

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 REVISION
1.	REVISION	OBJECTIVES	REVISION	at the sead	
1. 2.	REVISION 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 linepractice 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	Meb 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.
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.	-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.	activity. Creativity and imagination Digital literacy Collaboration and communication Movement benefit leg coordination, strength and fine motor control in the lower body.	markers Web links www.https:activeforlife.com www.kidsactivities.net www.sportsrec.com www.theinspiredtreehouse https://meaningfulmama.co m https://blog.schoolspeciality .com https://soccercoachweekly. net
				Skils developed kicking and running. Health Tips The pupils are expected to wash their hands immediately after each activity.	Instructional material Open space field -Soccer ball -sport kits -Hose/ socks -Whistle. markers
4.	COORDINATIO N AND BALANCING (hopping and freezing).	By the end of the lesson, pupils should be able to: -demonstrate the hopping and freezing	Activity -Pupilsas 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.familyfuntwincl

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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	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	-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".	activity. 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
		complete task.	-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. 7.	BALANCING (balance poses).	By the end of the lesson, pupils should be able to; -demonstrate balancing poses.	MID TERM BREAK Activity -Pupils in small groups stand on the tip of their toes, arm stretched straight over their heads.	Creativity and imagination Digital literacy Collaboration and communication	MID TERM BREAK Web links www.softstarshoes.com www.primroseschools.com www.activeforlife.com www.extendednotes.com https://childdevelopment.com
			-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).	Movement benefit leg coordination, strength and fine motor control in the lower body. Skils developed Coordination and balancing Health Tips The pupils are expected to wash their hands immediately after each activity.	Instructional materials -Posters -Jersey/ sport kits -Snickers -Whistle -Stopwatch Open space -Pictures -Chart Flash cards Toys

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8.	INDOOR BASKETBALL (shooting game)	By the end of the lesson, pupils should	Activity -Pupils in small groups to soft basketball to make a basketPupilstake one step back and repeat the activitiesWhoever steps the farthest back without missing, wins.	communication	www.pinterest.com https://www.basketballfo aches.com Video links YouTube.premierhoops YouTube. Motor skill league
				activity.	Instructional materi -Softballs -Mini basket -Whistles -Open space -Charts.
9.	BLOCK BUILDING GAME (building models).	By the end of the lesson, pupils should be able to: -recognize different colours and shapes, -sort and match shapes correctly to the colours, - create their own block building.		Digital literacy Creativity and imagination Communication and collaboration Crosscurricular link Science Numeracy Movementienefits Develop gross motor skills. Hand —eyes coordination. Health Tips The pupils are expected to wash their hands immediately after each activity	Weblinks Handsonaswegrow.com www.gigibloks.com https://www.playgroupnsw. org.au www.amazon.com>zqbs
0&			REVISION		REVISION
2& 3.		E	Evaluation Pupils are evaluated based in activities exposed to on the field of play.		