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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)** |