

1.0 Creating and Executing: Drawing and Painting

Lesson 1: Introduction to Drawing and Painting

- **Drawing** is using a pencil, crayon, or any tool to make pictures on paper.
- **Painting** is using colors and brushes to make pictures colorful.

Lesson 2: What is Colour Mixing?

- **Colour mixing** means mixing two or more colors to create a new color.
- For example, mixing red and yellow makes **orange**.

Lesson 3: Materials for Colour Mixing

- We can use watercolors, paints, and brushes to mix colors.
- You also need paper to paint on.

Lesson 4: Mixing Colours Using Spraying and Blowing Techniques

- **Spraying**: Put paint in a spray bottle and spray it on paper to mix colors.
- **Blowing**: Use a straw to blow paint drops on paper, making new colors.

Lesson 5: Drawing with Shapes

- **Regular shapes**: Circles, squares, triangles.
- **Irregular shapes**: Shapes that don't have equal sides.
- Use these shapes to draw simple pictures like houses, animals, or trees.

Lesson 6: Painting for Self-Expression

- **Self-expression** means showing your feelings through your painting.
- Paint a picture that shows how you feel—happy, sad, excited.

Lesson 7: Appreciating Made Pictures

- **Appreciate** means to like and understand something.
- Look at the pictures you and your classmates made. Talk about what you like in each picture.

1.0 Creating and Executing: Rhythm and Pattern Making

Lesson 1: Understanding Sounds

- **Long sounds**: Sounds that last a long time, like a drumbeat.

- **Short sounds:** Sounds that are quick, like a clap.

Lesson 2: Exploring Body Percussion

- **Body percussion:** Making music using your body.
- You can **clap** your hands, **tap** your feet, **snap** your fingers, or **stamp** your feet to make different sounds.

Lesson 3: Making Simple Rhythms

- A **rhythm** is a pattern of sounds.
- Use long and short sounds to create a simple rhythm. For example, clap-clap-tap-tap.

Lesson 4: Moving in Rhythm

- Draw basic shapes (circle, square) on the floor.
- Walk or move around these shapes in time with the rhythm.

Lesson 5: Introduction to Print Making

- **Print making:** Creating patterns or pictures by stamping objects dipped in paint on paper.
- Use objects like leaves or bottle caps to make prints.

Lesson 6: Making Patterns

- A **pattern** is a repeated design.
- Create patterns using the prints you made. For example, leaf-bottle cap-leaf-bottle cap.

Lesson 7: Creating Random Repeat Patterns

- **Random** means in no particular order.
- Find objects around you and make patterns by printing them randomly.

Lesson 8: Appreciating Rhythms and Patterns

- Talk about the patterns and rhythms you created.
- How do they make you feel? Do you like them?

1.0 Creating and Executing: Pushing and Pulling

Lesson 1: Understanding Pushing and Pulling

- **Pushing** is when you move something away from you, like pushing a door to open it.
- **Pulling** is when you bring something closer to you, like pulling a rope in a tug-of-war game.

Lesson 2: Where Do We Push and Pull?

- We use pushing and pulling in many activities, like:
 - Pushing a swing to make it move.
 - Pulling a chair to sit down.
- These actions help us understand where our body is in space.

Lesson 3: Practicing Pushing

- **Activity:** Try pushing a heavy object, like a box, across the floor.
- Notice how your arms and legs feel when you push.

Lesson 4: Practicing Pulling

- **Activity:** Try pulling a rope or a bag towards you.
- Feel how your muscles work when you pull.

Lesson 5: Flexibility Through Pushing and Pulling

- **Flexibility** means how easily you can move your body.
- Pushing and pulling help make your body more flexible.
- **Activity:** Stretch your arms by pushing and pulling an elastic band or a towel.

Lesson 6: Strengthening Through Pushing and Pulling

- **Strength** means how strong your muscles are.
- **Activity:** Push against a wall or pull on a heavy object to make your muscles stronger.

Lesson 7: Watching Pushing and Pulling Activities

- **Activity:** Watch a video or demonstration of people pushing and pulling in games and sports.
- Notice how they use their bodies to move things.

Lesson 8: Singing Songs While Pushing and Pulling

- **Activity:** Sing a fun song while doing pushing and pulling exercises. This makes the activity enjoyable and helps you keep rhythm.

Lesson 9: Playing Pushing and Pulling Games

- **Activity:** Play a game like tug-of-war with your friends. Remember to be safe and gentle.
- This helps you use your pushing and pulling skills in a fun way.

Lesson 10: Enjoying Pushing and Pulling

- Pushing and pulling can be fun! They make your body strong and flexible.

Enjoy these activities and practice them safely.

1.0 Creating and Executing: Skipping

Lesson 1: What is Skipping?

- **Skipping** is a way of moving by hopping on one foot and then the other.
- It's like jumping, but you move forward or in different directions.

Lesson 2: Skipping Forward

- **Forward skipping** means moving ahead while skipping.
- **Activity:** Practice skipping from one end of the room to the other, moving forward.

Lesson 3: Skipping Backward

- **Backward skipping** is when you skip in reverse.
- **Activity:** Try skipping backward slowly, making sure to look where you're going.

Lesson 4: Skipping to the Right and Left

- **Right skipping** means skipping to your right side.
- **Left skipping** means skipping to your left side.
- **Activity:** Skip to the right, then to the left, making sure to stay balanced.

Lesson 5: Skipping in a Straight Line

- **Straight line skipping** is moving in a straight path.
- **Activity:** Draw a line on the ground with chalk or tape and skip along the line.

Lesson 6: Skipping in a Curved Line

- **Curved skipping** is skipping along a curved path, like a rainbow.
- **Activity:** Draw a curved line and skip along it, following the bend.

Lesson 7: Skipping in a Circular Path

- **Circular skipping** means moving in a circle while skipping.
- **Activity:** Draw a big circle on the ground and skip around it.

Lesson 8: Skipping in a Zigzag Pattern

- **Zigzag skipping** is moving in a zigzag shape, like a lightning bolt.

- **Activity:** Draw a zigzag pattern and skip along it, changing direction at each point.

Lesson 9: Making Patterns While Skipping

- **Patterns:** Skipping in different directions to create designs or shapes.
- **Activity:** Combine different types of skipping (forward, backward, zigzag) to create your own skipping pattern.

Lesson 10: Appreciating Skipping

- Skipping in different directions helps with **balance** and **strength**.
 - Enjoy the fun and challenge of moving in different ways while skipping!
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1.0 Creating and Executing: Collage

Lesson 1: What is a Collage?

- A **collage** is a picture made by cutting and pasting different materials like paper, fabric, or photos onto a surface.

Lesson 2: Identifying Materials for a Collage

- **Materials:** Paper, magazines, glue, scissors, fabric pieces.
- **Activity:** Look around your classroom or home and find items you can use in your collage.

Lesson 3: Preparing Materials for a Collage

- **Activity:** Cut out shapes, pictures, or colors from old magazines or paper.
- Arrange them before pasting to see how your collage will look.

Lesson 4: Creating a Collage for Self-Expression

- **Self-expression:** Use your collage to show your feelings or tell a story.
- **Activity:** Create a collage that represents something you love, like your favorite animal or hobby.

Lesson 5: Pasting and Finishing Your Collage

- **Activity:** Glue the pieces onto a background, arranging them how you like.
- Let it dry, then share your collage with others.

Lesson 6: Appreciating Collage as Art

- A collage is a fun and creative way to express yourself.

Activity: Look at your classmates' collages and talk about what you like in each one

Lesson 1: Understanding Melody

- A **melody** is a sequence of notes that sound nice together, like a song you can hum.
- Melodies can change in rhythm, tempo, volume, text, and pitch.

Lesson 2: Variation in Rhythm

- **Rhythm** is the pattern of sounds in music.
- **Activity:** Clap or tap to different rhythms, noticing how they change.

Lesson 3: Variation in Tempo

- **Tempo** is the speed of the music—**slow** or **fast**.
- **Activity:** Sing a song slowly, then sing it fast, and notice the difference.

Lesson 4: Variation in Volume

- **Volume** means how loud or soft the music is.
- **Activity:** Sing a song softly, then loudly, and notice how it feels.

Lesson 5: Variation in Pitch

- **Pitch** is how high or low a note sounds.
- **Activity:** Practice singing high and low notes, like "do-re-mi."

Lesson 6: Melodic Patterns on Improvised Percussions

- **Improvised percussion:** Making music with things around you like bottles, sticks, or cans.
- **Activity:** Use these items to create different melodic patterns by varying rhythm, tempo, and pitch.

Lesson 7: Creating Your Own Melodies

- **Activity:** Make your own melody using different rhythms, tempos, and pitches.
- Share your melody with the class.

Lesson 8: Applying Performance Directions

- **Performance directions** tell you how to play or sing a song (slow, fast, loud, soft).
- **Activity:** Follow these directions while singing or playing a simple song.

Lesson 9: Enjoying Melodies

- **Activity:** Listen to different melodies and talk about how they make you feel.
 - Enjoy experimenting with creating and performing melodies!
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1.0 Creating and Executing: Weaving

Lesson 1: What is Weaving?

- **Weaving** is a way of making a pattern by crossing strips of material over and under each other.

Lesson 2: Identifying Plain Weaves

- **Plain weave:** The simplest type of weave, where the strips go over and under in a basic pattern.
- **Activity:** Look at different woven items like baskets, mats, or fabrics, and notice the plain weave pattern.

Lesson 3: Materials and Colours for Weaving

- **Materials:** Paper, fabric, or any flexible strips.
- **Colours:** Choose two different colours to make your weave more interesting.

Lesson 4: Creating a Plain Weave Paper

- **Activity:** Cut strips of paper in two colours.
- Start weaving by going over and under with one strip at a time until you have a complete weave.

Lesson 5: Appreciating Plain Paper Weaves

- **Activity:** Look at your finished weave and those of your classmates.

Talk about the colours and patterns you see and what you like about them.

2.0 Performing and Displaying: Rounds

Lesson 1: What is a Round?

- A **round** is a type of song where different groups sing the same melody, but start at different times.
- **Two-part round:** Two groups singing the same melody but starting at different times.

- **Three-part round:** Three groups doing the same, with even more layers.

Lesson 2: Identifying a Round Performance

- **Activity:** Listen to a round and notice how different voices enter at different times.
- **Discussion:** Talk about how it sounds and how many parts you hear.

Lesson 3: Singing Your Part in a Round

- **Posture:** Stand up straight and be ready to sing.
- **Accuracy of Tune:** Sing the correct notes and stay on pitch.
- **Clarity of Words:** Speak clearly so everyone can understand the words.
- **Entries:** Start singing at the right time according to your group's part.
- **Keeping to Own Part:** Focus on your part and don't get mixed up with others.

Lesson 4: Describing the Message in a Round

- **Activity:** After singing a round, talk about what the song is about.
- **Discussion:** Share what you think the message or story of the round is.

Lesson 5: Enjoying Singing in a Round

- **Activity:** Sing the round again, focusing on the fun of making music together.
 - **Discussion:** Share what you enjoyed about singing in a round.
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2.0 Performing and Displaying: Galloping

Lesson 1: What is Galloping?

- **Galloping** is a movement that combines a step and a hop.
- It's like how horses move, hopping from one foot to the other.

Lesson 2: Galloping Forward

- **Activity:** Practice galloping forward in a straight line.
- Focus on moving smoothly and evenly.

Lesson 3: Galloping Left and Right

- **Activity:** Gallop to the left and then to the right.
- **Exercise:** Practice changing directions while maintaining a steady rhythm.

Lesson 4: Galloping in Patterns

- **Straight Patterns:** Gallop in a straight line.
- **Curved Patterns:** Gallop in a curved path, like a wide turn.
- **Circular Patterns:** Gallop in a circle, following a round path.
- **Zigzag Patterns:** Gallop in a zigzag shape, changing direction quickly.

Lesson 5: Galloping for Agility and Coordination

- **Activity:** Combine different galloping directions and patterns to improve agility and coordination.
- Practice moving quickly and smoothly.

Lesson 6: Enjoying Galloping Games

- **Activity:** Play games that involve galloping, such as races or obstacle courses.
- **Discussion:** Talk about what makes galloping fun and how it helps with movement skills.

2.0 Performing and Displaying: Sculpture (Toy Assemblage)

Lesson 1: Understanding Toy Assemblage

- **Toy Assemblage:** Making toys by combining different pieces or materials.
- **Activity:** Look at examples of toys made from various parts and materials.

Lesson 2: Recognizing Assemblage Toys

- **Activity:** Identify toys that are made from assembling different items, like toy robots made from various parts.

Lesson 3: Exploring Tools and Materials

- **Tools:** Scissors, glue, tape, and any items that can help you combine pieces.
- **Materials:** Paper, plastic bottles, cardboard, buttons, and other items you can use.

Lesson 4: Making Toys with Different Materials

- **Activity:** Use materials like paper, plastic, and cardboard to create your own toy.
- Combine parts to make something new, like a toy car or a robot.

Lesson 5: Enjoying Your Toys

- **Activity:** Play with the toys you made.
- Share your creations with friends and discuss what you like about them.

2.0 Performing and Displaying: Forward Roll and V-Balance

Lesson 1: Understanding the Forward Roll

- **Forward Roll:** A movement where you roll from a standing position onto your back and back to your feet.
- **Activity:** Watch a demonstration of the forward roll and discuss how it's done.

Lesson 2: Identifying Body Parts for Forward Roll

- **Body Parts:** Hands, shoulders, and back.
- **Activity:** Practice using these body parts to help with rolling safely.

Lesson 3: Making Markers for Forward Roll

- **Markers:** Use mats or soft objects to create a safe area for rolling.
- **Activity:** Place markers on the floor to guide your rolling path.

Lesson 4: Performing the Forward Roll

- **Activity:** Practice rolling forward, focusing on using your hands and shoulders to support the roll.
- Try to roll smoothly and safely.

Lesson 5: Understanding V-Balance

- **V-Balance:** Balancing on your feet and hands in a V shape, with your body forming a V.
- **Activity:** Watch a demonstration and practice holding the V shape.

Lesson 6: Identifying Body Parts for V-Balance

- **Body Parts:** Hands, feet, and core muscles.
- **Activity:** Practice balancing on your hands and feet, keeping your body in a V shape.

Lesson 7: Performing the V-Balance

- **Activity:** Hold the V-Balance position for a few seconds, then try again.
- Focus on keeping your body straight and balanced.

Lesson 8: Enjoying Forward Roll and V-Balance

- **Activity:** Combine forward rolls and V-Balance in a fun routine.
- Discuss how these movements help with flexibility and balance, and enjoy practicing them.

2.0 Performing and Displaying: Playing String Musical Instruments

Lesson 1: Introduction to String Musical Instruments

- **String Instruments:** Instruments that make sound by vibrating strings.
- Examples: **Fiddles**, **ground bows**, and **mouth bows** from various Kenyan communities.

Lesson 2: Identifying String Instruments

- **Activity:** Look at pictures or listen to recordings of string instruments from different Kenyan communities.
- Discuss how they are used in music and ceremonies.

Lesson 3: Improvising a String Musical Instrument

- **Materials:** Use items like empty boxes, rubber bands, and sticks to create your own string instrument.
- **Activity:** Assemble these materials to make a simple fiddle or bow.

Lesson 4: Playing the Improvised String Instrument

- **Activity:** Experiment with your homemade instrument. Strum or pluck the strings to create sounds.
- Practice playing simple tunes or rhythms.

Lesson 5: Appreciating String Instruments

- **Activity:** Listen to music played on traditional string instruments.
- **Discussion:** Share what you like about these instruments and how they are used in Kenyan culture.

2.0 Performing and Displaying: Modelling and Ornament Making

Lesson 1: Understanding Bead Modelling

- **Bead Modelling:** Making beads from materials like clay or pellets.
- **Activity:** Look at different kinds of beads and how they are used in ornaments.

Lesson 2: Identifying Modelled Beads

- **Activity:** Examine beads that have been made and used in various crafts.
- **Discussion:** Talk about their shapes, sizes, and colors.

Lesson 3: Modelling Beads Using Pellet Technique

- **Pellet Technique:** Using small pellets of clay or dough to create beads.
- **Activity:** Roll and shape pellets into beads of different sizes.

Lesson 4: Decorating Beads by Painting

- **Activity:** Paint your beads using different colors and patterns.
- **Discussion:** Decide on designs that make your beads look interesting and unique.

Lesson 5: Making a Beaded Ornament

- **Activity:** String your painted beads to make a necklace, bracelet, or other ornament.
- **Creation:** Arrange the beads in a pattern you like and use string or wire to put them together.

Lesson 6: Appreciating Bead Making

- **Activity:** Look at and discuss various beaded ornaments.
- **Discussion:** Share what you enjoyed about making beads and how they can be used in decorations.

3.0 Appreciation: The Kenya National Anthem

Lesson 1: Introduction to the Kenya National Anthem

- **Text:** Learn the text of the first stanza of the Kenya National Anthem in Kiswahili.
- **Activity:** Recite the first stanza and discuss its meaning.

Lesson 2: Understanding the Message in the Anthem

- **Message:** The first stanza of the anthem talks about unity, peace, and patriotism.
- **Activity:** Discuss what the words of the anthem mean and why they are important for Kenya.

Lesson 3: Occasions for Hoisting the National Flag

- **Occasions:** National holidays, school assemblies, visits from heads of state, national meetings.
- **Activity:** List and discuss the events when the national flag is raised.

Lesson 4: Performance Etiquette

- **Etiquette:** Stand up straight, face the flag, and sing with respect.
- **Activity:** Practice singing the anthem while observing proper etiquette.

Lesson 5: Appreciating the Anthem

- **Activity:** Reflect on how singing the anthem can foster patriotism and national pride.
- **Discussion:** Share your thoughts on why it is important to appreciate and respect the national anthem.

3.0 Appreciation: Water Safety Awareness

Lesson 1: Identifying Water Points and Bodies

- **Water Points:** Rivers, lakes, ponds, wells, and taps in your locality.
- **Activity:** Make a list of water sources in your area and mark them on a simple map.

Lesson 2: Understanding Water Dangers

- **Dangers:** Drowning, contamination, slipping near water bodies.
- **Activity:** Discuss the risks associated with different water sources and how they can affect safety.

Lesson 3: Observing Water Safety

- **Safety Tips:** Always swim with an adult, never play near water unsupervised, and ensure water sources are clean.
- **Activity:** Role-play different scenarios to practice safety around water points.

Lesson 4: Appreciating Water Safety

- **Activity:** Reflect on how staying safe around water is important for life skills and personal safety.
- **Discussion:** Share ways you can help others stay safe around water in your community.
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