



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

PHYSICAL DEVELOPMENT

NURSERY TWO (AGE 4)

THIRD TERM

TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
REVISION OF 2 <sup>ND</sup> TERM WORK		REVISION		REVISION
SELF ESTEEM (Chores with a purpose)  <b>Focus skill</b> Care of Environment	By the end of the lesson, pupils should be able to;  -participate in a consistence chore as a huge responsibility in other to care for their environment e.g watering of plants, sweeping the floor.	<b>Activity</b> -Pupils as a class build up a self-esteem activities and stay on line in turns to say their routine activity.  -Pupils sing a song that can build their self-esteem.  -Pupils demonstrate their skills while singing, miming, acting, etc.	Creativity and imagination Digital literacy Collaboration and communication  <b>Movement benefit</b> leg coordination, strength and fine motor control in the lower body.  <b>Skill developed</b> Coordination and balancing  <b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.	<b>Web sites</b> Activekids.com  <b>Video links</b> <a href="https://www.cbc.ca.co">https://www.cbc.ca.co</a> <a href="https://www.virtuallak.hool">https://www.virtuallak.hool</a>  <b>Learning resources</b> Charts Gardening tools Textbooks Flash cards Hand Gloves Drawing materials Cameras Music
LOCOMOTOR MOVEMENT (walking, running).	By the end of the lesson, pupils should be able to; -demonstrate different types of locomotor movement such as:  -walking; moving with one foot on the ground at all time,  <b>Skill developed</b> running, galloping, jumping and walking.	<b>Activity</b> Pupils as a group demonstrate gross motor skill such as, walking, jumping.  Pupils walk in different directions.  Pupils play the game such as, "Duck, Duck, Goose" or follow the leader.	Creativity and imagination Digital literacy  Collaboration and communication  <b>Movement benefit</b> leg coordination, strength.gross motor control in the lower body.  <b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.	<b>Web sites</b> <a href="http://www.verywellfamily.com">www.verywellfamily.com</a> <a href="http://www.handsonaswegrow.com">www.handsonaswegrow.com</a>  <a href="http://www.themeasuredmom.com">www.themeasuredmom.com</a> <a href="https://theinspiredtreehouse.com">https://theinspiredtreehouse.com</a> <a href="https://teachingmama.com">https://teachingmama.com</a>  <b>Learning resources</b> Charts Gardening tools -Playing ground -Sport kits -Chart -Stop watch -Whistle.



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4.	SIMPLE AND FUN EXERCISE	<p>By the end of the lesson, pupils should be able to:</p> <p>-observe and practice the following simple activity such as:</p> <ul style="list-style-type: none"> <li>- Jumping jack,</li> <li>- Jogging in a place,</li> <li>- Turning,</li> <li>- Squatting,</li> <li>- Frog jump,</li> <li>- High knee,</li> <li>- Walking on toes.</li> </ul>	<p><b>Activity</b></p> <p>Pupils are taught some simple exercises.</p> <p>-Pupils in pairs perform the following simple exercises;</p> <ul style="list-style-type: none"> <li>Jumping jack</li> <li>Jogging in a place</li> <li>Turning</li> <li>Squatting</li> <li>Frog jump</li> <li>High knee</li> <li>Walking on toes.</li> </ul>	<p>Creativity and imagination</p> <p>Digital literacy</p> <p>Collaboration and communication</p> <p><b>Movement benefit</b></p> <p>leg coordination, strength.gross motor control in the lower body.</p> <p><b>Health Tips</b></p> <p>The pupils are expected to wash their hands immediately after each activity.</p>	<p><b>Web sites</b></p> <p><a href="http://www.verywellfamily.com">www.verywellfamily.com</a></p> <p><a href="http://www.handsonaswed.com">www.handsonaswed.com</a></p> <p><a href="http://www.themeasuredm.com">www.themeasuredm.com</a></p> <p><a href="https://theinspiredtreehouse.com">https://theinspiredtreehouse.com</a></p> <p><a href="https://teachingmamam.com">https://teachingmamam.com</a></p> <p><b>Learning resource</b></p> <ul style="list-style-type: none"> <li>Charts</li> <li>Gardening tools</li> <li>-Playing ground</li> <li>-Sport kits</li> <li>-Chart</li> <li>-Stop watch</li> <li>-Whistle</li> <li>-Pictures</li> </ul>
5.	WATER GAME	<p>By the end of the lesson, pupils should be able to:</p> <ul style="list-style-type: none"> <li>-participate in water play which encourages the development of eye/ hand coordination through pouring, squeezing, painting, scrubbing and squatting.</li> <li>-participate in gross motor skill by running, dodging drops of water and hopping through a sprinkler.</li> </ul>	<p><b>Activity</b></p> <ul style="list-style-type: none"> <li>-Pupils in groups are instructed by their teacher to play with water.</li> <li>-Pupils are grouped by their instructor.</li> </ul> <p>The instructor provides adequate space for the pupils</p> <ul style="list-style-type: none"> <li>-The pupils are exposed and guided to play with water.</li> <li>-The pupils strengthen their gross motor skill by running, dodging the water drop and hopping through a sprinkler.</li> </ul>	<p>Creativity and imagination</p> <p>Digital literacy</p> <p>Collaboration and communication</p> <p><b>Movement benefit</b></p> <p>leg coordination, strength.gross motor control in the lower body.</p> <p><b>Health Tips</b></p> <p>The pupils are expected to wash their hands immediately after each activity.</p>	<p><b>Web sites</b></p> <p><a href="http://www.verywellfamily.com">www.verywellfamily.com</a></p> <p><a href="http://www.handsonaswed.com">www.handsonaswed.com</a></p> <p><a href="http://www.themeasuredm.com">www.themeasuredm.com</a></p> <p><a href="https://theinspiredtreehouse.com">https://theinspiredtreehouse.com</a></p> <p><a href="https://teachingmamam.com">https://teachingmamam.com</a></p> <p><b>Instructional material</b></p> <ul style="list-style-type: none"> <li>-Field of play</li> <li>-Water shooter</li> <li>-Bowl/ bucket</li> <li>-Cups</li> <li>-Water jar</li> <li>-Whistle.</li> </ul>
6.			MID TERM BREAK	MID TERM BREAK	



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7.	SHORT DISTANCE RACE (50 metres dash).	<p>By the end of the lesson, pupils should be able to:</p> <ul style="list-style-type: none"> <li>-participate in a short distance race,</li> <li>-demonstrate the following Short distance skills;</li> <li>-The start</li> <li>-The form</li> <li>-The finish</li> </ul>	<p><b>Activity</b></p> <ul style="list-style-type: none"> <li>-Pupils in groups are instructed to run on a straight line over a short period of time.</li> <li>-Pupils are shown the following skills;</li> <li>-The start</li> <li>-The form</li> <li>-The finish.</li> <li>- Pupils in a small groups performs 50 metres dash race</li> </ul>	<p>Creativity and imagination Digital literacy Collaboration and communication</p> <p><b>Movement benefit</b> leg coordination, strength.gross motor control.</p> <p><b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.</p>	<p><b>Web links</b>  <a href="https://www.momjunction.com">https://www.momjunction.com</a>  <a href="https://www.activekids.com">https://www.activekids.com</a>  <a href="http://www.parenting.firstcry.com">www.parenting.firstcry.com</a>  <a href="https://howtoadult.com">https://howtoadult.com</a>  <a href="https://marathonkids.org">https://marathonkids.org</a></p> <p><b>Instructional material</b>  Open space field  -sport kits  -Hose/ socks  -Whistle.  Markers  Starting blocks/cones</p>
8.	TENNIS (balloon tennis).	<p>By the end of the lesson, pupils should be able to;</p> <ul style="list-style-type: none"> <li>-participate actively in the balloon tennis game by making use of a simple racket.</li> </ul>	<p><b>Activity</b></p> <ul style="list-style-type: none"> <li>-Pupils in small group blow up a balloon of the "round" type.</li> <li>-Pupils inflate balloon to medium size or low pressure to make it "floats" a little bit.</li> <li>-Pupils use the racket to hit the balloon back across the net among each other.</li> </ul>	<p>Creativity and imagination Digital literacy Collaboration and communication</p> <p><b>Movement benefit</b> Hand to eye coordination, strength.gross motor control.</p> <p><b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.</p>	<p>-Open space</p> <p><b>Web links</b>  <a href="https://www.momjunction.com">https://www.momjunction.com</a>  <a href="https://www.activekids.com">https://www.activekids.com</a>  <a href="http://www.parenting.firstcry.com">www.parenting.firstcry.com</a>  <a href="https://howtoadult.com">https://howtoadult.com</a>  <a href="https://marathonkids.org">https://marathonkids.org</a></p> <p><b>Instructional material</b>  Open space field  -sport kits  -Hose/ socks  -Whistle.  Markers  Starting blocks/cones  -Balloon  -Piece of ribbon  -Masking tape  -Paper plates  -Duct tape.</p>



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9.	BASKETBALL DRIBBLE	By the end of the lesson, pupils should be able to;  -participate actively in a basketball game; -demonstrate passing skills and shooting skills.	<b>Activity</b> -Pupils as a class demonstrate dribbling skills with a ball continuously with the palm and finger of the hand.  -Pupils show two hands dribble at the same time.  -Pupils describe right and left-handed dribble with the ball and take turns.  -Pupils play a minor game among each other.	Creativity and imagination Digital literacy Collaboration and communication  <b>Movement benefit</b> Hand to eye coordination, strength, gross motor control.  <b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.	<b>Web links</b> <a href="https://www.momjunction.com">https://www.momjunction.com</a> <a href="https://www.activekids.org">https://www.activekids.org</a> <a href="http://www.parentingfirstcry.com">www.parentingfirstcry.com</a> <a href="https://howtoadult.com">https://howtoadult.com</a> <a href="https://marathonkids.org">https://marathonkids.org</a>  <b>Instructional material</b> Open space field -sport kits -Hose/ socks -Whistle. Markers Starting blocks/cones
10& 11.			Revision		Revision
12& 13.			<b>Evaluation</b> Pupils are evaluated based on activities exposed to on the field of play.		<b>Evaluation</b> Pupils are evaluated based on activities exposed to on the field of play.