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WHAT

0751721132

2026

Rationalized

Scheme of

Work, notes,

lesson plan

Exam latest

jesma, signal etc

2026 RATIONALIZED WEEK 1: LESSON 1

SCHOOL	GRADE	LEARNING AREA	TERM	YEAR
	1	CREATIVE ACTIVITIES	2	2024

Strand: Performing and Display

Sub Strand: Jumping

Specific Learning Outcomes:

- By the end of the lesson, the learner should be able to:

1. Identify different ways of jumping for body agility through practice.
2. Jump and clearly talk about different ways of jumping (height and distance).
3. Enjoy jumping for height and distance for strength and coordination.

Key Inquiry Question(s):

- How is jumping done?

Core competencies	Values	PCIs
<ul style="list-style-type: none">• Learning to learn• Communication and collaboration• Imagination and creativity• Critical thinking and Problem solving• Self- efficacy• Citizenship• Digital- literacy	<ul style="list-style-type: none">• Unity• Respect• Patriotism• Responsibility• Love• Social justice	<ul style="list-style-type: none">• Self-awareness• Self-esteem• Environmental conservation• Health promotion issues• Peace and Health Education• Safety• Life skills