



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

PHYSICAL DEVELOPMENT

NURSERY ONE (AGE 3)

SECOND TERM

WKS	TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
1.	REVISION OF FIRST TERM WORK		Revision		Revision
2.	TWISTING OF THE BODY	By the end of the lesson, pupils should be able to; -twist their body in a simple exercise. -demonstrate bending, curling, turning in different directions.	Activity Pupils as a class demonstrate twisting in a simple exercise by placing their hands out to the side of their body, twist back and forth from side to side, then go slowly and hold a stretch on each side. Activities Pupils in small groups "DANCE" around the corner area and "FREEZE" like a statue every eight seconds. The pupils as a group dance again after freezing for eight (8) seconds and so on.	-Critically thinking and problem -Digital literacy -Collaboration and communication	Web links: https://Activeforlife.com https://books.google.com.ng/books growth">https://www.parents.com>growth pin">www.pinterest.com>pin part">https://www.theschoolrun.com>part Instructional material Open space or field Whistle Charts Video clips Mats
3.	SAFETY AT SCHOOL	By the end of the lesson, pupils should be able to; -discuss safety tips with their teachers. -solve cooperative problems using different safety activities. As the pupils participate in the safety activities, they learn how to identify problems and communicate their ideas	Activities Pupils as a class are encouraged to discuss about safety by using a toy stop sign, a toy telephone, sunscreen, garbage bag Pupils in pairs take each object out one at a time for discussion. Activity pupils in groups answer the following questions Group A Why do you need the toy?	Collaboration and communication Digital literacy Creativity and imagination Crosscurricular link - Numeracy - Science -Social habit Movement benefits To develop gross motor coordination and fine motor coordination.	Web links articles">https://www.scholastic.com>articles health">https://www.pinterest.com>health student">https://www.com>student m">https://www.childfun.com>m www.Keepyourchildsafe.org www.primroseschool.com www.Keepyourchildsafe.org Instructional material Safe space Toys telephone

LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
and feeling about dangerous situations.	<p>Group B b. How does the toy help them</p> <p>Group C c. What can you do with the toys to keep you safe.</p> <p>Safety songs/poems Pupils as a class learnsafety songs while participating in different activities e.g. fire fighter song, twinkle twinkle, traffic light.</p> <p>Health tips The pupils are expected to wash their hands after each activity .</p>	<p>Number benefits Give the children the opportunity to sort and match colours, recognising and naming the colours.</p> <p>Social habit Social interactions, Manners of taking turns and cooperative play.</p> <p>Literacy benefits Sharing of language, listening and creative expression.</p>	<p>Toy stop sign Sun screen Garbage bag Charts Cardboards Pencils Crayons Art materials</p>

SAFETY WALK AT SCHOOL	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -walk round the school. -identify and count how many safety items they can find -discuss safety items with their teachers and classmates in groups <p>As the pupils participate in the safety activities, they learn how to identify problems and communicate their ideas and feeling about dangerous situations.</p>	<p>-Drink a lot of water.</p> <p>Activity 1 The pupils as a group walk round the school compound with their teachers and count how many safety items they can find (first aid kits, fire extinguisher, etc.) pupils in pairs take each object out one at a time for discussion.</p> <p>Activity 2 The pupils in small groups answer the following questions</p> <p>Group A Why do you need first aid kit?</p> <p>Group B b. How does fire extinguisher help them?</p> <p>Safety songs/poems pupils in</p>	<p>Collaboration and communication Digital literacy Creativity and imagination</p> <p>Crosscurricular link -literacy - Science -Social habit</p> <p>Movement benefits To develop gross motor coordination and fine motor coordination.</p> <p>Social habit Social interactions, Manners of taking turn and cooperative play.</p> <p>Literacy benefits Sharing of language, listening and creative expressions.</p>	<p>Web links articles">https://www.scholastic.com>articles health">https://www.pinterest.com>health student">https://www.com>student misc">https://www.childfun.com>misc https://www.primroseschool.com www.KeepYourChildSafe.org misc">https://www.childfun.com>misc </p> <p>Instructional materials Safe space First aid kits Fire extinguisher Toys telephone Toy stop sign Sun screen Fire fighter equipment Garbage bag Charts Cardboards Pencils Crayons Art materials </p>
-----------------------	--	--	--	---

WKS	TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
			<p>small groups learnsafety songs while participating in different activities e.g. fire fighter song, twinkle twinkle, traffic light.</p> <p>Health tips The pupils are expected to wash their hands after each activity . -Drink a lot of water.</p>		
5.	OUR ENVIRONMENT	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -recognize different types of environment including the learning centers(school) and the home. -differentiate between clean and unclean environment. -perform easy environmental activities in the school. i.e planting of trees, picking of an unwanted solid waste for recycling within the school compound, and drawing on posters. 	<p>Activity</p> <ul style="list-style-type: none"> -Pupils as a class are shown different pictorial charts of a clean and unclean environment. -Pupils are guided on different ways of caring for their environment. -Pupils and teachers compose songs/rhymes on clean environment. -The pupils are placed into different groups of tree planting, picking of unwanted solid waste for recycling, 	<p>Creativity and imagination Communication and collaboration Digital literacy</p> <p>Movement benefits Develop gross motor coordination.</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Web sites Activekids.com</p> <p>Video links https://www.cbc.ca.com https://www.virtuallabsod</p> <p>Learning resources Charts Gardening tools Textbooks Flash cards Hand Gloves Drawing materials Cameras Music</p>
6.			MID TERM BREAK		MID TERM BREAK
7.	BALL GAMES (Keep the balloon moving.)	<p>By the end of the lesson, pupilsshould be able to;</p> <ul style="list-style-type: none"> -keep the balloon in the air without touching the ground. -identify the colour of the balloon. 	<p>Pupils in small groups play with lots of balloons within an adequate space that is free from fragile items and tripping hazards.</p> <ul style="list-style-type: none"> -Pupils are divided into groups to play the game by identifying different colours of the balloon. 	<p>Digital literacy Creativity and imagination Communication and collaboration</p> <p>Movementenefits Develop gross motor skills. Hand –eyes coordination.</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Web sites https://parenting.firstcry.com https://www.momjunction.com balloons-game">http://playivities.com>balloons-game balloon">https://icebreakerideas.com>balloon idea">https://playgroupwa.com.au>idea</p> <p>Video link youTube.WhatsUpMoms youTube.Fundoor</p> <p>Instructional materials -Balloons -Feathers -Balloon pump -Cups -Pictures of balloon -music. Charts Flash cards</p>

LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -recognize different colours and shapes. -Sort and match shapes correctly to the colours. -create their own block building. 	<p>Activity Pupils in pairs match up each building blocks to the correct shapes and colours</p> <p>Activity Pupils build blocks together to form a meaningful shape with a traced outline to match up.</p>	<p>Digital literacy Creativity and imagination Communication and collaboration</p> <p>Cross-curricular links</p> <p>Science Numeracy</p> <p>Movement benefits Develop gross motor skills. Hands –eyes coordination.</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Web links Handsonaswegrow.com www.gigiblocks.com https://www.playgroupnsw.org.au zqbs">www.amazon.com>zqbs blog">https://www.bigrentz.com>blog </p> <p>Instructional materials -Soft Toy blocks of different shapes and colours -Wooden blocks. Coloured markers Cardboard Free safe space to play Printable work sheet </p>
<p>PHYSICAL COORDINATION EXERCISE</p> <p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -Perform a simple exercise to stimulate and develop interaction between pupils and their teachers. -The exercise includes; hop, step and jump, etc. -The teachers are expected to monitor the pupils during this exercise. climbing of 	<p>Activity Pupils in small groups moves around by playing, "SIMON SAYS" with the following physical activities such as: hop, step and jump. etc</p>	<p>Digital literacy Creativity and imagination Communication and collaboration</p> <p>Movement benefits Develop gross motor skills. Hands –eyes coordination.</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Web links 49-fun">https://activeforlife.com>49-fun https://familyfuntwincities.com https://www.mommypoppins.com exercise">http://flintobox.com>exercise parents">https://kidshealth.org>parents idea">https://playgroupwa.com.au>idea https://www.care.com www.pinterest.com </p> <p>video links YouTube LittleSports </p>

WKS	TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
					YouTube.NuffieldHealth Slides Open space/ field Whistle music -Stop watch
10& 11			REVISION		REVISION
12& 13			EXAMINATIONS Evaluation Pupils are evaluated based on activities exposed to on the field of play.		EXAMINATIONS