

MINISTRY OF EDUCATION
STEPS PROGRAMME PORTFOLIO

APRIL 2023-JULY 2023.

JORDAN HILL PRESBYTERIAN
SCHOOL

STANDARD FIVE DEPARTMENT

PHYSICAL EDUCATION

WARM UP ACTIVITIES

Space Awareness



Butt Kicks



Knee Raises



Planks



COOL DOWN EXERCISES

Running





Skipping

GAMES

Cricket





Duck Duck Goose



Farmer in the den





Musical Hoops





AGRICULTURAL SCIENCE













SOCIAL STUDIES

Know Your Country





Knolley's Tunnel





The Emperor Valley Zoo





V.C.C.E.













INTEGRATED ARTS







