

JS 2 PHE SCHEME OF WORK

SECOND TERM FOR 2020 / 2021 SESSION

Week	Topic
1&2	Athletics: relay races <i>Description, types, facilities and equipment, skills and techniques, baton exchange, rules and regulations</i>
3&4	Striking Games: Tennis <i>Brief history, nature, facilities and equipment, basic skills, rules and regulations, officials, terminologies.</i>
5&6	Striking Games: Table-tennis <i>Brief history, nature, facilities and equipment, basic skills, rules and regulations, officials, terminologies.</i>
7	Mid Term Break
8	Environmental pollution: <i>Meaning, types</i>
9	Effect of environmental pollution
10	School Health programme
11	Fresh approach to school health programme
12	Examination
13	END OF TERM

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