



Republic of Zambia

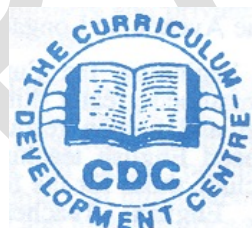
Ministry of Education, Science, Vocational Training and Early Education

EXPRESSIVE ARTS

SYLLABUS

GRADE 1-7

TRAILING VERSION (2012)



Published by the Curriculum Development Centre

P.O. Box 50092

**Lusaka
2012**

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DRAFT

Vision

Quality, lifelong education for all which is accessible, inclusive and relevant to individual, national and global needs and value systems.

DRAFT

PREFACE

The Expressive Arts Syllabus is the combination of Physical Education, Music, Art and Design. It places emphasis on the development of practical skills and enhancement of talents, creativity, self-expression and sense of aesthetic.

This review is based on the need to improve quality of education as stipulated in the National Policy on Education and the Vision 2030.

It has also endeavoured to include various cross cutting issues such as Life Skills, HIV and AIDS, Special Educational Needs, Equity and Gender, Entrepreneurship, Human Rights, Drug and Substance Abuse and Child Labour.

This syllabus is Outcomes Based, Learner- Centred and Continuous Assessment oriented.

This curriculum review would not have been possible without material and financial support from UNICEF; and without the involvement, participation and commitment of various organizations and individuals who contributed towards the production of this syllabus.

It is my sincere hope that this revised syllabus will improve the quality of teaching and learning, and respond to societal needs.

Miriam Chonya Chinyama (Mrs)

Permanent Secretary

MINISTRY OF EDUCATION, SCIENCE AND VOCATIONAL TRAINING AND EARLY EDUCATION

ACKNOWLEDGEMENT

This syllabus was produced as a result broad based consultation with stakeholders.

The curriculum review exercise would not have been accomplished without the involvement, participation and commitment of many people. We want to thank all of them. Mostly importantly we thank UNICEF for financing the exercise.

Secondly, we wish to thank all the people, government departments, institutions of learning and Non-Governmental Organisation who in many varied ways contributed towards the production of this syllabus.

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RATIONALE

Expressive Arts plays an important role in the development of learners. It provides an avenue for learners to express themselves through movement, physical activity creative application of modern scientific and technological knowledge to survival skills. Learners develop awareness and sense of appreciation for the social, cultural as well as economic value of our natural environment.

METHODOLOGY

In order to help the learners acquire the above stated skills, the following are some of the suggested teaching and learning methods that can be used.

- Demonstration
- Co-operative learning
- Direct instruction
- Independent study
- Project work
- Enquiry/ exploration
- Observation
- Excursions
- Field work
- Research
- Practical
- Portfolio
- Group work
- Pair work



GENERAL OUTCOMES FOR GRADE 1-7:

- Appreciate and maintain traditional arts and crafts of Zambia.
- Demonstrate craft and technical skills in making artefacts and systems found in their environment.
- Exhibit musical talent, creativity, self-expression and aesthetic sensitivity.
- Demonstrate specific skills, techniques and values in sport.
- Understand and demonstrate entrepreneurial skills.
- Maintain safety, health and personal hygiene.
- Develop skills of manipulation, co-ordination, correlation, imagination observation and self-expression.
- Communicate effectively using visual, symbolic and language skills in various modes.
- Use an approach to practical tasks based on a process of "design experimentation, production and evaluation."
- Use practical approaches to solve practical tasks based on design process; experimentation; exploration; production and evaluation.

EXPRESSIVE ARTS DRAFT SYLLABUS

Competences for the lower primary level are the same but the skill levels increase in complexity from one grade level to another.

KEY COMPETENCES AT GRADES 1 to 4 LEVEL
• Demonstrate basic skills of safety and health practices • Demonstrate basic skills in various sports activities • Demonstrate skills in simple design and drawing • Apply skills in making simple items • Demonstrate ability to compose simple music using different sound sources. • Demonstrate skills in modified conventional and traditional games (Grade 2 upwards) • Demonstrate skills in playing water games (Grade 4 upwards) • Demonstrate ability to play different types of musical instruments

GRADE 1

GENERAL OUTCOME (S):

- Acquire knowledge, skills, positive attitudes and values on safety and health
- Develop skills in maintaining safety and health

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
<i>1.1 Safety and Health</i>	<i>1.1.1 Safety</i>	1.1.1.1 Identify safety habits on the play ground 1.1.1.2 Demonstrate safety practices	• Safety of the environment and activities	• Identification • Alertness • Judgement	• Responsibility • cooperation

GENERAL OUTCOMES

- Develop skills to improve neuromuscular coordination through participation in a variety of activities in order to improve fitness, manipulation, co-ordination, correlation, observation and self-expression.
- Acquire knowledge, skills, positive attitudes and values in fundamental movement
- Acquire knowledge and values in music, and develop musical skills to enhance musical talents, creativity, self-expression and aesthetic sense.
- Develop the power of imagination and visual perception.
- Develop practical and cognitive skills in children with special education needs.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
1.2 <i>Movement (Fundamental movement)</i>	1.2.1 <i>Movement</i>	1.2.1.1 Perform various Movement skills.	- Walk - Run - Catch - Throw	- Locomotor - Non-locomotor - Manipulation - Balancing - Coordination	- Concentration - Courage - Self-esteem - Co-operation
1.3 <i>Posture</i>	1.3.1 <i>Body Posture</i>	1.3.1.1 Identify postural habits 1.3.1.2 Demonstrate simple good postural activities 1.3.1.3 Perform simple postural activities	- Posture - Habit - Body - desk	- Sitting - Standing - Lifting - Lying	- Self esteem - Amusement

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
1.4 Drawing and colouring	1.4.1 Types of lines	1.4.1.1 Identify different lines 1.4.1.2 Draw different lines 1.4.1.3 Use different lines for designs.	• Vertical line • Horizontal line • Diagonal line • Parallel line • Zig zag line • Curve line • Spiral lines • Squares • Triangles • Rectangles • Circles	• Creative thinking • Correlation	• Appreciation • Craftsmanship
	1.4.2 Basic shapes	1.4.2.1 Draw different basic shapes 1.4.2.2 Paint different Basic shapes			
	1.4.3 Basic colours	1.4.3.1 Identify primary 1.4.3.2 Use colours for various pictures			
	1.4.4 Simple Patterns	1.4.4.1 Print using part of the hand 1.4.4.2 Draw simple shapes to form patterns. 1.4.4.3 Paste simple patterns 1.4.4.4 Trace simple patterns. 1.4.4.5 Tear simple shapes and patterns	- scribble patterns - repeat patterns - paste patterns - trace patterns - tear patterns	- creative thinking - selection - stencilling	- appreciation - awareness - craftsmanship

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
1.5 Sound	1.5.1 Exploration of sound	1.5.1.1 Listen to different sounds in the environment 1.5.1.2 Use different sound sources in the environment to produce music.	- Sounds from birds, animals, drums, bells - Clapping, stamping, singing, drumming, whistling.	- Listening - Performing - Composing	- Awareness - Appreciation - Enjoyment
	1.5.2 Songs	1.5.2.1 Sing traditional songs.	Songs (Traditional HIV/AIDS, Gender, child Abuse etc.)	- Listening - Performing - Composing	- Awareness - Appreciation - Enjoyment - Creativity
	1.5.3 Movement and dance	1.5.3.1 Perform body movements and dance to traditional songs. 1.5.3.2 Demonstrate poetic body movements through poetic songs and role play	- Body movement and various dance (Siyemboka, Kalela,) - Poetic body movements	- Listening - Performing - Composing	- Awareness - Appreciation - Enjoyment - Creativity

GENERAL OUTCOME (S)

- Acquire knowledge, positive attitudes, skills and values to appreciate and perform a variety of physical activities
- Develop skills to improve neuromuscular coordination through participation in a variety of physical activities

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
1.6 Educational Gymnastics	1.6.1 Tumbling	1.6.1.1 Perform simple gymnastics	- arm - trunk - leg	- Rolling - Squatting	- Concentration - Courage - Self-esteem - Endurance
	1.6.2 Stunts	1.6.1.2 Demonstrate simple arm, leg activities			
		1.6.2.1 Perform simple rolling skills			
		1.6.2.2 Demonstrate simple balancing skills			
1.7 Health and Fitness Management	1.7.1 Fitness	1.7.1.1 Perform warm up activities	- Horizontal bars - Ropes - Slider - Ladder - Stair cases	- climbing - hanging - lying	- Fitness
	1.7.2 Health	1.7.1.2 Perform combination of climbing, running and jumping activities			
		1.7.2.1 Perform deep breathing activities			
		1.7.2.2 Demonstrate an understanding of taking care of each other during exercise			

GENERAL OUTCOME (S)

- Acquire knowledge, skills, values and positive attitudes to perform various sports activities, music and dances
- Develop skills to improve neuromuscular coordination through participation in a variety of sports activities, games and dances to improve physical fitness.
- Develop crafts and technical skills in making artefacts found in the environment.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
1.8 Sports Skills Development	1.8.1 Games (modified conventional games)	1.8.1.1 Identify simple games 1.8.1.2 Perform simple games	- Modified ball games - Relays (20 meters) - Sack race	-Hopping - Passing - Coordination - Matching - Locating - Hiding	- Concentration - Team spirit - Self-esteem
	1.8.2 Track and Field events	1.8.3.1 Locate hidden objects in the class			
	1.8.3 Traditional Games	1.8.3.2 Perform hide and seek activities			
1.9 Recreation	1.9.1 Games and dances	1.9.1.1 Perform rhythmic dance movements 1.9.1.2 Perform games and dances	• Steps • Traditional games	• Dancing • Singing • Clapping	• Appreciation • Socialization • Confidence
1.10 Constructional Crafts	1.10.1 Paper crafts	1.10.1.1 Make various items using paper. 1.10.1.2 Make paper collage	• Making of: Chain, belt house model, mask, paper collage	• Creative thinking • manipulation • correlation	• Appreciation • Awareness • Resourcefulness • Craftsmanship
	1.10.2 Modelling	1.10.2.1. Model different Objects 1.10.2.2. Model different Shapes	Modelling - free form objects - simple shapes	• creative thinking • manipulation • correlation	• appreciation • awareness • resourcefulness • craftsmanship

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
	1.10.3. Weaving	1.10.3.1 Create different Weaving patterns	-Simple items e.g. mat, belts, hats	Creative thinking	- appreciation - awareness - resourcefulness - craftsmanship - aesthetics

GENERAL OUTCOME (S)

- Acquire knowledge, positive attitudes, values and basic skills in water hygiene and swimming

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
1.11 Swimming	1.11.1 Water hygiene	1.11.1.1 Demonstrate basic pool hygiene	- Pool hygiene - water - floating	- Diving - Jumping - Sliding - Breathing - floating	- Concentration - Courage - Self-esteem
	1.11.2 Water orientation	1.11.2.1 Perform simple water orientation skills			

GRADE 2

GENERAL OUTCOMES:

- Acquire knowledge, skills, positive attitudes and values in fundamental movement
- Develop skills to improve neuromuscular coordination through participation in a variety of activities in order to improve fitness, manipulation, co-ordination, correlation, observation and self-expression
- Acquire knowledge and understanding of pattern designing

KEY COMPETENCES AT GRADE 2 LEVEL
• Demonstrate skills in modified conventional and traditional games (Grade 2 upwards) • Demonstrate skills in playing water games (Grade 4 upwards)

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
<i>Movement</i>	<i>2.2.1 Movement</i>	2.1.1.1 Perform various body movements	- Skip - Bend - Hoop - Hop	- Locomotor - Non-locomotor - Manipulation - Balancing	- Concentration - Courage - Self-esteem
<i>2.3 Posture</i>	<i>2.2.1 Stance</i>	2.2.1.1 Explore various correct postural habits 2.2.1.2 Demonstrate correct postural habits	- Postural habit	- Sitting - Standing - Lifting - Lying - Kneeling - Walking	- Self esteem - Amusement
2.4 Drawing and Colouring	2.4.1 Colours	2.4.1.1 Obtain a variety of colours through experimentation	- Secondary colours (orange, violet, green) - Mingling by blowing	- Creative thinking - application	- Appreciation - Aesthetic - Craftsmanship - Curiosity
	2.4.2 Draw and colour pictures	2.4.2.1 Draw different pictures	Draw pictures of: - Animals - Human figures - Birds - Buildings	- Creative thinking	- Appreciation - Aesthetic - Craftsmanship
	2.4.3 Still life	2.4.3.1 Draw/paint objects from still life	Draw pictures of: Shovel, A bucket Axe	• Creative thinking	• Appreciation • Aesthetic • Craftsmanship.
	2.4.4 Types of Patterns	2.4.4.1 Make different patterns	patterns - Cut paper patterns - Writing patterns -	- Creative thinking - cutting - tracing - printing	• appreciation • aesthetic • awareness • craftsmanship

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
2.5 Sound	2.5.1 Singing	2.5.1.1 Sing a variety of songs in a group	Songs on HIV/AIDS, evils of corruption, child abuse	- Singing - Communication	- Creativity - Appreciation - Application
2.6. Dance	2.6.1 Traditional	2.6.1.1 Dance to traditional and contemporary music	- Movement and dances. - Traditional dance	- Singing - Dancing	- Creativity - Appreciation - Application

GENERAL OUTCOME (S)

- Acquire knowledge, positive attitudes, skills and values to appreciate and perform a variety of physical activities
- Develop skills to improve neuromuscular coordination through participation in a variety of physical activities

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
2.7 Educational gymnastics	2.7.1 Tumbling	2.7.1.1 Demonstrate simple physical activities	- Rest - Trunk - Tummy rolling - Balancing - Hang	- Resting - Swinging - Hanging	- Concentration - Courage - Self-esteem - Adaptation
	2.7.2 Stunts	2.7.1.2 Demonstrate a variety of Adaptive physical activities.			
2.8 Health and Fitness Management	2.8.1 Fitness	2.8.1.1 Perform simple developmental or evolving activities.	- Deep - Breath in and out	- climbing - hanging - lying -	- Concentration - Courage - Self-esteem
	2.8.2 Health				

GENERAL OUTCOME (S)

- Acquire knowledge, skills, values and positive attitudes to perform various sports activities, games, music and dance
- Develop skills to improve neuromuscular coordination through participation in a variety of sports activities, games and dances to improve physical fitness
- Acquire knowledge of traditional, contemporary art and crafts.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
2.9 Sports Skills Development	2.9.1 Modified conventional games.	2.9.1.1 Perform a variety of games, track and field events	• Relays (30 meters) • Bottle • Bean bags • Lane • Number • Throw • Catch • Dramatic poems	• Hopping • Passing • Coordination	• Concentration • Team spirit • Self-esteem
	2.9.2 Track and Field events				
	2.9.3 Traditional Games				
2.10 Recreation	2.10.1 Music, dance and health	2.10.1.1 Perform clapping and rhythmic movements	• Rhythmic movements (clapping, space, sequence) • Games and health messages	• Singing • Clapping • Dancing	• Creativity • Appreciation • Self expression
		2.10.1.2 Perform games with health messages			
2.11 Constructional Crafts	2.11.1 Weaving, plaiting and knotting	2.11.1.1 Weave familiar objects 2.11.1.2. Plait familiar objects. 2.11.1.3. Knot familiar objects	• Weaving (mats, hats, belts) • Plaiting (strings, grass) • Knotting (ropes, strings, strips of cloth)	• Creative thinking • Manipulation	• appreciation • awareness • creativity • craftsmanship • resourcefulness

	2.11.2 Modelling with clay	2.11.2.1. Model different objects using clay 2.11.2.2. Decorate finished items	• Prepare clay traditionally • Modelling in clay (cars, pots, dolls, animals, hats)	• Creative thinking • Manipulation	• appreciation • resourcefulness • awareness • craftsmanship • imagination • aesthetics
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GENERAL OUTCOME (S)

- Acquire knowledge, values and skills in swimming
- Develop basic swimming skills

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
2.12 Swimming	2.12.1 Water hygiene	2.12.1.1 Demonstrate basic hygienic activities	• stroke • sail	• inhaling • pushing	• Concentration • Courage
	2.12.2 Water orientation	2.12.1.2 Perform simple water activities	• inhale • push	• pulling • holding	• Self-esteem • Holding
		2.12.1.3 Perform adaptive water activities	• pull • hold • shower • attire	• floating • balancing	• Co-ordination • Adaptation

GRADE 3

GENERAL OUTCOME (S):

- Acquire knowledge, skills, positive attitudes and values on safety and health
- Develop skills in maintaining safety and health
- Acquire knowledge, skills, positive attitudes and values in fundamental movement
- Develop skills to improve neuromuscular coordination through participation in a variety of activities in order to improve fitness, manipulation, co-ordination, correlation, observation and self-expression.
- Acquire knowledge and values in music; develop musical skills to enhance musical talents, creativity, self-expression and aesthetic sense.
- Develop the power of imagination, observation and visual communication using different media

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
3.1 Safety and Health	3.1.1 Safety	3.1.1.1 Compose songs on safety 3.1.1.2 Demonstrate <i>class</i> safety practices	- Songs on safety - Attire	- Tiding - Singing	- Responsibility - Cooperation - Cleanliness
3.2 Movement	3.2.1 Movement	3.2.1.1 Demonstrate fundamental movements using correct techniques 3.2.1.2 Perform simple adaptive movements	- hoop - Skip - Speed - Space - Control - Manipulation	- Skipping - Manipulation - Balancing - Coordination	- Concentration - Courage - Self-esteem - Adaptation
3.3 Posture	3.3.1 Stance	3.3.1.1 Explore correct postural habits for good posture 3.3.1.2 Demonstrate correct postural habits in practical and adaptive activities	- Sit ups on flat surfaces - Stretches - bends - rolls	- Sitting - Stretching - Lifting - Lying - Rolling - Bending	- Self confidence - Amusement - Enjoyment
3.4 Drawing and Colouring	3.4.1 Drawing	3.4.1.1. Draw pictures based on life experiences and events	- Life experiences (fishing, hunting) - Events (wedding, birthdays)	Drawing	- Appreciation - Imagination - Creativity
	3.4.2 Colouring	3.4.1.1. Sketch and colour scenes based on own experiences	Simple colouring	- Creative thinking - application	- Appreciation - Craftsmanship - Confidence

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
3.5 Patterns	3.5.1 Types of Patterns	3.5.1.1 Identify natural objects which can be used to create different types of patterns 3.5.1.2. Print different types of patterns	• Leaf • Potato • String • Leaf print • Potato print • String-pull print	• Creative thinking • Printing	• Appreciation • Resourcefulness • Craftsmanship • Consistence
3.6 Sound	3.6.1 Elements of Sounds	3.6.1.1- Identify different elements of sound	• Tone colour • Pitch • Rhythm • Volume	• Listening • Identifying • Imitating • Judging	• Appreciation • Application • Concentration
	3.6.2 Singing	3.6.2.1 Sing a variety of traditional and contemporary songs using local instruments	• Simple traditional and contemporary songs	• Singing	• Creativity • Appreciation • Application • Cooperation
	3.6.3 Movement and dance	3.6.3.1 Sing different traditional songs and perform body movements to create a dance	• Sing • Movement and dance.	• Composing • Singing • Dancing	• Creativity • Appreciation • Application
	3.6.4 Instrument playing	3.6.4.1 Identify local instruments found in the local environment	• Local instruments (drums, banjo, silimba, kalimba, rattles)	• Identification	• Awareness • Appreciation

GENERAL OUTCOME (S)

- Acquire knowledge, positive attitudes, skills and values to perform a variety of physical activities
- Develop skills to improve neuromuscular coordination through participation in a variety of physical activities
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Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
3.7 Educational gymnastics	3.7.1 Tumbling 3.7.2 Stunts	3.7.1.1 Perform simple landing activities 3.7.1.2 Demonstrate simple pyramid formations	- Land - Pyramid - Balance - formation	- landing - balancing - formation	- Concentration - Courage - Self-esteem
3.8 Health and Fitness Management	3.8.1 Fitness 3.8.2 Health	3.8.1.1 Demonstrate simple isometric activities (strength training exercises) 3.8.2.1 Perform simple developmental activities	- Obstacle course - Hoop - Strength training activities	- jogging - hanging - lying - lifting - pushing - pulling	- Appreciation - Responsibility - Problem-solving - Endurance

GENERAL OUTCOME (S)

- Acquire knowledge, skills, values and positive attitudes to perform various sports activities, games, music and dances
- Develop skills to improve neuromuscular coordination through participation in a variety of sports activities, games, music and dances to improve physical fitness
- Develop skills in crafts using materials from the local environment
- Acquire knowledge and skills of poster design processes

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
3.9 Sports Skills Development	3.9.1 Games (modified conventional games) 3.9.2 Track and Field events 3.9.3 Traditional Games	3.9.2.1 Perform a variety of games, track and field events	- Relays 40 meters - Bucket race - Formations - Throw - Catch - Traditional games - Locate	- Hopping - Passing - Coordination - Locating	- Concentration - Team spirit - Self-esteem

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
3.10 Recreation, Music, Dance and Games	3.10.1 Dance	3.10.1.1 Perform local dances with simple rhythm	- Local dances - Simple rhythm (Clapping, steps) - Sequence - Games and child abuse messages	- Dancing - Clapping - Singing	- Appreciation - Awareness - Cooperation - Concentration - Coordination
	3.10.2 Health	3.10.1.2 Perform structured movement in dances.			
		3.10.2.1 Perform games with messages of child abuse			
3.11 Constructional Crafts	3.11.1 Knotting	3.11.1.1 Knot simple items	Knot – bags, ropes	- Creative thinking - Manipulation	- Appreciation - Awareness - Resourcefulness - Craftsmanship
3.12 Lettering and poster work	3.12.1 Lettering	3.12.1.1 Design capital and small letters	- Letters - Spacing, size - weight	- Creative thinking - Designing	- Appreciation - Creativity - Craftsmanship - Concentration
	3.12.2. Poster work	3.12.2.1 Design various posters to convey messages using capital letters	posters based on cross-cutting themes (substance abuse, child labour)	- Designing - Creative thinking	- appreciation - creativity - craftsmanship - concentration

GENERAL OUTCOME (S)

- Acquire knowledge, values and skills in swimming
- Develop basic swimming skills

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
3.13 Swimming	3.13.1 Pool hygiene	3.13.1.1 Demonstrate pool hygiene activities	• Side stroke • Unskilled strokes • pool cleanliness	• floating • inhaling • pushing • pulling	• Concentration • Courage • Self-esteem
	3.13.2 Water orientation	3.13.1.2 Demonstrate a variety of basic strokes			

GRADE 4**GENERAL OUTCOME (S):**

- Acquire knowledge, skills, positive attitudes and values on safety and health
- Develop skills in maintaining safety and health

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
4.1 Safety and Health	4.1.1 Safety	4.1.1.1 Identify appropriate dress in class	• Sports attire • Sports shoes • Drug abuse • Prevention • Care • Aprons • Equipment • work suit	• Dressing up • Creativity • Decision making	• Responsibility • Appreciation • Assertiveness
	4.1.2 Environmental protection	4.1.1.2 Compose songs on health 4.1.2.1 Demonstrate activities to keep environment safe			

GENERAL OUTCOMES:

- Acquire knowledge, skills, positive attitudes and values in fundamental movement
- Develop skills to improve neuromuscular coordination through participation in a variety of activities in order to improve fitness, manipulation, co-ordination, correlation, observation and self-expression.
- Acquire knowledge, skills of pattern making, drawing and painting
- Acquire knowledge, skills, positive attitudes and values in music; and develop musical skills to enhance talents.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
4.2 Movement	4.2.1 Movement	4.2.1.1 Perform structured movements	• Dumb bells • Climbing ropes • Manipulation • Unstructured and structured movements • coordination	• Locomotor • Non-locomotor • manipulation • Balancing	• Concentration • Courage • Self-esteem
4.3 Drawing and Colouring	4.4.1 Colour	4.4.1.1 Mix two primary hues in equal quantities to obtain secondary colours 4.4.1.2 Identify warm and cool colours	• Secondary colours (green, orange, violet) • Warm (red, yellow, orange) • Cool (green, blue, violet)	• Creative thinking • Identification • Application	• Appreciation • Awareness • Craftsmanship
	4.4.2 Drawing	4.4.2.1 Identify various media used in drawing 4.4.2.2 Draw simple objects using various media	• Media (pencil, pen, crayon, charcoal) • Drawing (cup, fruit, bottle, flowers, pot)	• Creative thinking • Application • Identification	• Appreciation • Awareness • Craftsmanship
	4.4.3 Figure drawing	4.4.3.1 Draw human figure using different media	• Figure drawing (walking, running, kicking)	• Creative thinking • Drawing	• Appreciation • Craftsmanship.
	4.4.4 Colouring From observation	4.4.4.1 Colour various drawings of objects found in the environment	• Drawing and colouring from nature (flowers, trees)	• Creative thinking • Colouring • Drawing	• Appreciation • Craftsmanship.
	4.4.5. Imaginative composition	4.4.5.1 Compose pictures to express one's own feelings	• Imaginative pictures	• Creative thinking	• Appreciation • Creativity • Craftsmanship.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
4.5 Pattern	4.5.1 Motif	4.5.1.1 Identify motifs from natural objects 4.5.1.2. Make different patterns by arranging natural motifs.	• Motifs (banana stems, potato cuts, okra pieces, leaf surfaces) • Patterns (repeat, all over, alternating)	• Creative thinking • Correlation • Identification • Critical thinking	• Appreciation • Awareness • Adaptation • Resourcefulness
4.6 Traditional And contemporary songs	4.6.1 Traditional songs	4.6.1.1. Explain the meanings of different traditional Songs 4.6.1.2 Sing different traditional songs	• Meanings of songs • Singing different songs	• Listening • Singing • Identification	• Application • Enjoyment • Appreciation
	4.6.2 Contemporary songs	4.6.2.1 Explain the meanings of different contemporary songs 4.6.2.2 Sing different contemporary songs	• Meanings of songs • Singing different songs		
	4.6.3 Music composition	4.6.3.1 Identify different musical tunes 4.6.3.2 Compose tunes using sounds from nature	• Musical tunes • Composition of tunes	• Listening • Identification • Composing	• Application • Creativity • Enjoyment • Appreciation • Team work

GENERAL OUTCOME (S)

- Acquire knowledge and values of physical activities and sports
- Develop skills to improve neuromuscular coordination

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
4.7 Educational gymnastics	4.7.1 Tumbling	4.7.1.1 Demonstrate refined pyramid formation activities	Rope, hang, rest	• landing • hanging • balancing • resting	• Concentration • Courage • Self-esteem
		4.7.2.2 Perform refined floor activities	Backward roll, forward roll		
	4.7.2 Stunts	4.7.2.1 Perform simple balancing activities	Crouch balance, frog jumps		
4.8 Health and	4.8.1 Health	4.8.1.1 Perform a series of physical activities		• Pushing	• Appreciation

Fitness Management	4.8.2 Fitness	4.8.1.2 Perform a series of developmental activities	Developmental activities	• Hanging • Lying • Pulling	• Responsibility • Assertiveness
		4.8.2.1 Demonstrate refine isometric activities (strength training exercise)			
			• Mats • Muscle • Short nails • Dangerous objects • Refined • Obstacles • parallel bars • obstacles		

GENERAL OUTCOME (S)

- Acquire knowledge and values of sports, games , music and dances
- Develop skills to improve neuromuscular coordination
- Develop craft skills

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
4.9 Sports Skills Development	4.9.1 Modified Conventional games	4.9.1.2 Demonstrate sporting activities	Sporting activities <i>(give two examples)</i>	• Passing • Coordination • Shooting • Striking • locating	• Concentration • Team spirit • Self-esteem
	4.9.2 Track and Field events	4.9.2.2 Perform relay activities	Short races Baton pass		
	4.9.2 Traditional Games	4.9.2.1 Perform a variety of traditional Games	Traditional games <i>(give two examples)</i>		
4.10 Recreation, Music Dance and Games	4.10.1 Dance	4.10.1.1 Perform traditional dances with simple rhythm	Steps, space, sequence , Clap	• Dancing • Clapping • Singing	• Appreciation • Self-esteem
		4.10.1.2 Perform structured movement in dances.	Structured movements e.g. <i>kalela, malipenga</i>		

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
	4.10.2 Gender	4.10.2.1 Perform games with gender messages	Gender messages		
4.11 Constructional Crafts	4.11.1 Knotting	4.11.1.1 Create knotted items	knitting (small baskets)	• Creative thinking • Correlation • Manipulation	• Appreciation • Awareness • Craftsmanship • Productivity
	4.11.2 Papier Machè	4.11.2.1 Model different items using papier machè	• Papier machè models (fruits, plates)	• Manipulation • Creative thinking • Recycling • Modification	• appreciation • craftsmanship • resourcefulness • awareness • Innovation • Awareness
	4.11.3 Construction	4.11.3.1 Construct simple items using wires and paper boards	Constructing simple items (houses, wire cars)		

GENERAL OUTCOME (S)

- Acquire knowledge and values of swimming, and visual communication and poster designing.
- Develop skills in swimming, visual communication and poster designing.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
4.12 Swimming	4.12.1 Water Orientation	4.12.1.1 Demonstrate simple strokes	• Side strokes, Unskilled strokes	• inhaling • pushing • pulling • dodging	• Concentration • Courage • Self-esteem
	4.12.1 Water games	4.12.2.1 Perform simple water games	• Pair water games, Water ball		
4.13 Lettering and poster Work	4.13.1 Lettering	4.13.1.1 Design different types of letter faces	• Typefaces (small, capital)	• Creative thinking • Designing	• Appreciation • Craftsmanship • Awareness
	4.13.2 Posters	4.13.2.1 Make simple posters on different cross-cutting themes	• Poster making eg HIV/AIDS, gender issues, environmental education, occasional posters		
		4.13.2.2 Write meaningful messages using letter typefaces	• Short and clear messages		

GRADE 5

Competences for the Upper primary level are the same but the skill levels increase in complexity from one grade level to another

KEY COMPETENCES AT GRADES 5 to 7 LEVEL
• Demonstrate skills of safety and health practices • Demonstrate improved skills in various sports activities • Demonstrate team work, fair play, discipline and true sportsmanship • Exhibit skills in design processes and drawing • Apply skills in making items from different materials • Demonstrate ability to compose music using musical notes. • Apply knowledge in translating musical notes • Demonstrate skills in modified conventional and traditional games • Demonstrate progressive skills in playing water games • Exhibit ability to play different types of musical instruments • Demonstrate marketing, entrepreneurial, technological and artistic skills.

GENERAL OUTCOME (S):

- Acquire knowledge and values on safety and health
- Develop skills in maintaining safety and health

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
5.1 Safety and Health	5.1.1 Safety	5.1.1.1 Explain the importance of appropriate dress in practical activities	• Storage • Equipment • Care • Space • Attire	• Dressing up • Critical thinking • creativity • Caring • Manipulation • Display	• Responsibility • Appreciation • Awareness • Adaptation • Safety •
		5.1.1.2 Perform activities to show how inappropriate dress can affect performance in practical activities			
		5.1.1.3 Demonstrate general safety			
		5.1.1.4 Design posters and visual signs for safety notification			

GENERAL OUTCOMES:

- Acquire knowledge, skills, positive attitudes and values in fundamental movement
- Develop skills to improve neuromuscular coordination through participation in a variety of activities in order to improve fitness, manipulation, co-ordination, correlation, observation and self-expression.
- Acquire knowledge, skills values and positive attitudes in practical activities to enhance talents, creativity, self-expression and aesthetic sense.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
5.2 Movement	5.2.1 Movement	5.2.1.1 Perform movement patterns for specific sports	• Mouse trap • Cut a tail • Dodge and run • Tag • Hoop bounce • agility • manipulation • catch • touch	• Catching • Sliding • Bouncing • Dodging • Turning	• Concentration • Courage • Self-esteem • coordination

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
5.3 Drawing and colouring	5.3.1 Imaginative Composition	5.3.1.1 Draw and colour pictures based on imagination	Composing pictures e.g. My family, Market place, Hunting, Village scenery	- creative thinking - drawing - colouring	- Appreciation - Craftsmanship - Creativity
	5.3.2 Figure drawing	5.3.2.1 Draw and colour figures in action	Composing pictures: e.g. Stick figures in action	- Creative thinking - Drawing - Colouring	- Appreciation - Creativity
		5.3.2.2. Draw and colour portraits.	- Portraits (Grid technique) - Tonal gradation		
5.4 Notation	5.4.1 Musical Notes	5.4.1.1 Identify musical notes 5.4.1.2 Recite and compose musical notes 5.4.1.3 Draw musical notes	Musical notes e.g. Minim, Crochet, Semi-quaver	- listening - Identification - Composing - Recitation	- Creativity - Appreciation - Application
5.5. Zambian Music	5.5.1 Harmony	5.5.1.1 Sing songs with harmonies	- Traditional harmonies - Popular harmonies	- Listening - Singing	- Application - Appreciation
	5.5.2. Style and Form	5.5.2.1 Describe the form and style of Zambian music	Style and Form of traditional and popular Zambian music	- Listening - Singing	- Application - Appreciation

GENERAL OUTCOME (S)

- Acquire knowledge, positive attitudes, skills, values and perform a variety of practical activities
- Develop skills to improve neuromuscular coordination through participation in a variety of practical activities

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
5.7 Educational gymnastics	5.7.1 Tumbling	5.7.1.1 Perform a series of tumbling activities	• Ladder • Horizontal bar • Pyramid building • Beams	• landing • Climbing • Twisting	• Concentration • Courage • Self-esteem • Coordination
	5.7.2 Stunts	5.7.2.1 Perform floor and balancing activities			
5.8 Health and Fitness Management	5.8.1 Health	5.8.1.1 Perform a series of physical activities with obstacles	• Obstacle • parallel bars • Mats • Hurdles • Press ups	• hanging • lying	• Appreciation • Responsibility • Endurance
	5.8.2 Fitness	5.8.2.1 Perform a series of developmental activities 5.8.1.1 Demonstrate isometric activities			

GENERAL OUTCOME (S)

- Acquire knowledge, skills, values and positive attitudes to perform various sports activities, music, games and dance
- Develop skills to improve neuromuscular coordination through participation in a variety of sports activities, music, games and dance to improve physical fitness
- Develop crafts skills in making artefacts

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
5.9 Sports Skills Development	5.9.1 Games (conventional modified games) 5.9.2 Track and Field events 5.9.3 Traditional Games	5.9.1.1 Demonstrate sporting skills 5.9.2.1 Perform field activities 5.9.3.1 Perform traditional games	• Mini Football • Dribble • kick • Mini netball • Volley ball • Long jump • High jump • Health related messages	• Passing • Dribbling • Catching • throwing	• Concentration • Team spirit • Self-esteem
5.10 Recreation	5.10.1 Dance 5.10.2 Environmental issues	5.10.1.1 Perform traditional dances with rhythm 5.10.1.2 Perform structured movement in dances. 5.10.2.1 Perform games with messages of environmental issues.	• Dance (Steps, Clap, Space, Sequence) • Structured movement e.g. (<i>kayowe</i>) • Simulation games (Computer games) • Environmental issues	• Dancing • Clapping • Singing • Coordination	• Appreciation • Team work
5.11 Constructional Crafts	5.11.1 knotting	5.11.1.3 Knot different items using local materials.	• Knotting (Holders, Storage)	• Creative thinking • Manipulation • Coordination	• Appreciation • Creativity • Resourcefulness

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
	5.11.2 Modelling 5.11.3 Papier Machè 5.11.4 Construction	5.11.2.1 Make items using different materials 5.11.2. 2 Make different items using mashed paper 5.11.3.1. Decorate finished Items 5.11.4.1. Construct toys using different materials	- Modelling e.g. (human figures, animals, birds, insects) - Papier Mache e.g. (cups, masks, hats, plates) - Decorating eg (firing, vanishing, painting) - Constructing eg (dolls, soft toys, cars, puppets)	- Manipulation - Creative thinking - Decorating	- Appreciation - Awareness - Resourcefulness - Craftsmanship
	5.11.5 Picture making	5.11.5.1 .Make collage pictures 5.11.5.2. Make mosaic pictures 5.11.5.3. Make montage pictures	- Collage - Mosaic - montage	- Creative thinking - manipulation	- Appreciation - Craftsmanship - Resourcefulness
	5.11.6 Carving	5.11.6.1. Carve simple items using suitable wood 5.11.6.2. Decorate finished carved items.	- Making of: E.g. (Spoons, Toys, Cooking sticks) - Simple patterns	- Creative thinking - Carving - Decoration	- Appreciation - Resourcefulness - Craftsmanship
	5.11.7 General crafts	5.11.7.1. Make different items using local materials	Making of: (Necklaces, mobiles, sculptures)	- Creative thinking - Manipulation	- Appreciation - Resourcefulness - Craftsmanship

GENERAL OUTCOME (S)

- Acquire knowledge, values and swimming skills
- Develop basic swimming skills

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
5.12 Swimming	5.12.1 Pool hygiene 5.12.2 Survival skills 5.12.3 Stroke 5.12.4. Water games	5.12.1.1 Demonstrate disadvantages of poor pool hygiene 5.12.1.2 Demonstrate simple skilled strokes 5.12.1.3 Perform group/pair competitions in metre races 5.12.3.4 Perform simple rescue skills 5.12.4.1 Perform simple water games in pairs and group	• Side stroke • Water games • Float • Water	• inhaling • pushing • pulling • floating	• Concentration • Courage • Self-esteem

GRADE 6**GENERAL OUTCOME (S):**

- Acquire knowledge, skills, positive attitudes and values on safety and health
- Develop skills in maintaining safety and health

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
6.1 Safety and Health	6.1.1 Safety 6.1.2 Environmental protection	6.1.1.1 Explain the importance of good health habits in practical activities 6.1.2.1 Perform a series of activities to show how in inappropriate dress can affect performance 6.1.2.1 Demonstrate safety rules on working areas 6.1.2.2 Perform activities to show how certain sports can have an effect on the environment or playground	• Inappropriate dress • Performance • Safety rules • Effect • Comfort	• Critical thinking • Creativity • leadership	• Responsibility • Appreciation • freedom

GENERAL OUTCOMES:

- Acquire knowledge, skills, positive attitudes and values in fundamental movement
- Develop skills that improve neuromuscular coordination in a variety of activities for fitness, manipulation, co-ordination, correlation, observation and self-expression.
- Acquire knowledge and skills in drawing, painting and pattern designing
- Acquire knowledge and values in music, to develop skills to enhance talents, creativity, self-expression and aesthetic sense.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
6.2 Movement	6.2.1 Movement	6.2.1.1 Demonstrate perceptual motor learning skills	• Traffic lights game • Follow the leader • Dribble and feint • balancing skills • manipulative skills • locomotor skills • non- locomotor skills	• Catching • Sliding • Bouncing • Dodging • Running • Jogging • Walking • Feinting • Throwing • Spinning	• Concentration • Courage • Self-esteem • Endurance • Leadership • Followership • Loyalty
6.3 Drawing and Colouring	6.3.1 Colour	6.3.1.1 Identify tertiary colours	• Intermediate colours (yellow-green, black-white) • Colour wheel	• Identification • Creative thinking • Designing	• Appreciation • Application
		6.3.1.2 Design a colour wheel			
	6.4.2. Imaginative Composition	6.1.2.1 Draw pictures based on the given themes	• Composing pictures showing light and dark (Market place, an argument, bus stop)	• Creative thinking • Drawing • Shading	• Appreciation • Curiosity • Craftsmanship • Imagination
	6.4.3 Still Life	6.1.3.1. Draw and shade pictures	• Still objects (bones, tools, flower pots)	• Creative thinking • Drawing • Shading	• Appreciation • Concentration • Craftsmanship

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
	6.4.4 Types of Patterns	6.4.4.1 Design different patterns using a motif	Types of Patterns (monochrome, Contrasting, Horizontal and vertical, rhythmic, traditional)	- Creative thinking - Designing	- Appreciation - Patience - Craftsmanship
6.5 Notation	6.5.1 Rhythm and tonic-sofa	6.5.1.1 Transcribe notes 6.5.1.2 Distribute notes into bars 6.5.1.3 Recite tonic-sofa 6.5.1.4 Clap rhythms	- Note duration - Bars and bar lines - Tonic-sofa - Rhythmic patterns	- Sequencing - Singing - Clapping - Transcribing	- Creativity - Coordination - Appreciation
6.6 African Music	6.6.1 Style and Form	6.6.1.1. Analyse the form and style of African music 6.6.1.2. Compose African music	- Style and form (Call and response harmony, repetition) - African music	- Composing - Analysis - Creative thinking	- Appreciation - Application - Self- expression
	6.6.2. Dancing	6.6.2.1. Create dances in response to African music.	African Dance	- Listening - Dancing - Creativity	- Appreciation - Application - Self-expression
	6.6.3. Instrument playing	6.6.3.1. Play African musical instruments	Drum, strum, rattle	- Composing - Performing - Analysis	- Appreciation - Application - Amusement
	6.6.4. Music Composition	6.6.4.1. Compose songs based on different themes using rhythmic and harmonic melody lines	Compose songs: (HIV and AIDS, Child abuse, water, Sanitation, Governance, Substance abuse, nutrition, health)	- Composing - Analysis	- Appreciation - Application - Awareness

GENERAL OUTCOME (S)

- Acquire knowledge, positive attitudes, skills, values and perform a variety of practical activities
- Develop skills to improve neuromuscular coordination through participation in a variety of practical activities

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
6.7 Educational gymnastics	6.7.1 Tumbling	6.7.1.1 Perform a series of tumbling activities in a sequence	• Rope • Horse • Take-off	• landing • Climbing • Taking off	• Concentration • Courage • Self-esteem
	6.7.2 Stunts	6.7.2.1 Perform refined floor activities			
6.8 Health and Fitness Management	6.8.1 Health	6.8.1.1 Perform a series of physical activities	• Obstacle • parallel bars • Circuit training stations	• hanging • lying	• Appreciation • Responsibility
	6.8.2 Fitness	6.8.2.1 Perform a series of developmental activities			

GENERAL OUTCOME (S)

- Acquire knowledge, skills, values and positive attitudes to perform various sports activities, games, music and dances
- Develop skills to improve neuromuscular coordination through participation in a variety of sports activities, games and dances to improve physical fitness
- Develop crafts skills using materials found in the environment

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
6.9 Sports Skills Development	6.9.1 Games (conventional and modified games) 6.9.2 Track and Field events 6.9.3 Traditional Games	6.9.1.1 Perform refined sports activities and games	• basket ball • soccer • discus • 100 meter relays • 400x4 meter relays • Trap • Jumps (long and high) • Orienteering • Find paths • Read maps • Read compass	• Passing • Dribbling • Catching • Throwing • Trapping • Jumping • Path finding • Map reading • Compass reading	• Concentration • Team spirit • Self-esteem • Courage
6.10 Recreation	6.10.1 Dance 6.10.2 Drug abuse	6.10.1.1 Perform dances with music from different cultures 6.10.2.1 Compose songs with messages on drug abuse.	• Dances (Steps, Clap, Space, Sequence) • Songs on drug abuse	• Creativity • Dancing • Composing	• Appreciation • Assertiveness • Coordination
6.11 Constructional Crafts	6.11.1 Weaving, plaiting and knotting	6.11.1.1. Make items using different techniques	• Weaving, plaiting and knotting	• Creative thinking • Manipulation • Coordination	• Appreciation • Resourcefulness

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
	6.11.2 Construction	6.11.2.1 Make different items using simple looms	Shawls, chair backs, table clothes, table mats	- Creative thinking - Manipulation - Design	- Appreciation - resourcefulness - craftsmanship
	6.11.3 Picture making	6.11.3.1. Describe different techniques of picture making 6.11.3.2. Compose various types of pictures	- Collage, mosaic, appliqué, montage - Picture composition	- Analytical - Creative thinking	- appreciation - resourcefulness - craftsmanship
	6.11.4 Carving	6.11.5.1. Carve traditional items from wood or stone. 6.11.5.2. Decorate finished carved items	- Sugar bowls - Drums, hoe/ axe handles - Incision	- Creative thinking - Manipulation	- Appreciation - Craftsmanship - Awareness - Safety
	6.11.5 General crafts	6.11.5.1. Make different types of decorations using local materials	Gourd cutting and paper decorations	- Creative thinking - Co-ordination	- Appreciation - Resourcefulness - Craftsmanship

GENERAL OUTCOME (S)

- Acquire knowledge, values and skills in swimming
- Develop basic swimming skills
- Acquire knowledge and skills in design processes.
- Acquire knowledge and skills in pool treatment

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
6.12 Swimming	6.12.1 Strokes	6.12.2.1 Demonstrate skilled strokes without Buoyancy	- Side stroke - Water games - Buoyancy (Life jackets/aids for swimming) - Treatment - Dive	- inhaling - pushing - pulling - floating - diving	- Concentration - Courage - Self-esteem - cleanliness
	6.12.2 Water games	6.12.2.2 Perform competitions in group/relay races			
6.13 Lettering and Poster Work	6.12.3 Survival skills	6.12.2.3 Perform simple water games in groups.	- Letter and number cutting - Poster making: (environmental issues, sports day, human rights.)	- Creative thinking - Cutting - Creative thinking - Designing	- Appreciation - Consistence - Appreciation - Craftsmanship - aesthetic
	6.12.4 Pool hygiene	6.12.3.1 Perform rescue skills			
6.13 Lettering and Poster Work	6.12.5 Pool treatment	6.12.4.1 Demonstrate advantages of pool hygiene	- Letter and number cutting - Poster making: (environmental issues, sports day, human rights.)	- Creative thinking - Cutting - Creative thinking - Designing	- Appreciation - Consistence - Appreciation - Craftsmanship - aesthetic
		6.12.5.1 Demonstrate the importance of treating the pool			
6.13 Lettering and Poster Work	6.13.1 Lettering	6.13.1.1. Design and make stencils	- Letter and number cutting - Poster making: (environmental issues, sports day, human rights.)	- Creative thinking - Cutting - Creative thinking - Designing	- Appreciation - Consistence - Appreciation - Craftsmanship - aesthetic
	6.13.2 Poster making	6.13.2.1. Make posters depicting different situations.			

GRADE 7

GENERAL OUTCOMES:

- Acquire knowledge and values in fundamental movements
 - Develop skills to improve neuromuscular coordination through participation in a variety of activities
 - Acquire knowledge, and develop skills in drawing and pattern designing.
- Acquire knowledge and develop skills and values in music

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
7.1 Drawing and Colouring	7.1.1 Colour	7.1.1.1 Identify complimentary colours	- Colours - Complimentary (red and green, yellow and violet, Blue and Orange) - Monochromatic (any single colour)	- Creative thinking - Application - Identification	- Appreciation - Awareness
		7.1.1.2 Use monochromatic colours for various designs..			

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
	7.1.2 Imaginative Composition	7.1.2.1. Draw and shade pictures depicting subjects of local and traditional interest. 7.1.2.2. Apply the principles of tonal variation.	- Composing pictures e.g. Portraits, Land Scape, Village scenery, Town scape. - Tonal gradation	- Creative thinking - Application - Shading	- Appreciation - Craftsmanship - Creativity
	7.1.3. Figure drawing	7.1.3.1. Draw figures in action	- Figure drawing - Persons in different postures	- Creative thinking - Drawing	- Appreciation - craftsmanship
7.2 Patterns	7.2.1 Types of Patterns	7.2.1.1. Use different media to make patterns	Patterns - Wax resist - Counter change, - Mechanical aids - print	- Creative thinking - Designing	- Appreciation - Resourcefulness - Awareness
7.3 Melody writing	7.3.1 The staff	7.3.1.1 Draw bass and treble clefs 7.3.1.2 Transcribe music on the staff 7.3.1.3 Extend motifs into melodies 7.3.1.4 Translate melodies 7.3.1.5 Transpose melodies	Staff notation: (spaces and lines, bass and treble, Transposition, Translation, Transcribe)	- Drawing - Transcribing - Translating	- Creativity - Appreciation
7.4 Popular World Music	7.4.1. Form and style	7.4.1.1. Analyse the form and style of popular world music 7.4.1.2 Perform world popular music	Popular world music	- Critical thinking - Analysis - Preforming	- Appreciation - Application - Creativity
	7.4.2. Instrument playing	7.4.1.1 Play popular musical instruments.	Strum, Blow, Rattle, Strike.	- Listening - Performing	- Appreciation - Application - Creativity - Team work
	7.4.3. Music composition	7.4.3.1 Compose songs using variations of world popular music.	Composing songs	- Creative thinking - Composing	- Appreciation - Application - Creativity

GENERAL OUTCOME (S)

- Acquire knowledge, positive attitudes, skills and values perform a variety of practical activities
- Develop skills to improve neuromuscular coordination through participation in a variety of practical activities

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
7.5 Educational gymnastics	7.5.1 Tumbling	7.5.1.1 Perform a series of Gymnastic activities	• Vaulting box • Wooden horse • Mats • Refined floor activities • Benches • balance	• landing • Climbing	• Concentration • Courage • Self-esteem
	7.5.2 Stunts				
7.6 Health and Fitness Management	7.6.1 Health	7.5.1.1 Perform a series of practical activities using obstacles	• Obstacle • Parallel bars • Circuit training • Stations • hurdles	• Hanging • Lying • Stopping	• Appreciation • Responsibility
	7.6.2 Fitness	7.5.1.2 Perform a series of developmental activities 7.6.2.1 Demonstrate simple circuit training			

GENERAL OUTCOME (S)

- Acquire knowledge, skills, values and positive attitudes to perform various sports activities, games and dances
- Develop skills to improve neuromuscular coordination through participation in a variety of sports activities, games music and dances to improve physical fitness
- Acquire knowledge, skills and understanding of their environment.

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
7.7 Sports Skills Development	7.7.1 Games (conventional modified games)	7.7.1.1 Perform refined sports activities 7.7.1.2 Demonstrate refined sporting skills 7.7.1.3 Perform refined fundamental athletic movements 7.7.1.4 Perform refined traditional games	• basket ball • discus • 400 meter relays • 800 x4 meter relays • Soccer • Orienteering	• Passing • Dribbling • Catching • Throwing • Trapping • Jumping	• Concentration • Team spirit • Self-esteem • Appreciation • Self • confidence
	7.7.2 Track and Field events				
	7.7.3 Traditional Games				
7.8 Recreation.	7.8.1 Dance	7.8.1.1 Perform dances with music from different cultures 7.8.1.2 Perform structured movement in dances	Dancing and singing (Steps, Clap, Space, Sequence)	• Clapping • Dancing	• Appreciation • Team work
	7.8.2 Health	7.8.1.3 Demonstrate a group Choreograph simple dance 7.8.2.1 Perform games and dances with health messages			
7.9 Constructional Crafts	7.9.1 Weaving plaiting and knotting	7.9.1.1 Make different items using materials in the local environment	Making of items e.g.: Decorative wall mats, Basket, Table Mats, Fish Traps, Reed Mats.	• Creative thinking • Manipulation	• Appreciation • Awareness • Resourcefulness • Craftsmanship • Creativity
	7.10.2. Modelling	7.10.2.1 Model items using different techniques. 7.10.2.2 Make papier machè models. 7.10.2.3. Decorate finished models.	• Models of items • Papier machè models • Decorating models	• Creative thinking • Manipulation	• Appreciation • Resourcefulness • Craftsmanship
	7.11.3 Construction	7.11.3.1. Construct different items using plastics and light metals.	Constructing items eg soft toys, cars, aeroplane, Insects	• Creative thinking • Manipulation	• Appreciation • Innovativeness • Craftsmanship
	7.12.4 Picture making	7.12.4.1 Make different pictures using paper	Collage, Mosaic and Montage.	• Creative thinking • Manipulation	• Appreciation • Resourcefulness
	7.12.5 Book craft	7.12.5.1. Repair books by binding using different materials.	• Book repairing	• Binding	• Appreciation • Awareness • Resourcefulness

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
	7.12.6 .Carving	7.12.6.1. Carve different items 7.12.6.2 Decorate carvings using traditional patterns.	• Masks and Stools • Decorations	• Creative thinking • Carving	• Awareness • Appreciation
	7.12.7 General crafts	7.12.7.1 Make different items using man-made and natural materials.	E.g. egg decorations, twig decorations and Bead work	• Creative thinking • Manipulation • Identification	• Adaptation • Resourcefulness • Creativity

GENERAL OUTCOME (S)

- Acquire knowledge, values and skills in swimming
- Develop basic swimming skills
- Gain practical experience of lettering and poster designing processes

Topic	Sub-Topic	Specific Outcomes	Content		
			Knowledge	Skills	Values
7.13 Swimming	7.13.4 Strokes 7.13.5 Water games 7.13.6 Survival skills 7.13.7 Pool hygiene 7.13.5 Pool treatment	7.13.7.1 Demonstrate strokes with correct timing. 7.13.2.1 Perform water games in groups. 7.13.3.1 Demonstrate how to rescue a drowning person. 7.12.3.2 Demonstrate how to apply first aid. 7.13.4.1 Demonstrate advantages of pool hygiene 7.13.5.1 Demonstrate how to treat the pool	- Side stroke - Water games (Baseball, Basketball, polo) - Spring board - Diving - Rescue - Drown - First Aid - Clean	- Rescuing - inhaling - pushing - pulling - Kiss of life	- Concentration - Courage - Self-esteem
7.14 Lettering and Poster Work	7.14.1 Lettering	7.14.1.1 Design block and Roman letters 7.14.1.2 Create basic calligraphy	Letter spacing, block and roman lettering and Calligraphy.	• Creative thinking • Lettering	• Appreciation • Craftsmanship

	7.14.2 Posters	7.14.2.1 Design posters depicting different themes. 7.14.2.2. Convey messages clearly on posters.	• Poster making e.g. conservation, Social activities • Convey messages.	• Creative thinking • Designing	• Appreciation • Creativity • Craftsmanship
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