CHINGOLA DISTRICT EDUCATION BOARD

ZONE B COMMON SCHEMES OF WORK GRADE 7

SUBJECT: EXPRESSIVE ARTS TERM: TWO YEAR: 2021

WEEK	UNIT	TOPIC	SUB- TOPIC	SPECIFIC OUTCOMES	REFERENCES
1	5	EDUCATIONAL GYMNASTICS	TUMBLING	Ls: • Perform series of gymnastics activities.	Grade seven syllabus 2013. Long man pupils book Grade 7 page 37- 39 PAST PAPERS
2	5	EDUCATIONAL GYMNASTICS	STUNTS	• Perform refined stunt activities.	Grade 7 syllabus 2013. Long man pupils book Grade 7 page 39-41. PAST PAPERS
3	6	HEALTH AND FITNESS MANAGEMENT	HEALTH	• Perform a series of physical activities.	Grade 7 syllabus 2013. Long man pupils book Grade 7 page

					42 -44. PAST PAPERS
4	6	HEALTH AND FITNESS MANAGEMENT	FITNESS	• Perform a series of developmental activities. • Demonstrate simple circuit training.	Grade seven syllabus 2013 Long man pupils book Grade 7 page 44-49. PAST PAPERS
5	7	SPORTS SKILLS DEVELOPMENT	GAMES (CONVENTIONAL MODIFIED GAMES)	• Perform refined sports activities and games. • Demonstrate refined sporting skills.	Grade 7 syllabus 2013. Long man pupils book Grade 7 page 50 – 60. PAST PAPERS
6	7	SPORTS SKILLS DEVELOPMENT	TRACK AND FIELD EVENTS	• Perform track and field events.	Grade 7 syllabus 2013. Long man pupils book Grade 7 page 61-64. PAST PAPERS

7	7	SPORTS SKILLS DEVELOPMENT	TRADITIONAL GAMES	• Demonstrate simple traditional game. • Perform refined traditional game.	Grade 7 syllabus 2013. Long man pupils book. Grade 7 page 64-65. PAST PAPERS
8	8	RECREATION	DANCE	• Perform dances with music from different cultures.	Grade 7 syllabus 2013. Long man pupils book Grade 7 page 68 – 70. PAST PAPERS
9	8	RECREATION	DANCE	• Perform structured movement in dance.	Grade 7 syllabus 2013. Long man pupils book Grade 7 page 71-75. PAST PAPERS
10	8	RECREATION	DANCE	• Demonstrate a group	Grade 7 syllabus 2013

				choreography/simple dance. • Perform games and dances with a health message.	Long man pupils book grade 7 page 75-76. PAST PAPERS
11 12	9	CONSTRUCTIONAL CRAFTS	Weaving plaiting and knotting	• Make an item using different techniques. • Make various weaved, plaited and knotted items.	Grade 7 syllabus 2013. Long man pupils book grade 7 page 78-79. 12 PAST PAPERS
13 and 14	REVISION AND MOCK EXAMINATION				