

Course Outline (first six week)

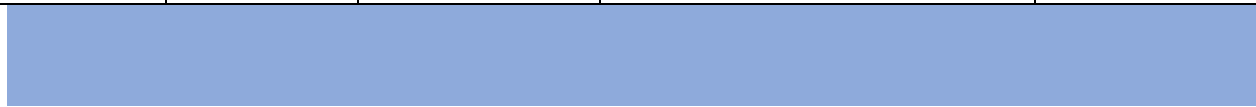
Subject: Physical Education

Grade 9

September 2025

Duration	Topic	Sub topic	Objectives	Assignments/ projects and due dates
Week 1 Week 2-3	Orientation Health and wellness	Weight Control	1. Define Weight control. 2. Explain the concept of overweight and obesity. 3. Identify ways in preventing overweight and obesity. 4. List the different factors that contribute to overweight. 5. State side effects of obesity.	Homework (project format) Define the terms Anorexia and Malnutrition, use pictures of people with these conditions to assist with definition. 2. Tell what a balance diet is and state the importance of a balanced diet. 2a. Plan three balanced meals (breakfast, lunch and dinner) including pictures of the food included in your meal. Due date: September 22-26 2025.
week 4	Netball Football	Ball handling skills (revision) - passing -all passes catching - all types Control and passing (revision)	Reproduce knowledge taught in previous grades (chest, bounce, shoulder overhead and lob pass.) Reproduce knowledge taught in previous grades -control and pass with the instep -control with insole pass with instep -chest control -thigh control	

Week 5	Netball	Footwork revision (Landing and pivoting)	<p>Reproduce knowledge from previous grades.</p> <ol style="list-style-type: none"> 1. Demonstrate and explain the proper technique for the 1-2 and simultaneous land. 2. Identify their landing foot after landing 1-2 and what tell should happen to that foot when pivoting. 3. tell why we pivot in Netball 4.. Respond favorably to corrections from teachers and peer 	
	Football	Revision of heading. (attacking and defensive)	<ol style="list-style-type: none"> 1. Demonstrate and explain the correct technique for the attacking and defensive heading in football. 2. Explain the difference between the two types of heading. 3. identify when each type of heading should be used in a game situation 	
Week 6	Sessional 1 test (practical)		Reproduce knowledge acquired in previous classes.	



Course Outline (first six weeks)

Subject :Physical Education

Grade 8

September 2025

Duration	Topic	Sub topic	Objectives	Assignments/ projects and due dates
WEEK 1	Orientation			Homework
Week 2-3	Health and wellness	Physical Fitness	Define physical fitness and other related concepts. Identify and explain the factors affecting physical fitness Explain the classification and components of fitness.	1.List 10 components of Physical Fitness and tell which category of fitness these components fall under. 2. Choose a sport and write one activity that you would use as warm up and cool down activity , taking into consideration the different types of warm -up
		Warm-up and cool down	Define warm-up and cool down. Explain the difference between the types of warm-up. Identify and explain the importance of warm-up and cool down.	D.D SEPT 22-26 2025
Week 4-5	Netball	Revising of all passes. Introduction to the lob pass.	Demonstrate all the passes at a 90% accuracy. Explain how these passes are done and when they are used in a game situation. Show willingness to work co-operatively with each other.	
		Revision of		

<p>Week 6</p>	<p>Football</p>	<p>controlling and passing .</p> <p>essional 1 test</p>	<p>.</p> <p>Demonstrate the ability to control and pass using the inside of the foot.</p> <p>Demonstrate ball control using different parts of the body.</p> <ul style="list-style-type: none"> -insole -chest control -thigh control - describe the role of the non-kicking when passing with the instep <p>-Explain when it is best to use the inside of the foot to pass and control.</p> <p>-Respond positively to corrections from teachers and peer.</p> <p>Reproduce knowledge acquired in previous classes.</p>	
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Course Outline (six weeks)

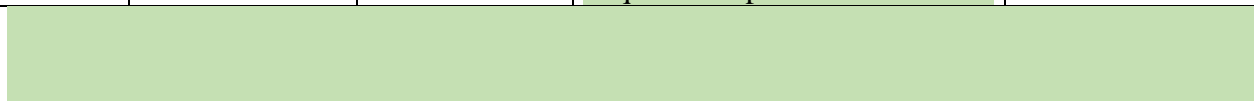
Physical Education

Grade 7

September 2025

DURATION	TOPIC	SUB-TOPIC	OBJECTIVES	ASSIGNMENT/ PROJECTS
WEEEEK I Week 2-3	Orientation Health and wellness	What is Physical Education?	1. Define the term Physical Education. 2. Explain the importance and objectives of Physical Education. 3. Identify the physical, mental and social benefits of taking part in physical activity.	Homework Write a letter to a friend explaining to them why it is important to do PE in school as well as the different benefits of doing Physical Education. D.D 25-30 2025
4	Netball Football	Catching using both hands. Receiving and passing using the inside of the foot.	Students should be able to demonstrate and explain the proper technique for catching the ball using both hands. Students should be able to: 1. demonstrate and explain the correct technique for passing and receiving the ball using the inside of the foot. 2. Describe the role of the non-kicking when passing with the inside of the foot. -Explain when to use the inside of the foot to pass and control. -Respond favorably to correction from teachers and peer	Class work

Week 5	Netball	Passing (chest and bounce pass)	<p>Students should be able to :</p> <ol style="list-style-type: none"> 1. Demonstrate and explain the correct technique for both the chest and bounce pass. 2. Recognize the bounce and chest pass as short passes and tell situations when they could be used in a game . <p>Demonstrate ball control using different parts of the body.</p> <ul style="list-style-type: none"> -insole -chest control -thigh control. <ol style="list-style-type: none"> 2. Explain the proper technique for controlling using the different part of the body. 3. Work effectively in a group setting. 	
WEEK 6	Football	Controlling (insole, chest. Thigh)	Reproduce knowledge acquired in previous classes.	
	Sessional test			



Course outline

Physical Education

Grade 10

September 2025

Duration	Topic	Sub Topic	Objectives	Assignments/ projects and due dates
Week 1-2	Physical Education	History and development of Physical Education and sports	Students should be able to: Define physical Education and its importance. Give details of and identify the differences of the development of physical education among different nations. Explain the importance of Physical Education in schools. Identify the similarities and differences between Physical Education and sport and how one influence the other.	
Week 3-4	History and development of Sport.	Ancient Olympics Modern Olympics Winter Olympics	Students should be able to : Examine the major historical developments of Physical Education and sports in ancient and modern society. Identify the differences between the ancient and modern Olympics. Identify the Olympic aims, ideal, oath and motto. Describe and identify the Olympic flag and state the significance of its design. List the years and the state of the Olympic games of both ancient and modern.	Students will be placed in groups and will be given different era to prepare a presentation for. D.D Sept 29
Week 5	History and development of Sport.	Sporting organization	Discuss the relationship amongst different sports organizations.	Research the major sporting organization

			<p>Define and tell the function of sports organizations</p> <p>Distinguish among the major sporting events</p>	<p>and tell the difference governing body for each this should include the local ,regional and international bodies.</p>
Week 6	sessional		<p>Students will be required to reproduce knowledge acquired in previous classes.</p>	

Course Outline

Physical Education

Grade 11

September 2025

Duration	Topic	Subtopic	Specific Objectives	Assignments/Projects and due dates.
Week 1	Fitness and performance	Component of fitness	Students should be able to : Explain the concept of fitness. Discuss the classification and components of fitness. Identify and explain different fitness tests and their importance. Relate components with the different sports and identify ways of developing each.	Students should choose a partner and create a Personal fitness profile for this individual ,after completing the fitness tests in class using the results to make health recommendations for each other D.D SEPT 25
Week 2			Administer different fitness tests and identify the components being tested by each	
Week 3-4	football	Passing and controlling	Explain the importance of	

			<p>each skill used in football. Students should be able to demonstrate how each skill is done individually</p> <p>Explain and apply these skills in games situations.</p> <p>Work effectively in a group setting.</p>	
Week 5	Football	Dribbling	<p>Demonstrate skill</p> <p>Tell what is dribbling and explain why it is used in the game</p> <p>Apply skill in a game situation.</p> <p>Work effectively in groups.</p>	
Week 6	Sessional		Reproduce knowledge	

