



PHYSICAL DEVELOPMENT (P.D)

KINDERGATEN - AGE 5

1<sup>ST</sup> TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	Information about Child	i. Teacher stimulates the pupils to give information on self ii. Record the information given by the pupils. iii. Obtain and record personal data of the children such as weight, height, birth etc. iv. Pupils state their names, age, sex, school, home address, weight, height etc.	- Growth charts - Measuring tape - Mirror - Height chart and weighing scale. - Centre/school health record
2	Information about parent (Father and Mother)	i. Teacher stimulates the pupils to give information about their parents' names (father and mother), residential address and occupation, phone numbers. ii. The parents' profile as stated by pupils.	- Child's personal file - Nigerian flag - Coat of Arms - Coloured pencil - Crayon - Water colour
3	Information about school and country	i. Pupils provides information about their school i.e name of school, location, class, country name, colour of the flag, pledge. ii. Pupils state the name of their school, address of school and their class.	



		iii. The pupils state the name of their country	
4	Co-ordination and balancing (hopping and freezing)	i. The teacher demonstrates the basic fundamental steps of hopping on one foot which provide physical activity while improving co-ordination and balancing.  <b>Activity:</b> Pupils participate and observe their peer's challenges and success while playing the hop-step game. The participation of the game will lead to improvement and self confidence and also help the pupils to support each other.	- Video tapes - Pictures - Charts - Posters - Jersey/sport kits - Snickers - Whistle - Stop watch
	Freezing dance game	<b>Activity:</b> Pupils demonstrate dancing skills while the music plays. When teacher press pause, they "Freeze" or stop dancing. Rather than eliminating students for moving, the teacher restate the goal of the game and allow all the pupils to play each time.	
5	Simple Movement of the body	i. The teacher demonstrates and supervises simple basic movement of the body such as walking, jogging, running etc. ii. Pupils perform the basic	



		movement of the body.  <b>Activity:</b> pupils are commanded by their teacher to carry out the following activities as quickly as possible. The pupils who are not quick enough will be out of the game.	
6	MID TERM BREAK	MID TERM BREAK	
7	Manipulative movements (Throwing and Catching)	i. Teacher demonstrates the basic manipulative movements (throwing and catching) and supervises the pupils and make corrections when/if necessary. ii. pupils perform correctly manipulative movements such as throwing object accurately up and forward throw.	<ul style="list-style-type: none"> <li>- Charts</li> <li>- Softballs</li> <li>- Board</li> <li>- Posters</li> <li>- Balloon</li> <li>- Television sets</li> <li>- Video tapes</li> </ul>
8	Neuro Muscular skills (Dancing)	i. Teacher instructs and guides the pupils on some dancing skills movement e.g. leap, switch leap, single and double turn, toe touch. ii. The pupils perform simple activities of dancing iii. Teacher/instructor observes, monitors and stimulates pupils to dance.	<ul style="list-style-type: none"> <li>- Musical tapes</li> <li>- Picture</li> <li>- Charts</li> <li>- Whistle</li> </ul>
9	Track Event (short distance race) 25m	i. The teacher demonstrates the short distance race showing the short, the form/running action and	<ul style="list-style-type: none"> <li>- Track/field of play</li> <li>- Cones</li> </ul>



	showing: - the start - the form - the finish	the finish ii. Pupils observe the teacher's demonstration. iii. Pupils perform the short distance race (25m) race	<ul style="list-style-type: none"> <li>- Markers</li> <li>- Charts</li> <li>- Pictures</li> <li>- Video clips</li> <li>- Whistle</li> <li>- Stop watch</li> <li>- Sport kits</li> </ul>
10	REVISION	REVISION	
11	REVISION	REVISION	
12	EXAMINATION	EXAMINATION	
13	EXAMINATION	EXAMINATION	

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





PHYSICAL DEVELOPMENT (P.D.) KINDERGARTEN - AGE 5

2<sup>ND</sup> TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	REVISION	Revision of 1 <sup>st</sup> term's work.	Revision
2	Stages of Development 1	i. The teacher observes, discusses and monitors the physical development of a child with simple sport activities that can show his/her flexibility, agility, balance, co-ordination, reaction, time. ii. The pupils perform simple tasks activities to determine his/her physical development.	- Growth chart - Poster/chart - Mirror - Ball - Merry-go-round - slides - Pictures - Play house - Bowling - Skipping rope
3	Stages of development II	i. The teacher gives sport activities to monitor the emotional development of the pupils while noting or observing their affection, anger, anxiety, apathy, boredom, contentment, excitement, hostility, satisfaction, worry, zeal etc	
4	Stages of Development III	i. The teacher exposes pupils to sport activities to observe and monitor the social development of the pupils to indicate their class, culture, knowledge etc. ii. The pupils perform simple	



		activities to determine their social development.	
5	Stages of Development IV	i. The teacher observes and monitors the intellectual development of the pupils with simple sport activities that will determine their perception, visual, object recognition, pattern recognition, attention, memory, reasoning, numerical recognition etc.	
6	MID TERM BREAK	MID TERM BREAK	
7	Neuro-Muscular Skills e.g. Climbing	i. The teacher observes, monitors and stimulates the pupils at play and at work. ii. The pupils perform simple activity of climbing.	
8	Neuro-Muscular e.g. Jumping	i. The teacher guides the pupils on the skills stated below:  <b>Activity:</b> - Pupils jump/step over a stationary rope held at a suitable height by partners on both sides of each child. - The teacher holds each pupil's hand and help him/her jump. - The teacher observes, monitors and stimulates children to jump.	- Space/field of play - Rope - Picture - Charts - Whistle - Stop watch.
9	Track Event –	i. The teacher takes the pupils to	- Track/field of



	25m short distance race	the play ground to demonstrate the 25m race and encourage the pupils to participate in the 25m race. ii. The pupils observe and perform the teacher's demonstration showing, - the start (the starting position) - the form (running action) - the finish (crossing the line to finish)	play - Cones - Markers - Charts - Pictures. - Video clips - Whistle - Stop watch - Sport kits
10	REVISION	REVISION	
11	REVISION	REVISION	
12	EXAMINATION	EXAMINATION	
13	EXAMINATION	EXAMINATION	

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PHYSICAL DEVELOPMENT (P.D.)

KINDERGARTEN - AGE 5

3<sup>RD</sup> TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	REVISION	Revision of 2 <sup>nd</sup> term's work.	Revision
2	Correct Posture for Sitting	i. Teacher demonstrates and encourages correct sitting posture with pupils e.g. the knees and hip joints should make angle 90°. ii. Pupils demonstrate by sitting on bones, preserve the curves, take a deep breath, check the shoulders. iii. The pupils should practice this often	- Musical instruments - Songs/rhyme books - Puzzles - Balls - Skipping rope - Loop - Tunnel
3	Correct Posture for Standing	i. The teacher demonstrates and encourages correct standing posture with the pupils. ii. Pupils demonstrate the correct standing position by placing the feet width apart, stand up straight, keep the weight on the balls of the feet. Keep the shoulder squared. Pull the head back and up etc.	- Balancing beam - Slide - Merry-go-round - Crayon/paints - Scissors - Pencils - Papers
4	Correct Posture for Reading	i. The teacher demonstrates and encourages correct reading posture with the pupils. ii. The pupils demonstrate the correct posture for reading by sitting and placing the thighs	- Space for rolling, running, jumping. - Sand - Water clay/plastercine





		parallel to the floor when the lower legs are perpendicular to the floor. Hunching forward will cause neck and back pain and reduce the pupils focus.	- Radio
5	School facilities and Equipment	i. The teacher encourages interaction with people and sport materials within pupils' school environment. ii. The pupils demonstrate the different outdoor game equipments correctly.	- Charts - Poster - Video clips
6	MID TERM BREAK	MID TERM BREAK	
s7	Management of Increased Mobility	i. The teacher uses relevant teaching/learning materials and toys to stimulate pupils' physical development. ii. The pupils play in groups with toys e.g. counting of toys, building of toys etc.	
8	Neuro-muscular skills (Jumping of ropes)	i. The teacher guides the pupils on the skills stated below: - The pupils jump/step over a stationary rope held at a suitable height by partners on both sides of each pupil. - The teacher observes, monitors and stimulates pupils to jump.	- Ropes - Picture - Charts - Video clips - Whistle - Stop watch
9	Football Game (Kicking and	i. The teacher takes the pupils to the field of play, demonstrates	- Field of play/ outdoor space



	shooting)	before the pupils the kicking and shooting skills. ii. Pupils demonstrate and participate in the kicking and shooting skills shown to them by the teacher.  <b>Activity:</b> Pupils start by standing behind the ball, step and swing the kicking foot, then shoot the ball into the goal post. The teacher practises with the pupils by choosing a shooting distance base on the strength and size of the child.	- Football - Whistle - 2 empty large cartons for goal post - Charts - Video clips - Posters
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