



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

PHYSICAL DEVELOPMENT

KINDERGARTEN (AGE 5)

FIRST TERM

WKS	TOPICS	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
1.	DATA COLLECTION (child's personal data)	By the end of the lesson, pupils should be able to:  -encourage pupils to talk about self.	-Pupils as a class talk about SELF.  -Pupils give adequate information.  -Pupils know their age and date of birth, sex.  -Pupils learn their ages and sex.  -Pupils interact with the peer groups.	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.	-Child's personal file -Birth record -Growth -Charts.
2.	CHILD'S PERSONAL DATA (Age & Sex).		-Pupils in pairs learn their ages and sex.  -Pupils in pairs interact with their peer groups.		Personal data from their parent.
3.	CRAB WALK (gross motor skills)	By the end of the lesson, pupils should be able to: -perform crab work in an open space, -imitate the movement of a crab.	<b>Activity</b> -Pupils as a class are shown how to walk like crab in an open space/ field.  -Pupils squat on the ground, place their palms behind, lift their hips off the ground.  -Pupils in pairs "walk" using hands and feet.	-Creativity and imagination -Digital literacy -Collaboration and communication  <b>Movement benefit</b> Hand to eye coordination, balancing, 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="http://www.themotorstory.org">www.themotorstory.org</a> <a href="http://www.handsonaswegrow.com">www.handsonaswegrow.com</a> <a href="http://www.theinspiredtreehouse.com">www.theinspiredtreehouse.com</a> <a href="https://www.choosept.com">https://www.choosept.com</a>  youTube.VladSuperDad <a href="http://www.themotorstory.org">www.themotorstory.org</a>  <b>Instructional material</b> Open space -Field -Chart -Pictures -flashcards
4.	COORDINATION AND BALANCING	By the end of the lesson, pupils should be able to;	<b>Activity</b> -Pupils in small groups demonstrate the steps of	Creativity and imagination Digital literacy Collaboration and	<b>web links</b> <a href="http://www.themotorstory.org">www.themotorstory.org</a> <a href="http://www.handsonaswegrow.com">www.handsonaswegrow.com</a>

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	(hopping).	demonstrate the fundamental basic steps of hopping on one leg.	<p>hopping by: Hopping on one leg in one place using the right foot for five times and then left foot five times too.</p> <p>Hop on one leg in a straight line Hop on one leg forward and then hop backwards.</p> <p>-Pupils participate by taking turns. The pupils demonstrates the fundamental basic steps of hopping on one foot which provides physical activities while improving coordination and balancing.</p>	<p>communication</p> <p><b>Movement benefit</b> Hand to eye coordination, balancing, strength, gross motor control.</p> <p><b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.</p>	<p><a href="http://www.theinspiredtreehouse.com">www.theinspiredtreehouse.com</a> <a href="https://www.choossept.com">https://www.choossept.com</a> youTubeVladSuperDad <a href="http://www.themotorstory.org">www.themotorstory.org</a></p> <p><b>Instructional material</b> Open space -Field -Chart -Pictures -flashcards Posters Sport kits Stop watch whistle</p>
5.	TARGETING (throwing).	<p>By the end of the lesson, pupils should be able to: -play with soft balls by throwing to each other.</p> <p>Catching and throwing is the ability to develop the gross motor skills which often reflect on how well a child can balance his/ her body and relate with his environment.</p> <p><b>Health tips</b> The pupils are expected to wash their hands after play. -Drink a lot of water.</p>	<p>-Pupils as a class demonstrate the skills by throwing a soft ball into a specific area.</p> <p>-Pupils in pairs choose a distance where to throw from.</p> <p>-Pupils in pairs take turns by throwing their soft ball into a specific area.</p>	<p>Digital literacy Collaboration and communication Creativity and imagination</p> <p><b>Crosscurricular link</b> - Numeracy and thinking strategy - Literacy and language activities - Science -Social habit</p> <p><b>Movement benefits</b> To develop and strengthen the arm and leg muscles, hand and eye coordination and fitness.</p> <p><b>Number benefits</b> Give the children the opportunity to imitate number of extended activities.</p> <p><b>Social habit</b> Manners of taking turns. Building self-esteem and confidence.</p> <p>literacy benefits</p>	<p><b>web links</b> <b>Web site</b> <a href="http://Raisingchildren.net.au">Raisingchildren.net.au</a> <a href="http://www.verywellfamily.com">www.verywellfamily.com</a></p> <p><b>video links</b> <a href="http://frugalfun4boys.com">http://frugalfun4boys.com</a> m&gt;indoor <a href="http://familyfuntwincities.com">familyfuntwincities.com</a></p> <p><b>instructional material</b> -baskets -Soft ball -Ball -Charst -Board -Posters -Television -Whistle - News paper - Tape - Bucket - Ribbon</p> <p>Open space/ field -bean bags or homemade beans bag -Masking tape or duct tape -Sheet/ paper.</p>

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			<p>The activity develops coordination of arms and torso, fine motor control and the ability to "read" distances. These skills transfer to sports activities that involved throwing an object accurately over a perceived distance, e.g. ball, Frisbees, javelins, darts, ribbon.</p> <p>Skill developed: agility.</p>	<p>Vocabulary terms that describe different ways of moving which teaches the pupils how to follow instruction.</p> <p><b>Science benefits</b> Pupils are engaged in experimentation and purposeful play which guide their curiosity and learning.</p>	
6.			MID TERM BREAK		MID TERM BREAK
7	NEURO-MUSCULAR SKILL e.g. climbing.	<p>By the end of the lesson, pupils should be able to;</p> <p>-participate in kid's climber activities in the school compound with an adequate supervision from their instructors.</p> <p>Pupils are natural climbers. Climbing draw their curiosity and it allows them to satisfy their thrill seeking, adventurous and problem solving.</p>	<p><b>Activity</b> -Pupils as a class are shown how to climb obstacles.</p> <p>-Pupils in pairs are asked to climb ladder beam/slides with an adequate supervision from their teacher / instructors.</p> <p><b>Health tips</b> -The pupils are expected to wash their hands after play.</p> <p>-Drink a lot of water.</p>	<p>Digital literacy Critical thinking and problem solving. Creativity and imagination</p> <p><b>Crosscurricular link</b> - Numeracy and thinking strategy. -Social habit</p> <p><b>Movement benefits</b> To improve their coordination and motor skills.</p> <p><b>Number benefits</b> Give the children the opportunity to imitate number of extended activities.</p> <p><b>Socialhabit</b> Manners of taking turns. Building self –esteem and confidence.</p>	<p><b>Web links</b> <a href="https://www.amazon.com">https://www.amazon.com</a>&gt;little <a href="https://www.growinghandsonkids.com">https://www.growinghandsonkids.com</a> <a href="https://rock-up.co.uk/product">https://rock-up.co.uk/product</a> <a href="https://www.pentagonplay.co.uk">www.pentagonplay.co.uk</a>. <a href="https://www.scholastic.com">https://www.scholastic.com</a></p> <p><a href="http://www.largerfamilylife.com">www.largerfamilylife.com</a></p> <p><b>Instructional material</b> Slides Open space -Field -Video clips -Ladder -Ropes. Swings Flashcards Climbing toys</p>
8.	SOCCER GAME (kicking and shooting).	<p>By the end of the lesson, pupils should be able to;</p> <p>-demonstrate and participate in a game</p>	<p>-The pupils were taken to the field to demonstrate and participate in the kicking and shooting skills shown to them by the teacher.</p>	<p>Critical thinking and problem solving. Creativity and imagination Digital literacy</p>	<p><b>Video links</b> YouTube.Vogel Soccer Mastering YouTube. Kicking Coach YouTube. Coaches</p>

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		of kicking and shooting .	<p>-Pupils start the game by standing behind the ball; step and swing by kicking with the foot ,then shoot the balls into the goal post..</p> <p>-The teachers supervisethepupils during the activities on the field of play.</p>	<p><b>Crosscurricular link</b> - Numeracy and thinking strategy. -Social habit</p> <p><b>Movement benefits</b> To improve their coordination and motor skills.</p> <p><b>Number benefits</b> Give the children the opportunity to imitate number of extended activities.</p> <p><b>Social habit</b> Manners of taking turns. Building self –esteem and confidence.</p>	<p>Choice</p> <p><b>Web links</b></p> <p><a href="http://www.complete-soccerguide.com">www.complete-soccerguide.com</a> <a href="http://www.wikihow.com">www.wikihow.com</a> <a href="http://www.insidethepylori.com">www.insidethepylori.com</a> <a href="http://www.strivechallenge.com">www.strivechallenge.com</a></p> <p><b>Instructional material</b> Soft soccer ball -Whistle -2 empty large cartons for goal post -Charts -Posters Sport kits Flash cards Cones markers</p>
9.	BUILDING BLOCK GAMES	By the end of the lesson, pupils should be able to; -recognize different colors and shapes; -sort and match shapes correctly to the colors; -create their own block building.	<p><b>Activity</b> -Pupils in 'small groups' are exposed to blocks made from wood of different colours and sizes..</p> <p>-Pupils are expected to build the blocks together to form a meaningful shape of different things.</p>	<p>Digital literacy Creativity and imagination Communication and collaboration.</p> <p><b>Cross-curricular links</b> Science Numeracy</p> <p><b>Movement benefits</b> Develop gross motor skills. Hand –eyes coordination.</p> <p><b>Health Tips</b> The pupils are expected to wash their hands immediately after each activity.</p>	<p><b>Web links</b></p> <p><a href="http://Handsonaswegrow.com">Handsonaswegrow.com</a> <a href="http://www.gjgibloks.com">www.gjgibloks.com</a> <a href="https://www.playgroupsw.org.au">https://www.playgroupsw.org.au</a> <a href="http://www.amazon.com&gt;zqbs">www.amazon.com&gt;zqbs</a> <a href="https://www.bigrentz.com&gt;blog">https://www.bigrentz.com&gt;blog</a></p> <p><b>Instructional material</b> -Soft Toy blocks of different shapes and colours -Wooden blocks. Colored markers Cardboard Free safe space to play Printable work sheet</p>
10& 11.			REVISION		REVISION
12& 13.			EXAMINATIONS		<p><b>Evaluation</b> Pupils are evaluated based on activities exposed to on the field of play.</p>