

LAGOS STATE GOVERNMENT, MINISTRY OF EDUCATION
EARLY CHILDHOOD CARE EDUCATION SCHEMES OF WORK



PHYSICAL DEVELOPMENT (PD)

NURSERY 2 - AGE 4

1ST TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	Information about child	i. Teacher stimulates the child to give information on self. ii. Record the information given by the child. ii. Obtain and record personal data of the child such as weight, height, birth, health records etc. iii. The child states his/her name, age, sex, school, home address, weight, height, health records.	- Birth records - Centre/School health records - Growth charts - Tape measure - Poster & charts - Mirror - Height chart and weighing scale. - Child's personal file.
2	Information about Child's parent (father & mother)	i. Stimulate the child to give information about his/her parents' names (father and mother), Address, occupation. ii. Keep the parents' name profile.	



3	Information about Child's Siblings	i. Stimulate the child to give information about his/her sibling(s). ii. The pupils states the sibling(s) and his/her position in the family.	
4	Indoor Softball Games	i. Explain and demonstrate the various ways of using soft foam balls to play an indoor basketball, bowling, soccer or catch. ii. The pupils use softball or balloon to play volley ball or catch.	<ul style="list-style-type: none"> - Volleyball - Softball - Balloon - Whistle - Safe play area.
5	Creative Movement Exercise	The teacher explains and demonstrates the different movement made by animals. Activity: - The pupils are invited to the field of play to move around like different animals such as: March like a soldier Gallop like a horse Glide like a bird Crawl like a cat	<ul style="list-style-type: none"> - Charts - Pictures - Video clips - Space/ field - Animals flash cards - Sport kits - Whistle - Stop watch
6	MID TERM BREAK	MID TERM BREAK	



7	Manipulative Movement (Throwing of balls)	The teacher demonstrates before pupils on the playground the various manipulative skills and then asks the pupils to follows suit. Activity: - The pupils hold the ball (soft), throw and lift their arms, swing the hand in the direction of throw and then release the object (ball)	<ul style="list-style-type: none"> - Soft ball - Whistle - Space from danger. - Sport kits - Charts - Video clips.
8	Locomotor Movement (walking, Playing, Running)	Demonstrate the various locomotor skills such as hopping, jumping, walking, playing, and running while practising listening skills. Activity: The pupils play the game such as "Duck, Duck, Goose" or "Follow the leader" then mixing it up with jumping, hopping and walking backward.	<ul style="list-style-type: none"> - Playing ground - Sport kits - Whistle - Stop watch - Charts
9	Football Game (Kicking a ball)	i. The teacher explains and demonstrates the different basic skills used for kicking. ii. The pupils perform the basic	<ul style="list-style-type: none"> - Goal post - Sport kits - Ball(soft) - Whistle



		skills for kicking a ball. Activity: The pupils perform kicking a football accurately by forming a big circle with one pupil at the centre throwing or kicking the ball to other pupils one after the other.	- Stop watch.
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	

NOTE: Pupils are to be evaluated individually on the field of play based on the activities exposed to.



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NURSERY 2 - AGE 4

2ND TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	REVISION	Revision of 1 st term's work	Revision
2	Stages of Development I	Teacher observes, discusses and monitors the physical development of a child with simple activities that could show his/her flexibility, agility balance, co-ordination, reaction time etc. - The pupils perform simple task/ activities to determine his/her physical development.	- Growth chart - Poster/ chart - Mirror - Ball - Merry go round slide - Pictures of various emotions
3	Stages of Development II	Teacher observes, discusses and monitors the emotional development of a child, while noting his/her affection, anger anxiety, apathy, boredom, contentment, excitement, hostility, satisfaction, worry, zeal etc.	- counting balls - Building blocks - Jigsaw puzzle - Slides
4	Stages of Development III	Teacher observes, discusses and monitors the social development of a child with simple activities	- Play house - Musical tapes



		that could indicate his/her class, culture, environment, family, gender, health, knowledge etc.	<ul style="list-style-type: none"> - Swings - Skipping ropes - Balls - Bowling
		- The pupils perform simple activities to determine his/her social development.	
5	Stages of Development IV	Teacher observes, discusses and monitors the intellectual development of a child with simple activities that determines his/her perception, visual perception, object recognition, pattern recognition, attention, memory, reasoning, numerical recognition etc.	
6	MID TERM BREAK	MID TERM BREAK	
7	Neuro Muscular Skills e.g. Climbing of steps, Jumping, balancing.	<ul style="list-style-type: none"> i. Teacher observes, monitors and stimulates the child at play and at work. ii. Train and guide child to perform simple activity of climbing, jumping and balancing. 	
8	Manipulative Movement (Catching of ball)	i. The teacher observes, monitors and stimulates the pupils to throw and catch balls given to them.	



		ii. The pupils perform simple activity of catching of balls on the field of play.	
9	Simple & Fun Exercises	<ul style="list-style-type: none"> i. The teacher describes and demonstrates some simple exercises for pupils. ii. The pupils perform the following simple exercises: <ul style="list-style-type: none"> - Jumping jack - Jogging in a place - Turning - Squatting - Frog jump - High knee - Walking on toes. 	
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	



PHYSICAL DEVELOPMENT (PD)

NURSERY 2 - AGE 4

3RD TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	REVISION	Revision of 2 nd term's work	
2	Correct Sitting Posture	Discuss, by demonstrating and encouraging correct sitting posture to children e.g. knees and hip joints should make an angle 90. Get on top of sitting bone. Preserve the curve, take a deep breath. Check your shoulders. Practise this often	<ul style="list-style-type: none"> - Musical instruments - songs/ rhyme book - Puzzles - Balls - Skipping rope
3.	Correct Standing Posture	Discuss, demonstrate and encourage correct standing posture to children e.g. place your feet about shoulder width apart. Stand up straight. Keep your weight on the balls of your feet. Keep your shoulders squared. Pull your head back and up etc.	<ul style="list-style-type: none"> - Loop - Tunnel - Balance beam - Slide - Merry go round
4	Correct Reading Posture	Discuss by demonstrating and encouraging correct reading posture by children e.g. sit so that your thighs are parallel to	<ul style="list-style-type: none"> - Crayons/ paints - Scissors - Pencils - Papers - Space for



		the floor when your lower legs are perpendicular to the floor. Note: Hunching forward will cause neck and back pain and reduce your focus etc.	<ul style="list-style-type: none"> rolling, running, jumping - Sand - Water - Clay/ plasticine - Radio - Mobile toys - Tarpaulin - Play centre - Crab chair - Train tunnel
5	School facilities and play equipment	<ul style="list-style-type: none"> i. Discuss and encourage interaction with people and materials within the child's environment. ii. Guide the child to play with the out-door game equipment e.g. swings, C-saw, slides etc. 	<ul style="list-style-type: none"> - Slides - C-saw - Swings
6	MID TERM BREAK	MID TERM BREAK	
7	Management of Increase Mobility	<ul style="list-style-type: none"> i. Use relevant teaching/learning materials and toys to stimulate the child's physical development. ii. Child plays in groups with toys e.g. counting toys, building toys, language toys etc. 	

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8	Physical Activities	i. Use relevant teaching/learning materials and toys to stimulate the child's physical development. ii. Child participates in the games using the equipment provided.	
9	Safety in the Environment	i. Provide necessary indoor and outdoor play equipment within safe environment and under supervision. ii. Engage pupils in exercise and activities e.g. singing, dancing games, throwing balls etc.	
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	

NOTE: Pupils are to be evaluated individually on the field of play based on the activities exposed to.