



PHYSICAL EDUCATION LESSON PLAN TERM 1 WEEK 4


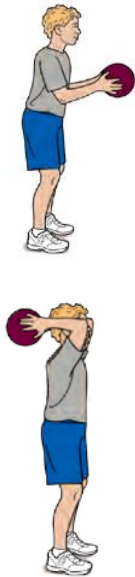
Name:					Age Group: 9-12 years old
Unit: Basketball Level 1-3 (Object Control)					Lesson No: 3, 4
Unit Objective: Overhead Throw					
Class:	Class Size:	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Basketballs, equipment required for circuit training	Date:



Lesson Objectives:	Psychomotor	Complete an overhead throw towards a target direction 3m away
	Cognitive	Given pictures/videos of different types of throws, able to identify the overhead throw accurately by verbalizing or pointing
	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					
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 	<p>Circuit Training (30 seconds each station)</p> <p>Students will complete each station consecutively before rest</p> <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.	<p><u>Situations when you will use overhead throw</u></p> <ul style="list-style-type: none"> ▪ When there is a defender in front of you and you are unable to pass the ball using a chest pass or a bounce pass 	<p><u>Overhead Throw</u></p> <ul style="list-style-type: none"> ▪ Throw towards a target direction 	<p><u>Ready position</u></p> <ul style="list-style-type: none"> ▪ Facing target, feet shoulder-width apart, knees bent ▪ Hands held slightly behind and to the side of the ball ▪ Ball is held at chest level <p><u>Ball behind head</u></p> <ul style="list-style-type: none"> ▪ Ball is brought above and behind the head ▪ Arms are bent 		30 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Step and throw</u></p> <ul style="list-style-type: none"> ▪ Step forward with one foot while extending arms and releasing the ball towards the target ▪ There is a wrist snap with this action <p><u>Follow through</u></p> <ul style="list-style-type: none"> ▪ After the ball is released, hands are turned so that palms are facing away from each other and the thumbs are pointing downward 	 	
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		<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

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
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?)