

MARINA INTERNATIONAL SCHOOL

PHYSICAL EDUCATION SCHEME OF WORK

NURSERY - TERM 1

WEEK	TOPIC	TOPIC DETAILS
1.1	SIMPLE EXERCISES	WARM-UP EXERCISES:Jogging round the field well spaced. Stretching to loose muscles. Stretching other parts of the body to gain flexibility. Sprint at a shorter distance to gain endurance.
2.1	SIMPLE BALL GAMES	Playing with balls makes physical activity fun. • Throwing, catching and kicking balls is good for muscle development, hand-eye coordination and fitness. Throwing, catching, rolling and kicking balls: works arm and leg muscles improves hand-eye coordination increases fitness.
3.1	THROWING OF QUOITS	Target Throwing: The students take turns to throw the quoits at the target in a given number of throws. Challenges could include: throwing with the dominant hand. throwing with the non-dominant hand. shortening and lengthening the throwing distance. The students can select a distance, such as 1 metre, or 2 metres apart, and see how many successful throws and catches they can make in one minute. If the frisbee is dropped, the throw does not count.
4.1	SINGING AND DANCING	CHILDREN SING AND DANCE WHILE EXERCISING. TAKE TURNS IN DANCING TO CREATE FUN. DANCE ROUND THE CIRCLE AS THE SONG GOES ON. STRETCH BEFORE GOING TO CLASS.
7.1	THROWING AND CATCHING SOFTBALL	CHILDREN THROW AND CATCH THE BALL. FOCUS ON THE BALL. CATCH THE BALL WITH TWO HANDS. CHILDREN DO THAT SEVERAL TIMES TO MASTER THE SKILL.

WEEK	TOPIC	TOPIC DETAILS
8.1	FOOTBALL	CHILDREN PRACTICE TO KICK AND DRIBBLE THE BALL. KICK OR PASS THE BALL USING ANY FOOT. KICK THE BALL THAT HAS THE MOST STRENGTH. PLAY IN SMALL GROUPS OF FOUR USING DIFFERENT BALLS.
9.1	SPRINTING	Warm up: walking, jogging or running over distance. <ul style="list-style-type: none"> • walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds. sprint distances of 10 to 20 m. <ul style="list-style-type: none"> • practice reaction sprints. • practice the standing start
11.1	AEROBICS	SQUATTING: Stand with your feet slightly wider than your hips. Your toes should be pointed slightly outward – about 5 to 20 degrees outward (the wider your stance, the more you'll want to rotate your feet outward). Look straight ahead and pick a spot on the wall in front of you. Look at this spot the entire time you squat, not looking down at the floor or up at the ceiling.
12.1	ATHLETICS COMPETITION PRACTICE	Children practice developing more skills and techniques for track and field events. They will be selected in various categories based on their abilities.

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NURSERY - TERM 2

WEEK	TOPIC	TOPIC DETAILS
1.1	ATHLETICS(SPRINTING)	Warm up: walking, jogging or running over distance. <ul style="list-style-type: none">• walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds.sprint distances of 10 to 20 m.• practice reaction sprints.• practice the standing start.
2.1	ATHLETICS (Sprinting)	Energy systems: development to maximizing performances in: 50M,60M,70M,80M,90M, AND 100M dash. <ul style="list-style-type: none">• Children sprint faster in their lanes to cover these distances as fast as they can.• Children are selected based on their speed and deserving ones are given certificate 1 st ,2 ND 3 rd .• Children are selected based on their individual events they are capable of doing.
3.1	HURDLING	Hurdling. <ul style="list-style-type: none">• run over flat markers.• run over cones evenly spaced.• run over low hurdles, i.e. less than 20 cm high.• run over low hurdles, evenly spaced Run over evenly spaced low hurdles (30 cm high approximately). <ul style="list-style-type: none">• practice the technique of hurdling identifying the lead leg.

WEEK	TOPIC	TOPIC DETAILS
5.1	RELAYS	<p>Participate in a pair relay using a beanbag, developing simple technique passing with right hand and receiving with left hand.</p> <ul style="list-style-type: none"> • Practice baton change-over technique while stationary, with a partner, developing into practice with a team of four. • Practice baton change-over technique while moving slowly, with a partner, developing into practice with a team of four. • Practice the standard relay (i.e. four children per team, using a baton) in a straight line. • Participate in team relays or shuttle relays in small groups, using various means of travelling.
6.1	OBSTACLE RACE	<p>Run over evenly spaced low hurdles 20cm-50cm identify and pick a cone or marker.</p> <ul style="list-style-type: none"> • Run crawl and pick a bucket or basket of your colour.
8.1	THROWING QUILTS	<p>Target Throwing: The students take turns to throw the quilts at the target in a given number of throws. Challenges could include: throwing with the dominant hand. throwing with the non-dominant hand. shortening and lengthening the throwing distance. The students can select a distance, such as 1 metre, or 2 metres apart, and see how many successful throws and catches they can make in one minute. If the frisbee is dropped, the throw does not count.</p>
9.1	SIMPLE BALL GAMES	<p>Playing with balls makes physical activity fun.</p> <ul style="list-style-type: none"> • Throwing, catching and kicking balls is good for muscle development, hand-eye coordination and fitness. <p>Throwing, catching, rolling and kicking balls: works arm and leg muscles improves hand-eye coordination increases fitness.</p>

WEEK	TOPIC	TOPIC DETAILS
10.1	BEAN BAG ACTIVITIES	<p>Hot Potato. While everyone is sitting in a circle, pass a bean bag around and play a short song. When the song ends, the player with the bean bag sits in the middle of the circle. Keep playing until there is no more room for people in the center.</p> <p>Tic Tac Toe. Using chalk or tape, create a large tic tac toe field on the ground. Take turns with two different colored bean bags (you will need five of each). Place them into each square, trying to get three in a row. For an added challenge, create a tossing line a few steps back from the tic tac toe field and require players to toss their bean bags in each square.</p>
11.1	BEAN BAG ACTIVITIES	<p>Bean bag toss. Place a target onto the ground with chalk or tape. Take turns tossing bean bags as close to that target as possible. As players get better, have them take a step back and try again.</p> <p>Unfreeze a friend. Every player places a bean bag onto their head then must move around the play space keeping the bag balanced. If the bag falls, the player must let it drop to the ground and freeze. Other players may help frozen players by picking the bean bag up off the ground and handing them to the frozen player to put back on their head and move again.</p> <p>Juggling. Learning how to juggle takes practice, but for motivated kids and it be a fun process. With one bean bag, begin developing the skill to throw and catch with one hand. Once this is mastered, add a second bean bag and practice passing two bags to opposites hands at once. Finally, add the third bean bag. The challenge is the timing. Each bag must be thrown after another and before the next one is catch.</p>
12.1	FOOTBALL	<p>Ball control refers to a player's ability to collect the ball and gain control of it using all parts of the body including feet, legs, chest, and head.</p> <p>Ball control also refers to a player's ability to maintain possession of the ball.</p> <p>The ability to turn quickly and sharply with the ball is also of utmost important to achieving success in football and falls under the ball control element.</p>

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NURSERY - TERM 3

WEEK	TOPIC	TOPIC DETAILS
1.1	BEAM BALANCE	<p>Stick different coloured tapes tape on the floor</p> <p>Each coloured tape can have a different rule to walk on. For example, you can ask the kid to walk on one leg on the red coloured tape</p> <p>The child has to walk only on the tape. If he falls off the tape, he'll be out of the game.</p> <p>The child that walks the entire length of the tape without falling off the tape wins the game.</p> <p>Split the group into two teams, each team having a flag or other marker at the team's base. The object of the game is to run into the other team's territory, capture their flag and make it safely back to your own territory.</p>
2.1	CAPTURE THE FLAG	<p>Split the group into two teams, each team having a flag or other marker at the team's base. The object of the game is to run into the other team's territory, capture their flag and make it safely back to your own territory.</p>
3.1	SIMPLE BALL GAMES	<p>Playing with balls makes physical activity fun.</p> <p>□ Throwing, catching and kicking balls is good for muscle development, hand-eye coordination and fitness.</p> <p>Throwing, catching, rolling and kicking balls:</p> <ul style="list-style-type: none">works arm and leg musclesimproves hand-eye coordinationincreases fitness.
6.1	AEROBICS	<p>SQUATTING:</p> <p>Stand with your feet slightly wider than your hips.</p> <p>Your toes should be pointed slightly outward – about 5 to 20 degrees outward (the wider your stance, the more you'll want to rotate your feet outward).</p> <p>Look straight ahead and pick a spot on the wall in front of you.</p> <p>Look at this spot the entire time you squat, not looking down at the floor or up at the ceiling.</p>

WEEK	TOPIC	TOPIC DETAILS
7.1	SIMPLE EXERCISES	WARM-UP EXERCISES:Jogging round the field well spaced. Stretching to loose muscles. Stretching other parts of the body to gain flexibility. Sprint at a shorter distance to gain endurance.
8.1	HOPPING	Hop with the sack, run, pick a sack and hop to a distance. Enter sack with hands held tight, swing the sack and run.
11.1	SING AND DANCING	CHILDREN SING AND DANCE WHILE EXERCISING. TAKE TURNS IN DANCING TO CREATE FUN. DANCE ROUND THE CIRCLE AS THE SONG GOES ON. STRETCH BEFORE GOING TO CLASS.