


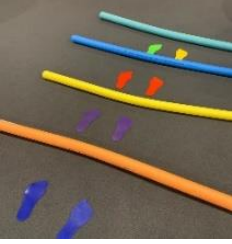

PHYSICAL EDUCATION LESSON PLAN TERM 2 WEEK 4

Name:					Age Group: Diamond Level
Unit: Locomotor Skills					Lesson No: 7, 8
Unit Objective: Jumping (relationship awareness)					
Class:	Class Size:	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Whistle, hoops, ground markers, tapes	Date:

Lesson Objectives:	Psychomotor	<ul style="list-style-type: none"> ▪ Jump vertically for 3 times while carrying a basketball in the hands without dropping ▪ Jump horizontally for 5 times while carrying a basketball in the hands without dropping ▪ Jump over a low hurdle ▪ Jump from a low height
	Cognitive	
	Affective	Demonstrate self-determination and motivation to participate

Assumptions on Student Learning:	
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Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
Start: Ensure students are feeling well, reminders to mask-off during lesson, go through lesson schedule					
	<ul style="list-style-type: none"> ▪ Increase core temperature to prepare body for exercise ▪ Increase blood flow to muscles 	<ul style="list-style-type: none"> ▪ Dynamic Warm Up ▪ Run/walk 5 rounds around the perimeter of hall 		<u>Dynamic Warm Up</u> <ul style="list-style-type: none"> ▪ Jog on the spot ▪ Arm rotations (front and back) ▪ Torso rotations ▪ High knees ▪ Calf raises 	10 mins
Transition 1: Water break					
	Jump vertically for 3 times while carrying a basketball in the hands without dropping		Teacher will give instruction, "Ready, Set, Go", and student to jump up and down, with both feet landing, inside a hoop, place on the floor, while carrying a ball		20 mins
Transition 2: Water break					
	Jump horizontally for 5 times while carrying a basketball in the hands without dropping		Student to stand at the first line, while carrying a ball. Teacher will give instruction, "Ready, Set, Go", and student to jump over the line until the finishing point.		20 mins
Transition 3: Water Break					

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
	<p>Jump over a low hurdle</p> <p>Jump from a low height</p>		<p>Place equipment as shown. Teacher will give instruction, "Ready, Set, Go", and student to jump over the noodles, place on the floor.</p> <p>Place equipment as shown. Teacher will give instruction, "Ready, Set, Go", and student to jump over the low hurdles, place on the floor.</p>	 	
Transition 4: Water Break					
	<ul style="list-style-type: none"> To return the muscles trained to their original resting length Prevent injury and reduce lactic acid build-up 	Static Cool Down		<p><u>Static Cool Down</u></p> <ul style="list-style-type: none"> Neck stretch Deltoid stretch Tricep stretch Side stretch Quadricep stretch Calf stretch 	5 mins
Close: Recap of the lesson, student reflection on the lesson					

Reflections (Choose 1 aspect of the lesson to reflect on – positive or negative one. It can be written in point form – not more than 1 page)

1. What happened? (What did my students do? What did I do?)
2. Why? (Why did I think things happened this way? Why did I choose to act the way I did?)
3. So what? (What have I learnt from this?)
4. Now what? (What do I want to remember to think about in a similar situation? How do I want to act in future?)