

# Plan of Work **Physical Education**

**Grade 7**

For examination from 2024



# MODERN COLLEGE

SUCCESS DEPENDS ON THE PROPER USE OF TIME

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## INTRODUCTION

### Prescribed textbook

- Physical Education Grade 7 [Code: MIE7]

### Reference textbook

- Physical Education for Lower Secondary Book 1 [Code: PELSB1]

*Students are **STRONGLY** advised to look for this reference book and to make judicious use of it.*

### Websites and videos

This plan of work includes website links providing direct access to internet resources. Modern College is not responsible for the accuracy or content of information contained in these sites. The inclusion of a link to an external website should not be understood to be an endorsement of that website or the site's owners (or their products/services). The website pages referenced in this plan of work were selected when the plan of work was produced. Other aspects of the sites were not checked and only the particular resources are recommended.

### Important note

The objectives set in this plan of work are achievable if we have normal school days.

## FIRST TERM [11/01/2024 – 05/04/2024]

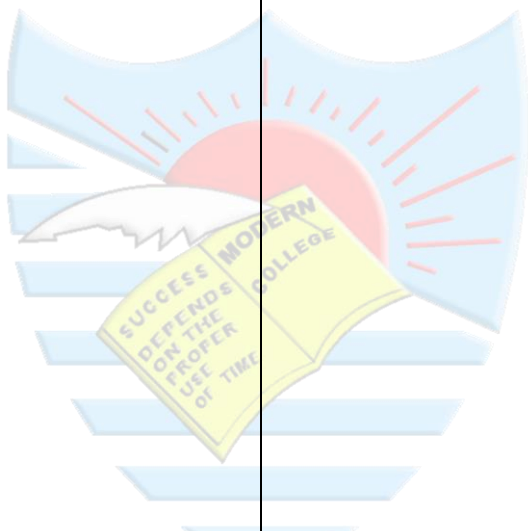
### Topic: Physical Education and Safe practices in sports

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> (a) define physical education (b) understand the aims and objectives of physical education (c) describe on the importance of P.E/exercises (d) define warm up and cool down and explain the benefits (e) explain the importance of safe practices in sports	[MIE7]: To study notes pg 1 - 6	[PELSB1]: pg 53 Activity - Unit 9 nos 1 ; pg 66 Activity - Unit 12 nos 1 - 3.		

## Topic: Athletics

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<p><b><i>Students should be able to:</i></b></p> <ul style="list-style-type: none"> <li>(a) understand good mechanics of throwing, catching, running, jumping</li> <li>(b) perform standing and crouch start</li> <li>(c) perform standing throw in shot put, javelin, discus</li> <li>(d) perform standing broad jump</li> </ul>	<p><b>[MIE7]</b> : To study notes pg 95 - 100, pg 107 - 111</p>	<p><b>[MIE7]:</b> To practice pg 96, 100, 103, 109</p>		<p><a href="https://www.youtube.com/watch?v=o_RGP8VmNoo">https://www.youtube.com/watch?v=o_RGP8VmNoo</a></p> <p><a href="https://www.youtube.com/watch?v=Ly-Zh-rXeh4">https://www.youtube.com/watch?v=Ly-Zh-rXeh4</a></p> <p><a href="https://www.youtube.com/watch?v=Lxf12IT2Q7I">https://www.youtube.com/watch?v=Lxf12IT2Q7I</a></p> <p><a href="https://www.youtube.com/watch?v=rCg-MkVkxyU">https://www.youtube.com/watch?v=rCg-MkVkxyU</a></p>

## Topic: Table Tennis

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<p><b><i>Students should be able to:</i></b></p> <p>(a) hold the racket (grip)</p> <p>(b) perform forehand drive, backhand drive and serve</p>				<p><a href="https://www.youtube.com/watch?v=Zq-OHCNx7o">https://www.youtube.com/watch?v=Zq-OHCNx7o</a></p> <p><a href="https://www.youtube.com/watch?v=zwJGxWOXlYY">https://www.youtube.com/watch?v=zwJGxWOXlYY</a></p> <p><a href="https://www.youtube.com/watch?v=S6fZx4pXI6Q">https://www.youtube.com/watch?v=S6fZx4pXI6Q</a></p> <p><a href="https://www.youtube.com/watch?v=NfmPcpi4sfc">https://www.youtube.com/watch?v=NfmPcpi4sfc</a></p>

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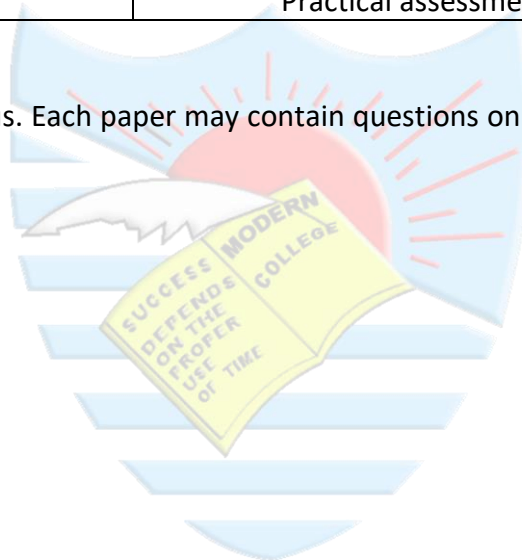
SUCCESS DEPENDS ON THE PROPER USE OF TIME

## Assessment

- March Examinations

Component	Time Allocation	Type	Maximum Mark
Paper 1		Oral Assessment	5%
Coursework		Practical assessment	25%

Candidates are expected to cover the PROPOSED syllabus. Each paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.



## SECOND TERM [22/04/2024 – 19/07/2024]

### Topic: Human body systems

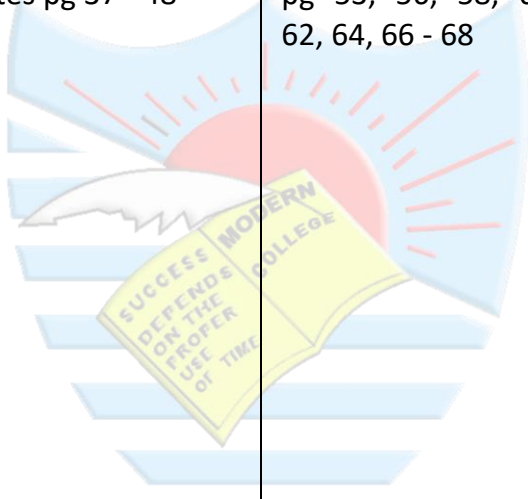
Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<p><b><i>Students should be able to:</i></b></p> <ul style="list-style-type: none"> <li>(a) identify major bones and describe basic functions of skeleton system</li> <li>(b) identify major muscles and differentiate between ligaments/tendons</li> <li>(c) list main parts of respiratory tract</li> <li>(d) list components of circulatory system and describe their functions</li> </ul>	<p><b>[MIE7]</b> : To study notes pg 6 - 8</p> <p><b>[PELSB1]</b>: To study notes pg 26 - 27, pg 57 - 61, pg 29 - 31</p>	<p><b>[PELSB1]</b>: pg 28 Activity - Unit 4 nos 3,4 ; pg 62 Activity - Unit 11 nos 1 - 3 ; pg 32 Activity - Unit 5 nos 1 - 3; Activity - Match it.</p>		



## Topic: Basketball

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> (a) familiarise with basketball (b) perform chest pass , bounce pass and overhead pass (c) perform dribbling, set shot	<b>[MIE7]</b> : To study notes pg 37 - 48	<b>[MIE7]:</b> To practice pg 38, 39, 41, 42, 44, 46		<a href="https://www.youtube.com/watch?v=32akH1rGcKA">https://www.youtube.com/watch?v=32akH1rGcKA</a>  <a href="https://www.youtube.com/watch?v=BnvGaOl8bMc">https://www.youtube.com/watch?v=BnvGaOl8bMc</a>  <a href="https://www.youtube.com/watch?v=t7ciq_x4138">https://www.youtube.com/watch?v=t7ciq_x4138</a>

## Topic: Football

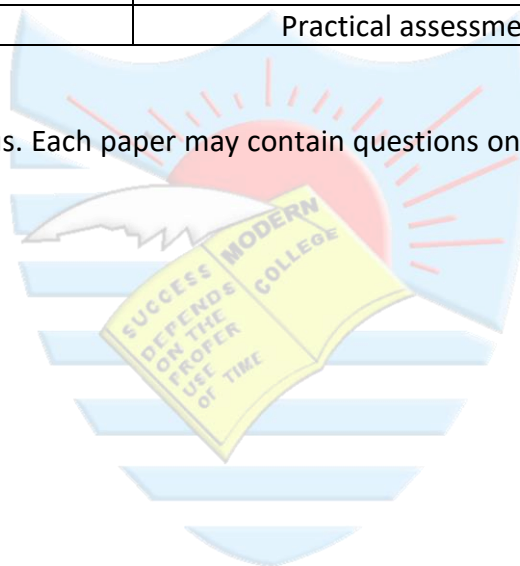
Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<p><b><i>Students should be able to:</i></b></p> <ul style="list-style-type: none"> <li>(a) familiarise with football</li> <li>(b) perform passing, kicking</li> <li>(c) perform control, dribbling</li> </ul>	<p><b>[MIE7]</b> : To study notes pg 37 - 48</p> 	<p><b>[MIE7]</b> : To practice pg 53, 56, 58, 60, 62, 64, 66 - 68</p>		<p><a href="https://www.youtube.com/watch?v=fCanpKMKwUI">https://www.youtube.com/watch?v=fCanpKMKwUI</a></p> <p><a href="https://www.youtube.com/watch?v=3ZQPH-5ZRil">https://www.youtube.com/watch?v=3ZQPH-5ZRil</a></p> <p><a href="https://www.youtube.com/watch?v=ZCms9ihShWc">https://www.youtube.com/watch?v=ZCms9ihShWc</a></p> <p><a href="https://www.youtube.com/watch?v=Ol6xrR0QRg">https://www.youtube.com/watch?v=Ol6xrR0QRg</a></p>

## Assessment

- July Examinations

Component	Time Allocation	Type	Maximum Mark
Paper 1		Oral Assessment	5%
Coursework		Practical assessment	25%

Candidates are expected to cover the PROPOSED syllabus. Each paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.

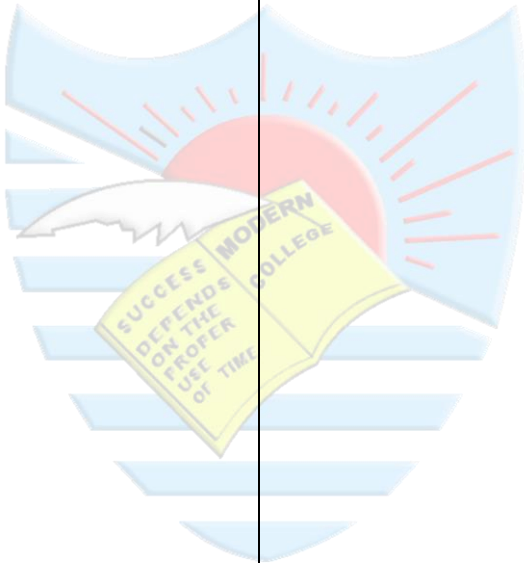


## THIRD TERM [12/08/2024 – 30/10/2024]

### Topic: Health

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> (a) define obesity (b) list causes, effects and prevention of obesity (c) write formula to calculate B.M.I	To provide notes <b>[PELSB1]:</b> To study notes pg 41 – 43	<b>[PELSB1]</b> : pg 45 Activity - Unit 8 nos 1,2 ; pg 40 Activity - Unit 7 nos 1,2.		

## Topic: Circuit and Strength Training

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<p><b>Students should be able to:</b></p> <p>(a) perform rope skipping, plank, shuttle run, one foot balance, squat</p>				<p><a href="https://www.youtube.com/watch?v=KYISiTGd2_I">https://www.youtube.com/watch?v=KYISiTGd2_I</a></p> <p><a href="https://www.youtube.com/watch?v=B296mZDhrP4">https://www.youtube.com/watch?v=B296mZDhrP4</a></p> <p><a href="https://www.youtube.com/watch?v=vgyJjickvul">https://www.youtube.com/watch?v=vgyJjickvul</a></p> <p><a href="https://www.youtube.com/watch?v=oLPKB_b1tu4">https://www.youtube.com/watch?v=oLPKB_b1tu4</a></p> <p><a href="https://www.youtube.com/watch?v=4KmY44Xsg2w">https://www.youtube.com/watch?v=4KmY44Xsg2w</a></p>

## Topic: Volleyball

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> (a) familiarisation with volleyball (b) perform overhead and underarm pass (c) perform underarm serve	<b>[MIE7]:</b> To study pg 28, 30, 32, 34	<b>[MIE7]:</b> To practice pg 29, 31, 33, 35		<a href="https://www.youtube.com/watch?v=GX49gLS6piU">https://www.youtube.com/watch?v=GX49gLS6piU</a>  <a href="https://www.youtube.com/watch?v=siDVtYyRG_M">https://www.youtube.com/watch?v=siDVtYyRG_M</a>  <a href="https://www.youtube.com/watch?v=E65rysfSWNQ">https://www.youtube.com/watch?v=E65rysfSWNQ</a>

## Assessment

- Oct Examinations

Component	Time Allocation	Type	Maximum Mark
Paper 1		Oral Assessment	5%
Coursework		Practical assessment	35%

Candidates are expected to cover the PROPOSED syllabus. Each paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.