



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

PHYSICAL DEVELOPMENT

NURSERY TWO (AGE 4)

FIRST TERM

2nd Term

WKS	TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
1.	REVISION		REVISION		REVISION
2.	25 METRES RACES	By the end of the lesson, pupils should be able to: -perform 25 metres race on a straight line from the start line to finish line. -practice the skills in a 25m race.	Activity Pupils in small groups are instructed to run on a straight line over a short period of time. Pupils in pairs practice the following skills; -The start -The form -The finish.	Creativity and imagination Digital literacy Collaboration and communication Movement benefits Speed and muscular endurance Health Tips The pupils are expected to wash their hands immediately after each activity.	Web links https://www.momjunction.com https://www.activekids.com www.parenting.firstcry.com https://howtoadult.com https://marathonkids.org Instructional material Open space field -Soccer ball -sport kits -Hose/ socks -Whistle. markers
3.	SOCCER FOOTBALL (kicking).	By the end of the lesson, pupils should be able to: -kick the ball from a distance to each other, -kick the ball to a goal post.	Activity -Pupils in small groups are invited to kick the ball into the goal post. -Markers are set up for the pupils as a goal post. -Balls are placed for the pupils to kick from a distance.	Creativity and imagination Digital literacy Collaboration and communication Movement benefit leg coordination, strength and fine motor control in the lower body. Skills developed kicking and running. Health Tips The pupils are expected to wash their hands immediately after each activity.	Web links www.https:activeforlife.com www.kidsactivities.net www.sportsrec.com www.theinspiredtreehouse.com https://meaningfulmama.com https://blog.schoolspeciality.com https://soccercoachweekly.net Instructional material Open space field -Soccer ball -sport kits -Hose/ socks -Whistle. markers
4.	COORDINATION AND BALANCING (hopping and freezing).	By the end of the lesson, pupils should be able to: -demonstrate the hopping and freezing	Activity -Pupils as a class participate and observe their peers' challenges and success while playing the hop- step game.	Creativity and imagination Digital literacy Collaboration and communication	Web links www.activeforlife.com www.therealisticmama.com www.kidspot.com.au.com www.parents.com https://www.familyfuntwinkl.com

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		game through dancing	-Pupils demonstrate dancing skill while the music plays. When the teacher presses pause, they freeze or stop dancing.	Movement benefit leg coordination, strength and fine motor control in the lower body. Health Tips The pupils are expected to wash their hands immediately after each activity.	ties.com Instructional materials -Pictures -Charts -Posters -Jersey/ sport kits -Snickers -Whistle -Stopwatch
5.	MANIPULATIVE MOVEMENT (animal movement games).	By the end of the lesson, pupils should be able to: -imitate different animal movements, It involves moving or using an object with the hands or feet to achieve a goal complete task.	-The pupils as a class play the different animal movement game. -The pupils flap their hands like bird wings and "fly" around obstacles. -The pupils hop on all fours like a frog and say, "Ribbit... ribbit... ribbit".	Creativity and imagination Digital literacy Collaboration and communication Movement benefit leg coordination, strength and fine motor control in the lower body.	Web links www.pathways.org.com www.pbskids.org/games/animal www.kidspot.com.au.com www.pinterest.com Instructional materials -Posters
			-They hop on two legs and pretend to be like Kangaroo, etc.	Skills developed Coordination and balancing Health Tips The pupils are expected to wash their hands immediately after each activity.	-Jersey/ sport kits -Snickers -Whistle -Stopwatch Open space -Pictures -Chart Flash cards Toys
6.			MID TERM BREAK		MID TERM BREAK
7.	BALANCING (balance poses).	By the end of the lesson, pupils should be able to; -demonstrate balancing poses.	Activity -Pupils in small groups stand on the tip of their toes, arm stretched straight over their heads. -Pupils stand on one leg, the other leg bent at the knee, arms raised sideways like wings. -Pupils stand on all fours legs, head down- rear in the air (downward dog pose in yoga).	Creativity and imagination Digital literacy Collaboration and communication Movement benefit leg coordination, strength and fine motor control in the lower body. Skills developed Coordination and balancing Health Tips The pupils are expected to wash their hands immediately after each activity.	Web links www.softstarshoes.com www.primroseschools.com www.activeforlife.com www.extendednotes.com https://childdevelopment.com Instructional materials -Posters -Jersey/ sport kits -Snickers -Whistle -Stopwatch Open space -Pictures -Chart Flash cards Toys

