

COMPUTING ANNUAL SCHEME OF LEARNING – B7

WEEK	TERM ONE	TERM TWO	TERM THREE
1	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
2	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
3	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
4	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
5	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Physical Fitness
6	Nutrition & Physical Activity	First Aid, Injury Prevention and Management	Organised Sports and Physical Activity Participation
7	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organised Sports and Physical Activity Participation
8	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organised Sports and Physical Activity Participation
9	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organised Sports and Physical Activity Participation
10	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organised Sports and Physical Activity Participation
11	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organised Sports and Physical Activity Participation
12	Disease Prevention and Management	Traditional Rhythmic Gymnastics, Games & Dance	Organised Sports and Physical Activity Participation

TERM 2 SCHEME OF LEARNING

WEEKS	STRAND	SUB STRAND	CONTENT STAND.	INDICATORS	RESOURCES
1	Health Education	First Aid, Injury Prevention and Management	B7.1.3.1	B7.1.3.1.1	First Aid kit
2	Health Education	First Aid, Injury Prevention and Management	B7.1.3.1	B7.1.3.1.1	
3	Health Education	First Aid, Injury Prevention and Management	B7.1.3.1	B7.1.3.1.1	
4	Health Education	First Aid, Injury Prevention and Management	B7.1.3.1	B7.1.3.1.2	
5	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.1	B7.2.1.1.1	Oware Dame Rope
6	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.1	B7.2.1.1.1	
7	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.1	B7.2.1.1.1	
8	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.2	B7.2.1.2.1	
9	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.2	B7.2.1.2.1	
10	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.2	B7.2.1.2.1	
11	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.3	B7.2.1.3.1	
12	Physical Activity Education	Traditional Rhythmic Gymnastics, Games & Dance	B7.2.1.3	B7.2.1.3.1	

TERM 3 SCHEME OF LEARNING

WEEKS	STRAND	SUB STRAND	CONTENT STAND.	INDICATORS	RESOURCES
1	Physical Activity Education	Physical Fitness	B7.2.2.1	B7.2.2.1.1	Aerobic dance. Skipping
2	Physical Activity Education	Physical Fitness	B7.2.2.1	B7.2.2.1.1	
3	Physical Activity Education	Physical Fitness	B7.2.2.2	B7.2.2.2.1	Arm Wrestling
4	Physical Activity Education	Physical Fitness	B7.2.2.3	B7.2.2.3.1	Pulling fishing rope at the shore
5	Physical Activity Education	Physical Fitness	B7.2.2.4	B7.2.2.4.1	Balance on one leg
6	Physical Activity Education	Organised Sports and Physical Activity Participation	B7.2.3.1	B7.2.3.1.1	Racquetball Sprinting Throwing
7	Physical Activity Education	Organised Sports and Physical Activity Participation	B7.2.3.1	B7.2.3.1.2	
8	Physical Activity Education	Organised Sports and Physical Activity Participation	B7.2.3.1	B7.2.3.1.3	Local Archery
9	Physical Activity Education	Organised Sports and Physical Activity Participation	B7.2.3.2	B7.2.3.2.1-2	Cricket Baseball
10	Physical Activity Education	Organised Sports and Physical Activity Participation	B7.2.3.3	B7.2.3.3.1-2	Punching bag Mats Flat, smooth surface
11	Physical Activity Education	Organised Sports and Physical Activity Participation	B7.2.3.3	B7.2.3.3.3	Sandy surface Loose clothing Poster of moves
12	Physical Activity Education	Organised Sports and Physical Activity Participation	B7.2.3.3	B7.2.3.3.3	