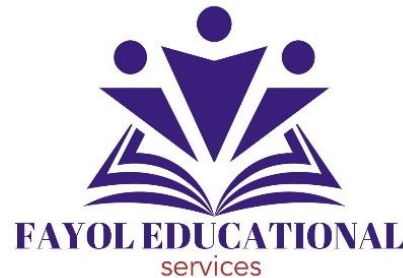


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# FAYOL EDUCATIONAL SERVICES

ANNUAL & TERMLY SCHEME OF LEARNING

2024/2025 ACADEMIC YEAR – **TERM I**

PHYSICAL HEALTH EDUCATION B7-B9

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## B7 PHYSICAL EDUCATION - ANNUAL SCHEME OF LEARNING

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



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12	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organized Sports and Physical Activity Participation
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## B7 PHYSICAL EDUCATION - FIRST TERM SCHEME OF LEARNING

WEEKS	STRAND	SUB STRAND	INDICATORS	RESOURCES
<b>1</b> 13/9/24	<b>REVISION</b>			
<b>2</b> 20/9/24	Health Education	Nutrition & Physical Activity	B7.1.1.1.1 Discuss food nutrients that influence sports and physical activity participation	Pictures And Charts
<b>3</b> 27/9/24	Health Education	Nutrition & Physical Activity	B7.1.1.1.1 Discuss food nutrients that influence sports and physical activity participation	Pictures And Charts
<b>4</b> 4/10/24	Health Education	Nutrition & Physical Activity	B7.1.1.1.1 Discuss food nutrients that influence sports and physical activity participation	Pictures And Charts
<b>5</b> 11/10/24	Health Education	Nutrition & Physical Activity	B7.1.1.1.1 Discuss food nutrients that influence sports and physical activity participation	Pictures And Charts
<b>6</b> 18/10/24	Health Education	Nutrition & Physical Activity	B7.1.1.1.1 Discuss food nutrients that influence sports and physical activity participation	Pictures And Charts
<b>7</b> 25/10/24	Health Education	Disease Prevention and Management	B7.1.2.1.1 Research common diseases associated with sedentary behaviors and physical inactivity	Pictures And Charts
<b>8</b> 1/11/24	Health Education	Disease Prevention and Management	B7.1.2.1.1 Research common diseases associated with sedentary behaviors and physical inactivity	Pictures And Charts



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<b>9</b> <b>8/11/24</b>	Health Education	Disease Prevention and Management	B7.1.2.1.1 Research common diseases associated with sedentary behaviors and physical inactivity	Pictures And Charts
<b>10</b> <b>15/11/24</b>	Health Education	Disease Prevention and Management	B7.1.2.1.1 Research common diseases associated with sedentary behaviors and physical inactivity	Pictures And Charts
<b>11</b> <b>22/11/24</b>	Health Education	Disease Prevention and Management	B7.1.2.1.1 Research common diseases associated with sedentary behaviors and physical inactivity	Pictures And Charts
<b>12</b> <b>29/11/24</b>	Health Education	Disease Prevention and Management	B7.1.2.1.1 Research common diseases associated with sedentary behaviors and physical inactivity	Pictures And Charts
<b>13</b> <b>5/12/24</b>	REVISION			
<b>14</b> <b>13/12/24</b>	END OF TERM ASSESSMENT			
<b>15</b> <b>20/12/24</b>	VACATION AND SBA ACTIVITIES			



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## B8 PHYSICAL EDUCATION – ANNUAL SCHEME OF LEARNING

WEEKS	FIRST TERM	SECOND TERM	THIRD TERM
1	Nutrition And Physical Activity	Traditional Rhythmic Gymnastics, Games And Dance	Nutrition And Physical Activity
2	Nutrition And Physical Activity	Traditional Rhythmic Gymnastics, Games And Dance	Disease Prevention And Management
3	Disease Prevention And Management	Traditional Rhythmic Gymnastics, Games And Dance	First Aid, Injury Prevention And Management
4	Disease Prevention And Management	Traditional Rhythmic Gymnastics, Games And Dance	First Aid, Injury Prevention And Management
5	First Aid, Injury Prevention And Management	Physical Fitness	Traditional Rhythmic Gymnastics, Games And Dance
6	First Aid, Injury Prevention And Management	Physical Fitness	Traditional Rhythmic Gymnastics, Games And Dance
7	First Aid, Injury Prevention And Management	Physical Fitness	Physical Fitness
8	First Aid, Injury Prevention And Management	Physical Fitness	Physical Fitness
9	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation



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10	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation
11	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation



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## B8 PHYSICAL EDUCATION – FIRST TERM SCHEME OF LEARNING

WEEKS	STRAND	SUB STRAND	INDICATORS	RESOURCES
<b>1</b> <b>13/9/24</b>	<b>REVISION</b>			
<b>2</b> <b>20/9/24</b>	Health Education	Nutrition And Physical Activity	B8.1.1.1.1: Examine the factors that influence the choice of food and eating habits in relation to participation in physical activity	Pictures, wall charts, etc.
<b>3</b> <b>27/9/24</b>	Health Education	Nutrition And Physical Activity	B8.1.1.1.1: Examine the factors that influence the choice of food and eating habits in relation to participation in physical activity	Pictures, wall charts, etc.
<b>4</b> <b>4/10/24</b>	Health Education	Disease Prevention And Management	B8.1.2.1.1: Explore and catalogue several ways of getting active in different contexts including home school, community, etc.	Pictures, wall charts, etc.
<b>5</b> <b>11/10/24</b>	Health Education	Disease Prevention And Management	B8.1.2.1.1: Explore and catalogue several ways of getting active in different contexts including home school, community, etc.	Pictures, wall charts, etc.
<b>6</b> <b>18/10/24</b>	Health Education	First Aid, Injury Prevention And Management	B8.1.3.1.1: Discuss the concepts and principles of first aid and how to apply them to ensure environmental and personal safety	Pictures, wall charts, etc.



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<b>7</b> <b>25/10/24</b>	Health Education	First Aid, Injury Prevention And Management	B8.1.3.1.1: Discuss the concepts and principles of first aid and how to apply them to ensure environmental and personal safety	Pictures, wall charts, etc.
<b>8</b> <b>1/11/24</b>	Health Education	First Aid, Injury Prevention And Management	B8.1.3.1.2: Apply the principles of first aid in a variety of sports and physical activity settings to develop or create a safe environment for performance	Pictures, wall charts, etc.
<b>9</b> <b>8/11/24</b>	Health Education	First Aid, Injury Prevention And Management	B8.1.3.1.2: Apply the principles of first aid in a variety of sports and physical activity settings to develop or create a safe environment for performance	Pictures, wall charts, etc.
<b>10</b> <b>15/11/24</b>	Physical Activity Education	Organized Sports And Physical Activity Participation	B8.2.3.1.1: Apply movement concepts, principles, and strategies to perform beginning-intermediate level ball and racket sports (e.g. badminton, tennis and table tennis, etc.)	Pictures, wall charts, etc.
<b>11</b> <b>22/11/24</b>	Physical Activity Education	Organized Sports And Physical Activity Participation	B8.2.3.1.2- Apply movement concepts, principles, and strategies to perform beginning-intermediate level athletics (e.g., middle distance, jumping and throwing)	Pictures, wall charts, etc.
<b>12</b> <b>29/11/24</b>	Physical Activity Education	Organized Sports And Physical Activity Participation	B8.2.3.1.3- Apply movement concepts, principles, and strategies to perform beginning-intermediate level individual and target sports (e.g., local archery.)	Pictures, wall charts, etc.
<b>13</b> <b>5/12/24</b>	REVISION			
<b>14</b> <b>13/12/24</b>	END OF TERM ASSESSMENT			



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15  
20/12/24

VACATION AND SBA ACTIVITIES



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## B9 PHYSICAL EDUCATION – ANNUAL SCHEME OF LEARNING

WEEKS	FIRST TERM	SECOND TERM	THIRD TERM
1	Nutrition And Physical Activity	Traditional Rhythmic Gymnastics, Games And Dance	Nutrition And Physical Activity
2	Nutrition And Physical Activity	Traditional Rhythmic Gymnastics, Games And Dance	Disease Prevention And Management
3	Disease Prevention And Management	Traditional Rhythmic Gymnastics, Games And Dance	First Aid, Injury Prevention And Management
4	Disease Prevention And Management	Traditional Rhythmic Gymnastics, Games And Dance	First Aid, Injury Prevention And Management
5	First Aid, Injury Prevention And Management	Physical Fitness	Traditional Rhythmic Gymnastics, Games And Dance
6	First Aid, Injury Prevention And Management	Physical Fitness	Traditional Rhythmic Gymnastics, Games And Dance
7	First Aid, Injury Prevention And Management	Physical Fitness	Physical Fitness



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8	Organized Sports And Physical Activity Participation	Physical Fitness	Physical Fitness
9	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation
10	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation
11	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation	Organized Sports And Physical Activity Participation



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## B9 PHYSICAL EDUCATION – FIRST TERM SCHEME OF LEARNING

WEEKS	STRAND	SUB STRAND /CS	INDICATORS	RESOURCES
1 13/9/24	REVISION			
2 20/9/24	Health Education	Nutrition And Physical Activity B9.1.1.1 Demonstrate understanding of nutritional problems associated with participation in sports physical activities	B9.1.1.1.1 Examine the problems associated with unbalanced or poor diet in relation to sports and physical activities	Pictures, wall charts, etc.
3 27/9/24	Health Education	Nutrition And Physical Activity B9.1.1.1 Demonstrate understanding of nutritional problems associated with participation in sports physical activities	B9.1.1.1.1 Examine the problems associated with unbalanced or poor diet in relation to sports and physical activities	Pictures, wall charts, etc.
4 4/10/24	Health Education	Disease Prevention And Management B9.1.2.1 Discuss ways to prevent diseases associated with sedentary behaviours and physical inactivity	B9.1.2.1.1 Create and perform physical activities to lower the risks associated with sedentary behaviours and physical inactivity	Pictures, wall charts, etc.
5 11/10/24	Health Education	Disease Prevention And Management B9.1.2.1 Discuss ways to prevent diseases associated with sedentary behaviours and physical inactivity	B9.1.2.1.1 Create and perform physical activities to lower the risks associated with sedentary behaviours and physical inactivity	Pictures, wall charts, etc.



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<b>6</b> <b>18/10/24</b>	Health Education	First Aid, Injury Prevention And Management  B9.1.3.1 Apply internationally accepted best practices for injury management in sports and physical activity settings	B9.1.3.1.1 Demonstrate the effective procedures of injury management in sports and physical activity settings	Pictures, wall charts, etc.
<b>7</b> <b>25/10/24</b>	Health Education	First Aid, Injury Prevention And Management  B9.1.3.1 Apply internationally accepted best practices for injury management in sports and physical activity settings	B9.1.3.1.1 Demonstrate the effective procedures of injury management in sports and physical activity settings	Pictures, wall charts, etc.
<b>8</b> <b>1/11/24</b>	Health Education	First Aid, Injury Prevention And Management  B9.1.3.1 Apply internationally accepted best practices for injury management in sports and physical activity settings	B9.1.3.1.1 Demonstrate the effective procedures of injury management in sports and physical activity settings	Pictures, wall charts, etc.
<b>9</b> <b>8/11/24</b>	Physical Activity Education	Organized Sports And Physical Activity Participation  B9.2.3.1 Demonstrate the ability to apply movement concepts, principles and strategies in performing non-contact sports (e.g., ball and racket, athletics, individual	B9.2.3.1.1 Apply movement concepts, principles and strategies to perform intermediate level ball and racket sports (e.g., table tennis, badminton etc.	Pictures, wall charts, etc.
<b>10</b> <b>15/11/24</b>	Physical Activity Education	Organized Sports And Physical Activity Participation  B9.2.3.1 Demonstrate the ability to apply movement concepts, principles and strategies in performing non-contact sports (e.g., ball and racket, athletics, individual	B9.2.3.1.2 Apply movement concepts, principles and strategies to perform intermediate level athletics (e.g., throwing, jumping, etc.)	Pictures, wall charts, etc.



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<p><b>11</b> <b>22/11/24</b></p>	<p>Physical Activity Education</p>	<p>Organized Sports And Physical Activity Participation</p> <p>B9.2.3.2 Demonstrate the ability to apply movement principles and strategies in performing limited– contact sports (e.g., ball and stick and hand and ball sports)</p>	<p>B9.2.3.2.1</p> <p>Apply movement concepts, principles, and strategies to perform intermediate level stick and ball sports (e.g., cricket, rounders, baseball, etc.)</p>	<p>Pictures, wall charts, etc.</p>
<p><b>12</b> <b>29/11/24</b></p>	<p>Physical Activity Education</p>	<p>Organized Sports And Physical Activity Participation</p> <p>B9.2.3.2 Demonstrate the ability to apply movement principles and strategies in performing limited– contact sports (e.g., ball and stick and hand and ball sports)</p>	<p>B9.2.3.2.1</p> <p>Apply movement concepts, principles, and strategies to perform intermediate level stick and ball sports (e.g., cricket, rounders, baseball, etc.)</p>	<p>Pictures, wall charts, etc.</p>
<p><b>13</b> <b>5/12/24</b></p>	<p>REVISION</p>			
<p><b>14</b> <b>13/12/24</b></p>	<p>END OF TERM ASSESSMENT</p>			
<p><b>15</b> <b>20/12/24</b></p>	<p>VACATION AND SBA ACTIVITIES</p>			

