TERM ONE LESSON PLANS

PSYCHOMOTOR ACTIVITIES

LEVEL: PP1

WEEK 1: LESSON 1

SCHOOL	CLASS	DATE	TIME	ROLL

Strand /Theme: Basic motor skills.

Sub strand /sub-Theme: Locomotive.

Specific learning outcome:

By the end of the end of the sub strand the learner should be able to:

Acquire the skills of crawling and swinging for feasibility and strength.

Key inquiry question

1. Which activity do you enjoy most?

Learning resources: Swings,Body parts,Teacher's guide book know more pg. 207-210.
Organization of Learning: Outdoor Activitiesindividual and group work.

TIME	CONTENT
5 minutes	**Introduction** Guide learners to a warm up activity e.g. Jump five times, turn around
25minutes	**Lesson development** **Step 1** Teacher to demonstrate how to crawl and swing on the field from one point to the other as he/she observes safety measures. **Core competence: Critical thinking and problem solving-Learners will give suggestion of how various games are played.**

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	Values. Respect, cooperation and social justice as they play and follow instructions. **Link to Pcls: Life skills-coping with emotions as they interact with each other during play.** **Step 2** Learners to crawl and swing from one point to the other with the guidance of the teacher. **Core competence: Critical thinking and problem solving-Learners will give suggestion of how various games are played.** **Values. Respect, cooperation and social justice as they play and follow instructions.** **Link to Pcls: Life skills-coping with emotions as they interact with each other during play.** **Step 3** Learners to crawl and swing on their own from one point to the other. **Core competence: Critical thinking and problem solving-Learners will give suggestion of how various games are played.** **Values. Respect, cooperation and social justice as they play and follow instructions.** **Link to Pcls: Life skills-coping with emotions as they interact with each other during play.**
5 minutes	**Conclusion** Guide learners to a cool down activity. e.g. Learners to take a deep breath through the nose and out through the mouth. **Extended Activities** **Learners to swing at their own from one point to another with the help of a caregiver.**

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