



PHYSICAL EDUCATION LESSON PLAN TERM 2 WEEK 2

Name:					Age Group: Diamond Level
Unit: Locomotor Skills					Lesson No: 3, 4
Unit Objective: Jumping (horizontally)					
Class:	Class Size:	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Whistle, hoops, ground markers, tapes	Date:

Lesson Objectives:	Psychomotor	Jump horizontally continuously for 5 times
	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 horizontally continuously for 5 times	<u>Jump from 1 ground marker to another</u>	<ul style="list-style-type: none"> Place ground markers in a straight line as shown Students to jump from one ground marker to another 		20 mins
Transition 2: Water break					
	Jump horizontally continuously for 5 times	<u>Tape jumping game</u>	<ul style="list-style-type: none"> Students to stand at the starting line Upon hearing "Ready, Set, Go!", students to jump forward to reach the second line, third line, and so on 		20 mins
Transition 3: Water Break					

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
	<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		<u>Static Cool Down</u> <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?)