

PHYSICAL EDUCATION LESSON PLAN TERM 1 WEEK 10

Name:					Age Group: 13-15 years old
Unit: Basketball Level 3-4 (Object Control)					Lesson No: 15, 16
Unit Objective: Revision & Assessment					
Class:	Class Size:	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Basketballs, equipment required for circuit training	Date:

Lesson Objectives:	Psychomotor	Revision & Assessment
	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 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					
	<ul style="list-style-type: none"> ▪ Catch a moving ball in the air coming from various levels of height ▪ Throw (chest pass, bounce pass or overhead throw) and catch with a stationary partner ▪ Dribble a ball with hand in a straight line 	<p>Catch</p> <p>Throw & Catch</p> <p>Dribble (straight line)</p>	<<Assessment>> Refer to link on website for submission of assessment		15 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
	<ul style="list-style-type: none"> ▪ Dribble a ball with hand in a zig zag direction ▪ Dribble the ball with 1 hand for a distance of 3m and pass the ball using a variety of throws to a stationary partner 	<p>Dribble (zig zag)</p> <p>Dribble and pass</p>			
Transition 2: Water break					
	<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?)