

**Physical Education Unit Plan**

<b>School / Teacher</b>		MINDS Fernvale Gardens School	<b>Implementation Period</b>	Term 1
<b>Student Age Group</b>		9-12 years old	<b>Lesson Frequency</b>	2 times a week
<b>Classes</b>		S3A, S4A, R4A, R5A, R6A, R7A, R8A	<b>Lesson Duration</b>	1 hour
		S2P, R5P, R6P, R7P, R8P, R9P		
<b>Learning Area</b>		Games and Sports		
<b>Topics (of Learning Area) covered in Unit</b>		Basketball Level 1-3 (Object Control)		
<b>Lesson No.</b>	<b>Week</b>	<b>Lesson Focus</b>		
1	T1W3	Baseline Assessment <ul style="list-style-type: none"> <li>▪ <i>Data collection on students' present level of performance</i></li> </ul>		
2		Baseline Assessment <ul style="list-style-type: none"> <li>▪ <i>Data collection on students' present level of performance</i></li> </ul>		
3	T1W4	Throw <ul style="list-style-type: none"> <li>▪ <i>Overhead throw</i></li> </ul>		
4		Throw <ul style="list-style-type: none"> <li>▪ <i>Overhead throw</i></li> </ul>		

5	<b>T1W5</b>	Throw ▪ <i>Chest pass</i>
6		Throw ▪ <i>Chest pass</i>
7	<b>T1W6</b>	Throw ▪ <i>Bounce pass</i>
8		Throw ▪ <i>Bounce pass</i>
9	<b>T1W7</b>	Catch ▪ <i>Overhead</i>
10		Catch ▪ <i>Overhead</i>
11	<b>T1W8</b>	Catch ▪ <i>Below waist</i>
12		Catch ▪ <i>Below waist</i>
13	<b>T1W9</b>	Throw and Catch ▪ <i>Rally with a stationary partner</i>
14		Throw and Catch ▪ <i>Rally with a stationary partner</i>

15	T1W10	Throw and Catch <ul style="list-style-type: none"><li>▪ <i>Receiving partner is moving</i></li></ul>
16		Throw and Catch <ul style="list-style-type: none"><li>▪ <i>Receiving partner is moving</i></li></ul>