <p>https://www.adam-mila.com>sorting</p> <p>https://www.whattoexpect.com</p> <p>Instructional material</p> <ul style="list-style-type: none"> -Toys of different colours -Colour -Song -Traffic song -Egg carton Bottles -Magic coloured beans -Match sticks coloured drop
	REVISION		REVISION
	EXAMINATIONS		EXAMINATIONS
	<p>Evaluation Pupils are evaluated based on activities exposed to on the field of play.</p>		