

# PHYSICAL HEALTH EDUCATION

## ANNUAL SCHEME OF LEARNING – B7

WEEK	TERM ONE	TERM TWO	TERM THREE
1	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
2	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
3	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
4	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
5	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
6	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Organized Sports and Physical Activity Participation
7	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organized Sports and Physical Activity Participation
8	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organized Sports and Physical Activity Participation
9	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organized Sports and Physical Activity Participation
10	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organized Sports and Physical Activity Participation
11	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organized Sports and Physical Activity Participation
12	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organized Sports and Physical Activity Participation

## TERM I SCHEME OF LEARNING

<b>WEEKS</b>	<b>STRAND</b>	<b>SUB STRAND</b>	<b>INDICATORS</b>	<b>RESOURCES</b>
1	Health Education	Nutrition & Physical Activity	B7.1.1.1.1	Pictures And Charts
2	Health Education	Nutrition & Physical Activity	B7.1.1.1.1	Pictures And Charts
3	Health Education	Nutrition & Physical Activity	B7.1.1.1.1	Pictures And Charts
4	Health Education	Nutrition & Physical Activity	B7.1.1.1.1	Pictures And Charts
5	Health Education	Nutrition & Physical Activity	B7.1.1.1.1	Pictures And Charts
6	Health Education	Nutrition & Physical Activity	B7.1.1.1.1	Pictures And Charts
7	Health Education	Disease Prevention and Management	B7.1.2.1.1	Pictures And Charts
8	Health Education	Disease Prevention and Management	B7.1.2.1.1	Pictures And Charts
9	Health Education	Disease Prevention and Management	B7.1.2.1.1	Pictures And Charts
10	Health Education	Disease Prevention and Management	B7.1.2.1.1	Pictures And Charts
11	Health Education	Disease Prevention and Management	B7.1.2.1.1	Pictures And Charts
12	Health Education	Disease Prevention and Management	B7.1.2.1.1	Pictures And Charts

## TERM 2 SCHEME OF LEARNING

WEEKS	STRAND	SUB STRAND	CONTENT STAND.	INDICATORS	RESOURCES
1	Health Education	First Aid, Injury Prevention & Management	B7.1.3.1	B7.1.3.1.1	First Aid kit
2	Health Education	First Aid, Injury Prevention and Management	B7.1.3.1	B7.1.3.1.1	
3	Health Education	First Aid, Injury Prevention and Management	B7.1.3.1	B7.1.3.1.1	
4	Health Education	First Aid, Injury Prevention and Management	B7.1.3.1	B7.1.3.1.2	
5	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.1	B7.2.1.1.1	Oware Dame Rope
6	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.1	B7.2.1.1.1	
7	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.1	B7.2.1.1.1	
8	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.2	B7.2.1.2.1	
9	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.2	B7.2.1.2.1	
10	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.2	B7.2.1.2.1	
11	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.3	B7.2.1.3.1	
12	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.3	B7.2.1.3.1	

## TERM 3 SCHEME OF LEARNING

WEEKS	STRAND	SUB STRAND	CONTENT STAND.	INDICATORS	RESOURCES
1	Physical Activity Education	Physical Fitness	B7.2.2.1	B7.2.2.1.1	Aerobic dance. Skipping
2	Physical Activity Education	Physical Fitness	B7.2.2.1	B7.2.2.1.1	
3	Physical Activity Education	Physical Fitness	B7.2.2.2	B7.2.2.2.1	Arm Wrestling
4	Physical Activity Education	Physical Fitness	B7.2.2.3	B7.2.2.3.1	Pulling fishing rope at the shore
5	Physical Activity Education	Physical Fitness	B7.2.2.4	B7.2.2.4.1	Balance on one leg
6	Physical Activity Education	Organized Sports and Physical Activity Participation	B7.2.3.1	B7.2.3.1.1	Racquetball  Sprinting  Throwing
7	Physical Activity Education	Organized Sports and Physical Activity Participation	B7.2.3.1	B7.2.3.1.2	
8	Physical Activity Education	Organized Sports and Physical Activity Participation	B7.2.3.1	B7.2.3.1.3	Local Archery
9	Physical Activity Education	Organized Sports and Physical Activity Participation	B7. 2.3.2	B7.2.3.2.1-2	Cricket Baseball
10	Physical Activity Education	Organized Sports and Physical Activity Participation	B7. 2.3.3	B7. 2.3.3.1-2	Punching bag Mats Flat, smooth surface
11	Physical Activity Education	Organized Sports and Physical Activity Participation	B7. 2.3.3	B7. 2.3.3.3	Sandy surface  Loose clothing
12	Physical Activity Education	Organized Sports and Physical Activity Participation	B7. 2.3.3	B7. 2.3.3.3	Poster of moves

