



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

PHYSICAL DEVELOPMENT

NURSERY ONE (AGE 3)

THIRD TERM

TOPICS	LEARNING OBJECTIVES	LESSON ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
REVISION OF 2 ND TERM'S WORK		REVISION	REVISION.	REVISION
CREATIVE RHYTHM (movement).	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> -create movement in a joyful way through music. explore and enjoy the movement game. 	<p>Activity Pupils in groups are instructed to jog and run on a spot with the help of music.</p>	<p>Digital literacy Creativity and imagination Communication and collaboration</p> <p>Movement benefit Gross motor skills. Hands –eyes coordination.</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Video links</p> <p>Hhttps://activeforlife.com https://hobbylark.com https://www.atlasmission.com http://singplaycreate.com https://www.handsonaswegrow.com https://www.dltk-kids.com</p> <p>Instructional material</p> <ul style="list-style-type: none"> -Music -Pictures -Whistle -Open space
3. SAND PLAY (physical development).	<p>By the end of the lesson, pupils should be able to:</p> <ul style="list-style-type: none"> -explore their environment by using sand to play. -identify and differentiate the different types of sands/soil. 	<p>Activity Pupils in groups are taken out of their classroom to the field of play to mold /build with sand.</p> <p>Use different objects to mold.</p>	<p>Digital literacy Creativity and imagination Communication and collaboration</p> <p>Movement benefits Develop fine motor skills. Eyes and handcoordination.</p> <p>Health Tips The pupils are expected to wash their</p>	<p>Web links</p> <p>Hhttps://preschooltoolkit.com https://www.mykidstime.com https://www.lemonlimeadventures.com http://pathways.org>sand-play https://www.learning4kids.net.com https://www.pinterest.com</p> <p>Instructional materials</p>

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				hands immediately after each activity.	sand tray -Sand/ field -Space -Whistle -Charts -Pictures Plastic bottle tops
4.	COLOUR RUN GAMES	By the end of the lesson, pupils should be able to; -explore mixing primary colours -identify mixed colours through play way activities. -label and name each colour throughout and talk about the new colours formed.	Activity Pupils in small groups mixed different primary colours such as red, blue and yellow to form other colours. Activity Pupils are asked questions such as, Which two colours produce green? Name other colour that are close to green Can you go and find object that is green? Activity Pupils are taken to an open space that has different colour of chalk or marker. The marker is used to draw circles on the ground area. The instructor calls out different colours in varying order. The pupils are called out to run to the coloured area. Skill developed: Running, identifying colours. Health tips Wash their hands immediately after play.	-Digital literacy -Creativity and imagination -Communication and collaboration Movement benefits Develop fine motor skills. Eyes and hand coordination. Health Tips The pupils are expected to wash their hands immediately after each activity.	Web links www.learning4kids.net https://pinterest.com.colour https://playteachrepeat.com https://mum colour-blog">sell.com>colour-blog https://theimaginationtree.com Instructional materials -Chalk -Marker -Open space/ field -whistle -Stopwatch Primary colours Charts Flash cards Printable worksheet
5.	TAPE JUMPING GAME	By the end of the lesson, pupils should be able to;	Activity -Pupils in small groups are placed on six	-Creativity and imagination -Communication and	Web links Https://therealisticmama.c

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		-jump over a short distance with a tape line.	taped line and numbered. -Pupils are expected to jump as far as they can on each taped lines. As the pupils jump the first line, they move to the second line.	collaboration Movement benefits Stimulates gross motor skills. Eyes and hands coordination. Health Tips The pupils are expected to wash their hands immediately after each activity.	om https://www.andnextcomesl.com https://www.handsonaswegrow.com http://pathways.org >sand-play https://www.learning4kids.net.com https://www.pinterest.it >pin Instructional materials -open Space -Whistle -Charts -Pictures Flash cards Masking tape -Chalk -Marker Paint.
6.			MID TERM BREAK		MID TERM BREAK
7.	INDOOR THROWING ACTIVITIES (paper/small balls).	By the end of the lesson, pupils should be able to: -throw balls into the baskets, -count the total numbers of balls thrown into the baskets, -throw the balls to each other without touching the ground.	Activity -Pupils as a class crush newspaper in a ball like shape. The tighter the newspaper, the easier the throw will be. -Pupils cast each newspaper ball into a basket. -Thereafter, the pupils count them up to know how many balls are missed.	-Creativity and imagination -Communication and collaboration. -Digital literacy Numeracy benefits Counting practice. Movement benefits Develops target skills, gross motor skills. Eyes and hand coordination to track and receive objects (visual attention skills) Health Tips The pupils are expected to wash their hands immediately after each activity.	Web links https://teachstarter.com >b log https://www.teachhub.com https://www.activityvillage.co.uk http://www.thepeshed.com >coordination https://www.pinterest.it >throw Instructional materials -Newspaper -Big basket Soft ball Bean bags Feathers Scarf
8.	FUN EXERCISE	By the end of the lesson, pupils are	Activity Pupils as a class	Creativity and imagination	Web links

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		<p>expected to:</p> <ul style="list-style-type: none"> -perform fun games with their instructor, -encourage pupils to perform the activity in groups. 	<p>perform some simple fun games such as; slither like a snake, Hop like a frog, Gallop like a horse, Walk like a bear on all fours. Jumping jack jogging in a place Walking on toes;</p> <p>The pupils are grouped to perform the above listed activities.</p>	<p>Communication and collaboration.</p> <p>Numeracy benefits Counting practice.</p> <p>Movement benefits Develops target skills, gross motor skills. Eyes and handcoordination to track and receive objects (visual attention skills)</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>https://activeforlife.com https://www.familyfunactivities.com https://www.mommypoppins.com http://www.kidshealth.org/parent https://www.kidshealth.org/parent</p> <p>Instructional materials Open space/ field -Soft ball Whistle</p>
9.	INDOOR SOFTBALL GAMES	<p>By the end of the lesson, pupils should be able to:</p> <ul style="list-style-type: none"> -demonstrate ways of using softball to play basketball and volleyball through a play way method. 	<p>Activity Pupils in small groups demonstrate the various ways of using soft balls to play an indoor game.</p> <p>The pupils thereafter, use softball or balloon ball to play volley ball.</p>	<ul style="list-style-type: none"> -Creativity and imagination -Communication and collaboration. -Digital literacy <p>Numeracy benefits Counting practice.</p> <p>Movement benefits Develops target skills, gross motor skills. Eyes and handcoordination to track and receive objects (visual attention skills)</p> <p>Health Tips The pupils are expected to wash their hands immediately after each activity.</p>	<p>Web links indoort">www.parents.com>indoort indoort">https://parents.com>indoort fitness">https://mayoclinic.org>fitness https://unicefkidpower.org</p> <p>Instructional material Music Volleyball -Softball -Balloon -Whistle -Safe play area.</p>
10& 11.			REVISION		REVISION
12& 13			EXAMINATIONS		EXAMINATIONS
			<p>Evaluation Pupils are evaluated based on activities exposed to on the field of play.</p>		