

STUCK IN THE MUD

Children will move in a double file to the field.
 With teacher's demonstration will trot on spot, then round the field twice.
 SKILL TEACHING.

Teacher will group learners , explain to them how it's done then will demonstrate to them.
 The learner stands with legs open after being tapped with a ball, you don't move away until another learner comes to rescue you by passing through your legs.
 POSITIONING

X			X
X			X
T			T
X			X

The lesson will end with Mai ayiye amata, and in a double file pupils will move back to class.

CRUST AND CRUMBS

The children will move in a double file to the field ,with teacher's instructions and will chase a partner's shadow.

SKILL TEACHING

Teacher will make two groups, one side CRUST another CRUMBS. With demonstrations the mentioned side will chase and tap then capture. Vary the formations facing one another, back to back, squatting and kneeling.

X			X
T			
X		T	X
X			X
CRUST		CRUMBS	

The lesson will end with pepeta and will make a double file back.

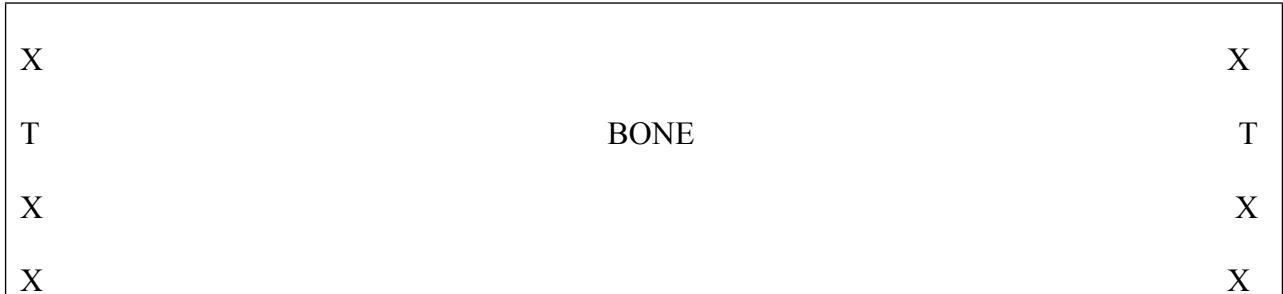
DOG AND BONE

The children will move in a double file to the field and will swing the arms under the teacher's guidance.

SKILL TEACHING

The teacher will make two groups ,then an object will be placed in the middle.The teacher will blow the whistle,then one child from either side will run to pick the bone.Do it severally.

POSITIONING

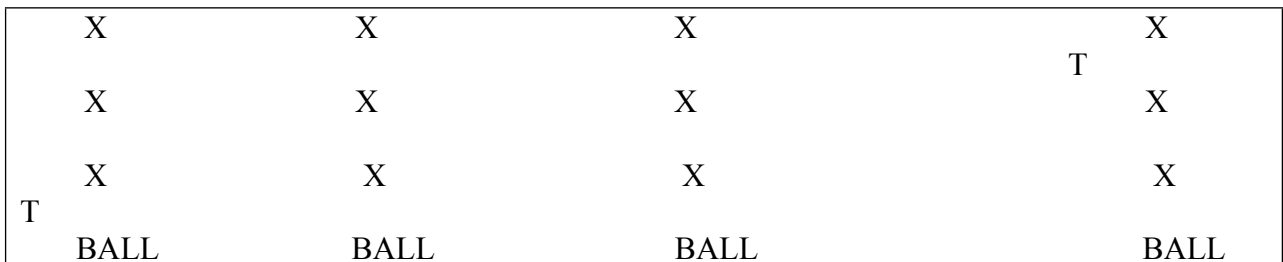


TUNNEL BALL RELAY

The children will move to the field in a double file and will kick the air.

The teacher will form groups in tunnels, legs apart then bend. The child in front will push the ball and the game will be done repeatedly with teacher’s demonstration.

POSITIONING



The lesson will end with Nyama nyama we eat and in a double file will move back.

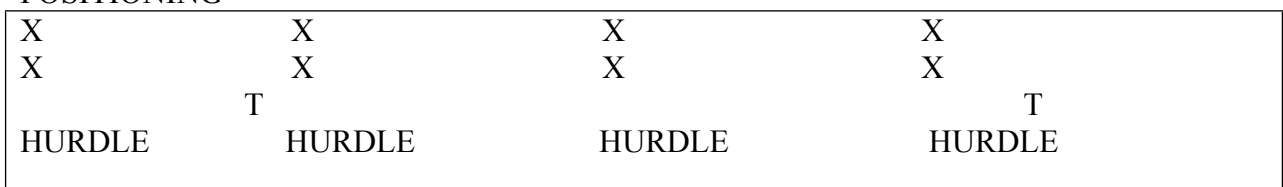
PASS OVER AND UNDER HURDLES.

The teacher will lead learners to the field in a double file and will tip toe a round twice.

SKILL TEACHING

The teacher will group the learners and hurdles will be placed at a given point,then they will pass under and over them. Do it repeatedly.

POSITIONING



The lesson will end with stretching different body parts and in a double file they will move back.

BIG FEET

The teacher will lead the pupils to the field in a double file and will ask the pupils to skip on spot ten times.

SKILL TEACHING

The teacher will group pupils and will be asked to walk on cones after demonstrations.

POSITIONING

X		X		T		X
X		X				X
X		X				X
CONE		CONE				CONE
	T					

The lesson will end with twisting the waist and in a double file they will go back.

EGG AND SPOON RACE

The pupils will move to the field in a double file and will bounce the ball with the teacher's guidance.

SKILL TEACHING

The teacher will group pupils , an egg will be given to each group and a spoon. Get an egg ,place it on a spoon and race. Do it repeatedly.

POSITIONING

T						
X		X				X
X		X				X
						T
EGG AND SPOON		EGG AND SPOON		EGG AND SPOON		

BAR RACE

The pupils will move to the field in a double file and will kick the air with the teacher's guidance.

SKILL TEACHING

The teacher will group the learners , each group is given a bar, and asks the one in front to put the bar on the head and race. Let each pupil do it.

POSITIONING

X		X		X
X		X		X
X		X		X
BAR		BAR		BAR
T				T

The lesson will end with free walking and in a double file they will go back.

TAIL CATCHING RACE

The pupils will move to the field in a double file and will circle their arms.

SKILL TEACHING

The teacher will ask the learners to stand in twos , one must have a handkerchief and will place it behind in the short. Then they will race to catch the tail.

POSITIONING

X	X	X	X	X	X
X	X	X	X	X	T
HANDKERCHIEF		HANDKERCHIEF		HANDKERCHIEF	
T					

STEPPING IN THE TARGET RACE

The pupils will move in a double file to the field and will cartwheel.

SKILL TEACHING

The teacher will group the learners and each group will get three hoops placed at a given distance and there after will race stepping in the hoops.

The lesson will end with pepeta and in a double line will move back.

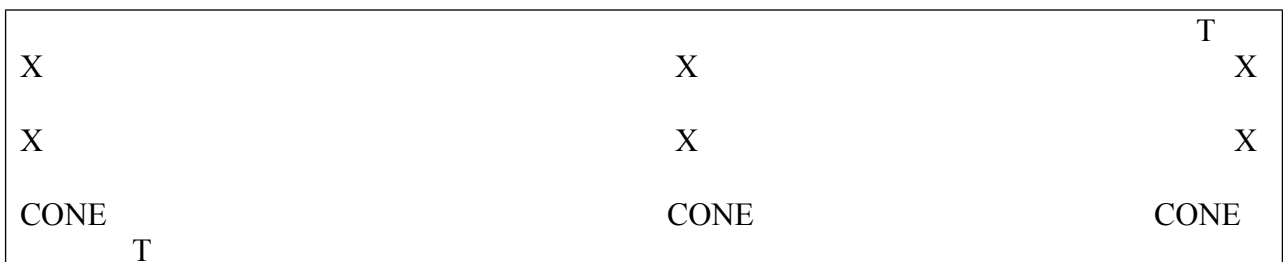
ROLL THE BALL TO AIM THE TARGET

The pupils will move to the field in a double file and will box the air ten times.

SKILL TEACHING

The teacher will group the pupils , each group will get a cone and will target it. Let each pupil do it under the teacher's guidance.

POSITIONING



The lesson will end with Nyama nyama we eat and the pupils will move back in a double file.

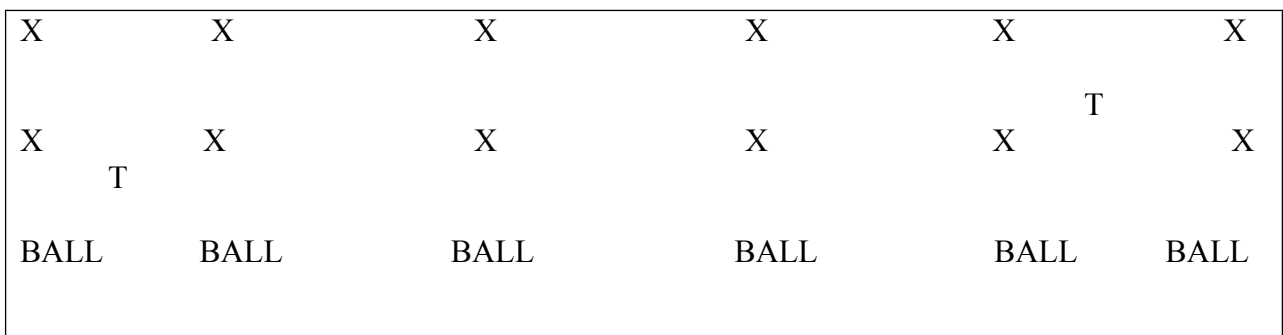
BOUNCE THE BALL TO A PARTNER

The pupils will move to the field in a double file and will sprint from one side to the other.

SKILL TEACING

The teacher will group the pupils in twos and a ball will be given to each group then will be bounced to the partner under the teacher's guidance.

POSITIONING



BOUNCING THE BALL INTO THE HOOP TO THE PARTNER

SKILL TEACHING

The teacher will form two groups facing each other. Balls will be provided and hoops. Two hoops will be put in the middle and a ball will be bounced into each then to the partner with the teacher's guidance.

POSITIONING

X	X	X	X	X	X	X	X
HOOP		HOOP		HOOP		HOOP	HOOP
HOOP		HOOP		HOOP		HOOP	HOOP
BALL		BALL		BALL		BALL	BALL
T							T
X	X	X	X	X	X	X	X

The lesson will end with Mai ayue amata and in a double file they will move back.

TYRE RACE

The pupils will move to the field in a double file and will jog on spot ten times.

SKILL TEACHING

The teacher will group the learners and a suck will be given to each group. They will wear those sucks and race under the teacher's guidance.

POSITIONING

X	X	X
TYRE	TYRE	TYRE
T		T
X	X	X

The lesson will end with twisting the waist and pupils will move back.

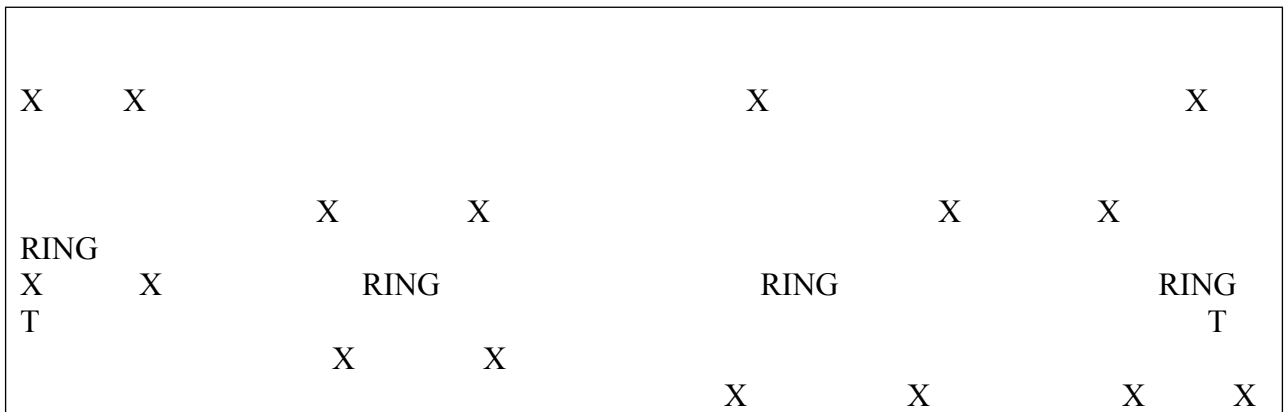
POISON IN THE RING

The pupils will move to the field in a double file and will fly an aeroplane.

SKILL TEACHING

The pupils will be grouped and a ring will be given to each at a marked place, then in a circle they will perform the activity.

POSITIONING



The lesson will end with a deep breathe in and out then in a double file will move back.

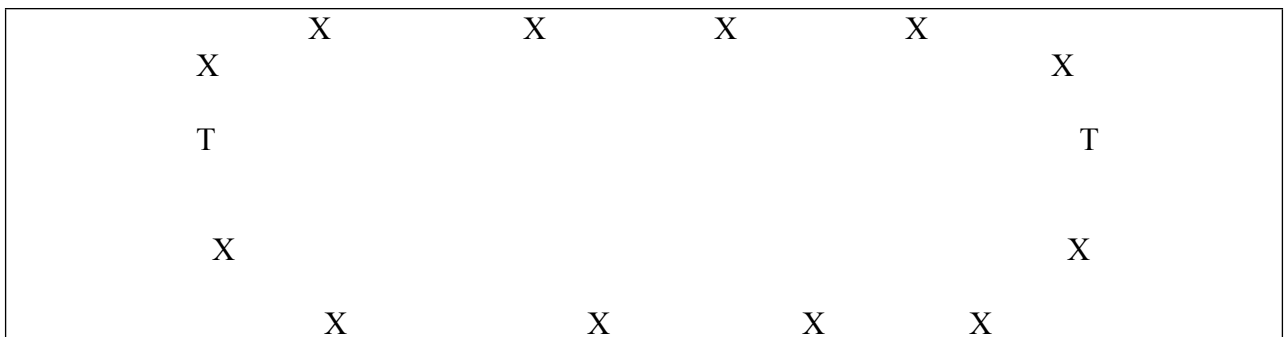
THE BASKET

The pupils will move to the field in a double file and will chase the shadow .

SKILL TEACHING

The pupils will make a big circle and in a basket will be sang as demonstrations are made under the teacher's guidance.

POSITIONING



The activity will end with unthreading and pupils will move back .

AIMING INTO THE BASKET

The pupils will move to the field in a double file and they will jog round .

SKILL TEACHING

Pupils will be grouped ,equal balls will be given to each with a basket, and the balls will be aimed into the basket under the teacher's guidance.

POSITIONING

X	X	X	X	X	X
T					
X	X	X	X	X	X
BASKET			BASKET		BASKET
X	X	X	X		X
				T	

The lesson will end with pepeta and in a double file they will move back.