

Physical Education Unit Plan

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| School / Teacher | | MINDS Fernvale Gardens School | Implementation Period | Term 2 |
| Student Age Group | | Diamond Level | Lesson Frequency | 2 times a week |
| Classes | | D1A, D2A | Lesson Duration | 1 hour |
| | | D1P | | |
| Learning Area | | Fundamental Movement Skills | | |
| Topics (of Learning Area) covered in Unit | | Locomotor Skills – Jumping & Hopping | | |
| Lesson No. | Week | Lesson Focus | | |
| 1 | T2W1 | Effort Awareness ▪ <i>Jump vertically</i> | | |
| 2 | | Effort Awareness ▪ <i>Jump vertically</i> | | |
| 3 | T2W2 | Effort Awareness ▪ <i>Jump horizontally</i> | | |
| 4 | | Effort Awareness ▪ <i>Jump horizontally</i> | | |

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| 5 | T2W3 | Space Awareness <ul style="list-style-type: none"> ▪ <i>Jump backwards</i> ▪ <i>Jump from ground marker to another</i> ▪ <i>Jump in hoops</i> |
| 6 | | Space Awareness <ul style="list-style-type: none"> ▪ <i>Jump backwards</i> ▪ <i>Jump from ground marker to another</i> ▪ <i>Jump in hoops</i> |
| 7 | T2W4 | Relationship Awareness <ul style="list-style-type: none"> ▪ <i>Jump while carrying an object</i> ▪ <i>Jump from a low height</i> |
| 8 | | Relationship Awareness <ul style="list-style-type: none"> ▪ <i>Jump while carrying an object</i> ▪ <i>Jump from a low height</i> |
| 9 | T2W5 | Effort Awareness <ul style="list-style-type: none"> ▪ <i>Hop on either leg according to a given signal</i> |
| 10 | | Effort Awareness <ul style="list-style-type: none"> ▪ <i>Hop on either leg according to a given signal</i> |
| 11 | T2W6 | Effort Awareness <ul style="list-style-type: none"> ▪ <i>Hop on one leg and change leg when given the signal</i> |
| 12 | | Effort Awareness <ul style="list-style-type: none"> ▪ <i>Hop on one leg and change leg when given the signal</i> |

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| 13 | T2W7 | Space Awareness <ul style="list-style-type: none"> ▪ <i>Hop along a straight line</i> ▪ <i>Hop in and out of hoops</i> |
| 14 | | Space Awareness <ul style="list-style-type: none"> ▪ <i>Hop along a straight line</i> ▪ <i>Hop in and out of hoops</i> |
| 15 | T2W8 | Relationship Awareness <ul style="list-style-type: none"> ▪ <i>Hop while carrying an object</i> |
| 16 | | Relationship Awareness <ul style="list-style-type: none"> ▪ <i>Hop while carrying an object</i> |
| 17 | T2W9 | Obstacle Course <ul style="list-style-type: none"> ▪ <i>Combination of all learning objectives</i> |
| 18 | | Obstacle Course <ul style="list-style-type: none"> ▪ <i>Combination of all learning objectives</i> |
| 19 | T2W10 | Revision & Assessment |
| 20 | | |