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| **TERM ONE*****SEPTEMBER TO DECEMBER*** | **Duration -55 mins per session** | **Unit Title****Practical** | **Topic/content** | **Objectives** | **Teaching/learning strategy** | **Assessments** |
| **September 11-15** | **Week 1**  | **Protocols**  | Familiarization with rules, protocols and timetable | **Students should be able to:**1. Observe rules and protocols 2. Dress appropriate for class 3. Explain how they are going to be graded | Discussions based on questions and answer sessions | **Asynchronous****Activity**(Given to students in preparation for next class) |
| **September 18 – 22****September 25 – October 06** | **Week 2** **Week 3 - 4** | **Introduction to Physical Fitness** **Nutrition and Health** | - Overview of the course and expectations- The components of physical fitness (cardiovascular endurance, muscular strength, flexibility, etc.)- Setting personal fitness goals- The importance of a balanced diet in maintaining good health- Understanding macronutrients and micronutrients- Hydration and its role in physical performance | **Students should be able to:*** Define physical fitness and its components.
* Understand the importance of Physical fitness for overall health.
* Identify examples of activities that improve fitness components

**Students should be able to:*** Understand the components of a balanced diet
* Identify health eating habits and make food choices for improved physical well-being.
* Importance of staying hydrated during physical activity and be able to identify the signs of dehydration.
 | 1. **Discussion**
2. **KWL strategy**
3. **Music cards**
4. **Presentation**
5. **Discussion**
6. **Visual aids**
7. **kwl**
 | **-Informally assess students by evaluating their participation and engagement in discussions and group activities.****-Students will choose one component of physical fitness and write an essay how they could improve the component.****As a Formative assessment, ask students to write down three signs of dehydration and three benefits of proper hydration. (collect and review their responses to gauge their understanding).****-Short reflection essay where students discuss their current eating habits and any changes, they plan to make base on what they have learned in the lesson** |
| **`October 09 – October 20** | **Week 5and 6** | **Introduction to the muscular system (Anatomy and Physiology)** | -Basic understanding of the human body’s musculoskeletal system- How muscles work and their role in movement- Respiratory and circulatory systems and their connection to fitness | **Students should be able to:**1. **Identify major muscles in the human body and their role in physical movement.**
2. **Respiratory and circulatory system role in fitness**
 | 1. Visual aids
2. Discussion
3. Quiz
 | **Short quiz with questions about muscle names and functions.** **-Label Diagram of muscular system**  |
| **OCTOBER 12-16 Mid - Term break** |
| **OCTOBER 23 - 27 FIRST SIX WEEKS TEST** |
| **NOVEMBER** |
| **OCTOBER 30 - NOVEMBER 10**November 13- 24 | **Week 7 and 8****Week 9 - 10** | **Introduction to Exercise and Training Principles****Introduction to Sports Psychology** | - Principles of exercise (e.g., overload, specificity, progression)- Types of exercise (aerobic, anaerobic, strength training)- Mental aspects of sports and physical activity- Goal setting and motivation- Dealing with performance anxiety and stress | **Students should be able to:**-Understand the fundamental principles of exercise and training for physical fitness.**Students should be able to:*** Know and understand the basics of sports psychology and how it can impact athletic performance.
 | * Discussion
* Presentation
1. Discussion
2. Explanation
3. Group work
 | **Write down one exercise they would like to incorporate into their fitness routine and explain how it aligns with the principles discussed.****Short paragraph on how sports psychology can improve an athlete sports performance** |
| **November 27 – 30****October 12 – 16****October 23 - 27** **December 04 - 08** | **Week 11** **MID TERM BREAK****FIRST SIX WEEKS TEST****SECOND SIX WEEKS TEST** | **Injury Prevention and First Aid****MID TERM BREAK****FIRST SIX WEEKS TEST****SECOND SIX WEEKS TEST** |  - Common sports injuries and their prevention- Basic first aid techniques for sports-related injuries- Importance of warm-up and cool-down routines | **Students should be able to:*** Understand the basics of injury prevention in physical activities
* -Demonstrate basic first aid skills.
 | 1. Discussion
2. Demonstration
3. Group work
 | **-Short quiz about injury prevention and first aid concepts covered in the lesson.****-Create a simple injury prevention and first aid poster. (Can include key points and illustrated steps for basic first aid procedures)** |