

## GRADE 4 PE SCHEME OF WORK 2008

grade 4		Warm up	Main Activities	Cool Down
Week1	PST	Running Slowly and then steching the body.	physical Streching Training , situps,back-ups ,jumps	Streching the body with some activies
Week2	PST	Running Slowly and then steching the body.	physical Streching Training , situps,back-ups ,jumps	Streching the body with some activies
Week3	PST	Running Slowly and then steching the body.	Test the above activities	Streching the body with some activies
Week4	Runnin 1	Bend knee,hands up moove legs on the spot and jumping	At the signal of whistle run 15-40 sc with comfortable pase next whitle start work to 15-40sc	Streching the body and situps
Week5	Running 2 and Relay	Brigh up thigh close to the chest while running on the spot.	Divide students into 2 groups or equal groups and let them facing each other,realy by touching hands .	Streching the body with some activies
Week6	Running 3 and Relay	Strech the body with some exercise.	Testing one by one that running and touching each other	Streching the body
Week7	Running 4 and Relay	Strech the body with some exercise.	Students divided in to 2 teams . Run with betten and pass to other .	Slow running and stretch the body
Week8	Hoop1	Strech the body with some exercise.	Put hoops in a big circle on the ground . Student outsaid the hoops .run around the out said the hoops.	Streching the body

grade 4		Warm up	Main Activities	Cool Down
Week9	Hoop2	Strech the body with some exercise.	Put hoops in a big circle on the ground . Student run outsaid the hoops when teacher when a giving asignal of whistles,then each studentget into the hoops .	Streching the body
Week10	Hoop3	Strech the body with some exercise.	Put hoopsin the big circle on ground students run out said the hoops zig zag pettern.	Streching the body
Week11	Foot ball 1	Strech the body with some exercise.	Make agroup of 6 controll and pass the ball then jog to the back of the opper sit line	Slow running and strech the body
Week12	Foot ball 2	Strech the body with some exercise.	Draw the trangle on the grownd desaid the number of trangles depends on number of students,and the corners of the traingle pass the ball and run to the next line	Slow running and strech the body
Week13	Foot ball 3	Strech the body with some exercise.	Draw the squre on the grownd desaid and divided in to 4 groups stand behaind the 4 corners pass the ball and run enti cloke wise	Slow running and strech the body

grade 4		Warm up	Main Activities	Cool Down
Week14	Mat 1	Pair stretching	Make pair ,A lies on the mat and arm extended over head B stand on student A and roll for word softly . A student should be relax while rolling	Normal stretching
Week15	Mat 2	Pair stretching	2 students lie down on the mat their backs straight on the line.then link hands above head and roll together same direction.	Normal stretching
Week16	Mat 3	Pair stretching	Sit down on the mat put sole of feet together in front of the body and spread legs side ways . Hold the ankles and roll side ways when shoulder touch the mat roll with, back and sit up.	Normal stretching