

RATIONALISED SCHEMES OF WORK

PSYCHOMOTOR SKILLS

PP2

TERM 2 2026

TEACHER'S NAME.....

TSC NUMBER.....

SCHOOL.....

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2	1-5	BASIC MOTOR SKILLS	Manipulative Skills	By the end of the sub-strand the learner should be able to; kick freely for enjoyment	What do you use for kicking and bouncing	Self efficacy Critical Thinking	Sharing Turn taking Respect	Guide learners to kick freely	Charts realia	Observational questions	
3	1-5		Manipulative Skills	By the end of the sub-strand the learner should be able to; display the ability to balance the body for kicking technique	What do you use for kicking and bouncing	Self efficacy Critical Thinking	Sharing Turn taking Respect	Encourage learners to practice kicking techniques	Charts realia	Observational questions	
4	1-5		Manipulative Skills	By the end of the sub-strand the learner should be able to; display manipulative skills through bouncing ball for distance estimation	What do you use for kicking and bouncing	Self efficacy Critical Thinking	Sharing Turn taking Respect	Organize learners in groups to display manipulative skills	Charts realia	Observational questions	
5	1-5		Manipulative Skills	By the end of the sub-strand the learner should be able to; bounce and kick balls safely	What do you use for kicking and bouncing	Self efficacy Critical Thinking	Sharing Turn taking Respect	Organize learners in groups to display manipulative skills	Charts Realia	Observational questions	

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6	1-5		Manipulative Skills	By the end of the sub-strand the learner should be able to; bounce and kick balls for enjoyment	What do you use for kicking and bouncing	Self efficacy Critical Thinking	Sharing Turn taking Respect	Guide learners to sing songs while bouncing and kicking in pairs and in groups	Charts realia	Observational questions	
7	1-5	SWIMMING	Pool safety	By the end of the sub-strand the learner should be able to; identify basic water safety and hygiene rules for application in the pool	What is the importance of basic water rules?	Self efficacy Critical Thinking	Sharing Turn taking Respect	Guide learners name the rules of basic water safety and hygiene in the pool	Charts realia	Observational questions	
8	1-5		Pool safety	By the end of the sub-strand the learner should be able to; state basic water safety and hygiene rules for application in the pool	What is the importance of basic water rules?	Self efficacy Critical Thinking	Sharing Turn taking Respect	Guide learners name the rules of basic water safety and hygiene in the pool	Charts realia	Observational questions	
9	1-5		Pool safety	By the end of the sub-strand the learner should be able to; name basic water safety and hygiene rules for application in the pool	What is the importance of basic water rules?	Self efficacy Critical Thinking	Sharing Turn taking Respect	Guide learners name the rules of basic water safety and hygiene in the pool	Charts realia	Observational questions	

			Pool safety	By the end of the sub-strand the learner should be able to; Talk about basic water safety and hygiene rules for application in the pool	What is the importance of basic water rules?	Self efficacy Critical Thinking	Sharing Turn taking Respect	Encourage learners to follow safety rules accordingly	Charts realia	Observatio oral questions	
10	1-5		Pool safety	By the end of the sub-strand the learner demonstrate ability to follow safety rules accordingly should be able to;	What is the importance of basic water rules?	Self efficacy Critical Thinking	Sharing Turn taking Respect	Encourage learners to follow safety rules accordingly	Charts realia	Observatio oral questions	
11	1-5		Pool safety	By the end of the sub-strand the learner should be able to; demonstrate ability to follow safety rules accordingly	What is the importance of basic water rules?	Self efficacy Critical Thinking	Sharing Turn taking Respect	Encourage learners to follow safety rules accordingly	Charts realia	Observatio oral questions	
12	1-5		Water Orientation Water	By the end of the sub-strand the learner should be able to; confidently move around the pool in readiness for swimming	How do you feel when walking in water	Self efficacy Critical Thinking	Sharing Turn taking Respect	Guide learners could be guided to walk around the pool to adapt the environment	Charts realia	Observatio oral questions	
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