



PHYSICAL EDUCATION LESSON PLAN TERM 1 WEEK 8



Name:					Age Group: 9-12 years old
Unit: Basketball Level 1-3 (Object Control)					Lesson No: 11, 12
Unit Objective: Catch below waist					
Class:	Class Size:	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Basketballs, equipment required for circuit training	Date:




Lesson Objectives:	Psychomotor	Catch a ball below the waist with 2 hands
	Cognitive	
	Affective	Demonstrate self-determination and motivation to participate

Assumptions on Student Learning:	
---	--

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					
1.	<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 5 rounds around perimeter of basketball court 		<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					
2.	<ul style="list-style-type: none"> ▪ Engage upper and lower body muscles ▪ Build strength, muscular and cardiovascular endurance 	Circuit Training (30 seconds each station) Students will complete each station consecutively before rest <ul style="list-style-type: none"> ▪ Shuttle run ▪ Modified front raises (with stick) ▪ Battle rope (level 1) ▪ Hammer curl (with 1 dumbbell) 	<u>Shuttle Run</u> <ul style="list-style-type: none"> ▪ Students will run the width of the basketball court 4 times 		15 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Modified front raises (with stick)</u></p> <ul style="list-style-type: none"> ▪ Hold the stick with a pronated grip ▪ Stand straight with legs hip-width apart ▪ Push chest out and shoulders backward ▪ Slowly lift the stick up to shoulder level. Keep arms straight or elbows slightly bent ▪ Lower arms to starting position <p><u>Battle rope level 1</u></p> <ul style="list-style-type: none"> ▪ Bilateral waves <ul style="list-style-type: none"> ○ Start with feet hip-width apart ○ Hold 1 rope in each hand ○ Bend knees slightly, bring shoulders back ○ Swing both ropes up to just below shoulder height at the same time, then swing them back down 	 	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Hammer curl (with 1 dumbbell)</u></p> <ul style="list-style-type: none"> ▪ Hold a dumbbell with both hands ▪ Stand straight with legs hip-width apart ▪ Bend at the elbow, lifting the lower arms to pull the weight towards the shoulders ▪ Upper arms should be stationary, elbows should be close to the body ▪ Lower the weight to the starting position 		
Transition 2: Water break					
3.		<ul style="list-style-type: none"> ▪ Catch with two hands, a ball below waist level 	<p><u>Ready position</u></p> <ul style="list-style-type: none"> ▪ Face the target, feet shoulder-width apart, knees bent, eyes on approaching object, elbows bent near sides, hands held in front of body 		30 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Step and reach</u></p> <ul style="list-style-type: none"> ▪ As the ball is released, step towards the thrower, extend the arms, and adjust the hands to meet the ball <p>To catch throws below the waist:</p> <ul style="list-style-type: none"> ○ Hands are held in front of the body (elbows bent near sides) with pinkie fingers together (or thumbs out) <p><u>Fingers only</u></p> <ul style="list-style-type: none"> ▪ Use only fingers and thumbs to catch the object. The ball should not be trapped against the body <p><u>Give</u></p> <ul style="list-style-type: none"> ▪ Absorb the force of the object by bringing the arms back towards the body 	  	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
Transition 3: Water break					
4.	<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?)