



# **Rationalized Curriculum**

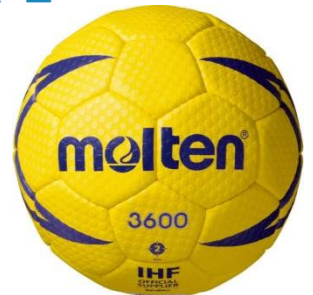


## **GRADE 7**



## **CREATIVE ART**

## **& SPORTS**



## **COMPLETE NOTES**



@20/- WHAT 0757478868  
2026 Rationalized Scheme  
of Work, notes, lesson plan  
Exam latest jesma, signal  
etc

## **JUNIOR SCHOOL**

### **GRADE 7 CREATIVE ART AND SPORTS**

#### **SUMMARY OF STRANDS AND SUB STRANDS TO BE COVERED**

| <b>STRAND</b>                                                              | <b>Sub Strand</b>                             |
|----------------------------------------------------------------------------|-----------------------------------------------|
| <b>1.0 : FOUNDATIONS OF CREATIVE ARTS AND SPORTS</b>                       | 1.1. Introduction to Creative Arts and Sports |
|                                                                            | 1.2. Components of Creative Arts and Sports   |
| <b>2.0 : CREATING AND PERFORMING IN CREATIVE ARTS AND SPORTS</b>           | 2.1 Drawing and Painting                      |
|                                                                            | 2.2. Rhythm                                   |
|                                                                            | 2.3 Javelin and Sculpture                     |
|                                                                            | 2.4. Melody                                   |
|                                                                            | 2.5 Handball                                  |
|                                                                            | 2.6. Descant Recorder                         |
|                                                                            | 2.7 Storytelling and Animation                |
|                                                                            | 2.8 Football                                  |
|                                                                            | 2.9 Kenyan Folk song                          |
|                                                                            | 2.10 Indigenous Kenyan Craft - Bead work      |
| <b>OPTIONAL (<i>Do One</i>) Either Swimming Or Kenyan Indigenous Games</b> | 2.11.1 Swimming (Optional)                    |
|                                                                            | 2.11.2 Kenyan Indigenous Games (Optional)     |
| <b>3.0 : APPRECIATION IN CREATIVE ARTS AND SPORTS</b>                      | 3.1 Analysis of Creative Arts and Sports      |