**FIRST TERM SCHEME OF LEARNING, 2024/2025 ACADEMIC YEAR**

**SUBJECT: PHYSICAL EDUCATION – BASIC 8**

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| **WEEK** | **WEEK ENDING** | **STRAND** | **SUB STRAND** | **CONTENT STANDARD** | **INDICATORS** | **RESOURCES** |
| 1 | 13-09-2024 | **DISCUSSION OF LAST TERM EXAMINATION QUESTIONS**  **(REVISION)** | | | | |
| 2 | 20-09-2024 | Health Education | Nutrition and Physical Activity | B8.1.1.1 | B8.1.1.1.1 | Poster, Pictures and Video. |
| 3 | 27-09-2024 | Health Education | Disease Prevention and Management. | B8.1.2.1 | B8.1.2.1.1 | Poster, Pictures and Video. |
| 4 | 04-10-2024 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B8.2.1.1 | B8.2.1.1.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 5 | 11-10-2024 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B8.2.1.1 | B8.2.1.1.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 6 | 18-10-2024 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B8.2.1.2 | B8.2.1.2.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 7 | 25-10-2024 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B8.2.1.3 | B8.2.1.3.1 | Word chart, Poster, Pictures, video. |
| 8 | 01-11-2024 | Physical Activity Education | Physical Fitness | B8.2.2.1 | B8.2.2.1.1 | Word chart, Poster, Pictures, video. |
| 9 | 08-11-2024 | Physical Activity Education | Physical Fitness | B8.2.2.2 | B8.2.2.2.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 10 | 15-11-2024 | Physical Activity Education | Physical Fitness | B8.2.2.2 | B8.2.2.2.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 11 | 22-11-2024 | Physical Activity Education | Physical Fitness | B8.2.2.3 | B8.2.2.3.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 12 | 29-11-2024 | Physical Activity Education | Physical Fitness | B8.2.2.3 | B8.2.2.3.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 13 | 06-12-2024 | Physical Activity Education | Physical Fitness | B8.2.2.3 | B8.2.2.3.1 | Power Point Presentation, Word chart, Poster, Pictures. |
| 14 | 13-12-2024 | REVISION |  |  |  |  |
| 15 | 20-12-2024 | EXAMINATION |  |  |  |  |