

**Ministry of Education, HRD, Youth Affairs and Sports**  
**Curriculum, Measurement and Evaluation Unit.**

**KS1 Workshop – Physical Education and Sports**

- ~9:00 – **Welcome/Prayer**
- ~9:15 - **Overview of Curriculum Guide**  
*K teachers set the foundation for Physical Education and sports in schools therefore they play the most critical role in either making or breaking a potential elite athlete. In K, teachers should place emphasis on basic movement and not stress too much on the actual sport. They play games that will lead up to the sports.*  
**Critic of guide**
- ~9:30 **How to use the curriculum guide (units, plans/lessons)**
- ~9:45 **How to organize a class/session** (indoor and outdoor).  
Advantages/disadvantages of different forms of organization (outdoor session).
- ~10:00 **Activities for the class/session**
- ~10:30 **BREAK**
- ~10:50 **Activities for the class/session** (rainy day sessions)
- ~11:30 **Equipment for PE. (Integration with other subjects)**
- ~12:00 **Feedback from teachers** (What is preventing/hindering the teaching of physical Education and sports in schools?)
- ~12:30 Closing