


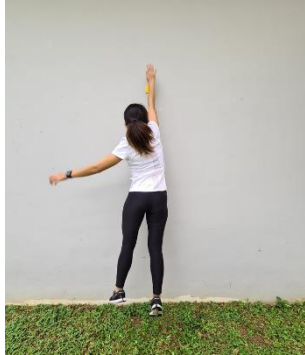

PHYSICAL EDUCATION LESSON PLAN TERM 2 WEEK 1

Name:					Age Group: Diamond Level
Unit: Locomotor Skills					Lesson No: 1, 2
Unit Objective: Jumping (vertically)					
Class:	Class Size:	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Whistle, hoops, post it notes	Date:

Lesson Objectives:	Psychomotor	Jump vertically continuously for 3 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 vertically continuously for 3 times	<u>Jump on the spot</u>	<ul style="list-style-type: none"> ▪ Each student to stand in a hoop ▪ Upon hearing "Ready, Set, Go!", students to jump up and down within the hoop and stop when the whistle is blown 		15 mins
Transition 2: Water break					
	Jump vertically continuously for 3 times	<u>Jump and reach</u>	<ul style="list-style-type: none"> ▪ Post it notes or stickers will be pasted on the wall ▪ Students will stand facing the wall and jump as high as they can to reach for the post it notes 		15 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
					
Transition 3: Water Break					
	Jump vertically continuously for 3 times	<u>Reach for the sky</u>	<ul style="list-style-type: none"> ▪ Hang a target (eg a balloon) just above outstretched hands of the student ▪ Encourage student to bend his knees (crouch position) and jump to touch the target 		15 mins
Transition 4: 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?)