

MARINA INTERNATIONAL SCHOOL

PHYSICAL EDUCATION SCHEME OF WORK

YEAR 1 - TERM 1

WEEK	TOPIC	TOPIC DETAILS
1.1	SIMPLE EXERCISES	Exercises to develop children's physique and performance. Developing control and building a good foundation. EG: WINDMILL EG: Stability
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	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. 1) Put your arms straight out in front of you, parallel to the ground. Keep your chest up and proud, and your spine in a neutral position. 2) Your weight is on your feet – it should be on the heels and the balls of your feet, as if they were pasted to the ground. You should be able to wiggle your toes the entire movement (though that's not a part of squatting!).
4.1	AEROBIC EXERCISES	3) Keep your entire body tight the entire time, your core flexed like you're bracing to be punched in the gut! 4) Breathe deeply into your stomach, break at your hip and push your butt back. Keep sending your hips backwards as your knees begin to bend. 5) As you squat down, focus on keeping your knees in line with your feet. Many new lifters need to focus on pushing their knees out, so they track with their feet. When your knees start to come inside the toes, push them out (but not wider than your feet).

WEEK	TOPIC	TOPIC DETAILS
7.1	FLIP TYRES	It helps develop force from the ground up. flips require an explosive lower-body drive that extends up into triple extension and through the hands. Tyre flipping can also be used to develop endurance, benefiting athletes and non-athletes alike.
8.1	THROWING AND CATCHING FOR ACCURACY	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.
9.1	FOOTBALL	Ball control 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. Ball control also refers to a player's ability to maintain possession of the ball. The ability to turn quickly and sharply with the ball is also of upmost important to achieving success in football and falls under the ball control element.
11.1	FOOTBALL	Passing accuracy Passing accuracy refers to a player's ability to use both feet to send the ball to the player's desired destination. That could mean sending the ball straight to a teammate's feet with power and precision, sending a through pass into space with proper weight, crossing the ball accurately in front of the net, or, for strikers shooting the ball accurately and powerful into the back of the net. Players cannot achieve success in football without being able to pass accurately with both feet.
12.1	HANDBALL	EXERCISES IN PASSING AND CATCHING Groups of 6 players with one ball per group. The group is divided into two, with the two sets of players The first player in the line runs forward passing the ball to the first player in the opposite line and runs to the back of that line. The player who now has the ball runs forward and passes to the next player in the opposite line and runs to the back of that line and so on.

PHYSICAL EDUCATION SCHEME OF WORK

YEAR 1 - 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	HURDLES	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</p> <p>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</p> <p>marker.</p> <ul style="list-style-type: none"> • Run crawl and pick a bucket or basket of your colour.
9.1	FOOTBALL	<p>Ball control</p> <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>
10.1	HANDBALL	<p>PASSING</p> <p>This is one of the basic, technical elements. A pass must be accurate, fast and tactically useful.</p> <ul style="list-style-type: none"> • Accurate - so that a player has no problems when catching the ball. • Fast - to gain the advantage over the opposition • Tactically useful - The decision to which a pass should be directed depends on the player's position in a particular situation. A pass should be directed to that player, whose position may find gaps in defence or may menace the opponent.

PHYSICAL EDUCATION SCHEME OF WORK

YEAR 1 - TERM 3

WEEK	TOPIC	TOPIC DETAILS
1.1	BOWLING	<p>BOWLING TECHNIQUE: Stand side on to the batsmen/wickets with your dominant hand at the back. Hold the ball with both hands under your chin and turn your head sideways to face the batsmen/target. Rock back and forth transferring weight from the front foot to the back foot in a smooth consistent motion. Now as you rock back extend your back arm and when you rock forward let your front arm extend and pull down and your back arm comes over your head and releases the ball in the direction of the batsmen.</p>
2.1	THROWING AND CATCHING	<p>EXERCISES IN PASSING AND CATCHING The group is divided into two, with the two sets of players The first player in the line runs forward passing the ball to the first player in the opposite line and runs to the back of that line. The player who now has the ball runs forward and passes to the next player in the opposite line and runs to the back of that line and so on.</p>
3.1	HANDBALL	<p>INTERCEPTION Groups of 3 Players with 1 ball per group Two players pass to each other while a player in the middle tries to intercept the ball. When the defender intercepts the ball, the attacker who made the final pass becomes the defender</p>

WEEK	TOPIC	TOPIC DETAILS
6.1	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>
7.1	BEAN BAG GAMES	<p>Stick different coloured tapes tape on the floor 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 The child has to walk only on the tape. If he falls off the tape, he'll be out of the game. The child that walks the entire length of the tape without falling off the tape wins the game. 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>
8.1	HOOPING	<p>Warm-Up: Side Stretch with Hoop This stretch gently opens the side of the body. Good prep for anything that will involve burning away love handles.</p>