


PHYSICAL EDUCATION  
SCHEME OF WORK

<b>TERM 2</b>	8 Weeks
<b>AGE GROUP:</b>	7

	TOPIC	JUMPING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
WEEK 1-2	<b>EFFORT AWARENESS</b>				
	<ul style="list-style-type: none"> <li>▪ Jump vertically and touch an object placed 1m above the student</li> <li>▪ Jump horizontally continuously for 3 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Post Its                             <ul style="list-style-type: none"> <li>○ Stick many post its on the wall, stick it at different heights</li> <li>○ Students will try to get as many post its as they can</li> <li>○ Students to jump and paste the post its randomly on the wall</li> <li>○ Students to jump and paste the post its at a given line</li> </ul> </li> <li>▪ Jump over a line</li> </ul> 	<p>Post its</p> <p>Coloured Tape</p>		<ul style="list-style-type: none"> <li>▪ Self-awareness</li> <li>▪ Resilience</li> </ul>

- Jump over 3 pasted lines one at a time, continuously



- Jump over a 'river' of crocodile
  - Laminated / soft toy crocodiles are placed in between 2 lines
  - Students to jump over the crocodile

- Jump in and out of a hoop






Coloured Tape


<https://www.youtube.com/watch?v=eBzMkYk-ZaY> (jumping on lines)

Laminated / soft toy crocodiles

Hoops

		<ul style="list-style-type: none"> <li>▪ Jump in and out of hoops (with gap in between the hoops)</li> </ul> 	<p>Hoops</p> <p><a href="https://www.youtube.com/watch?v=gCEEdL2d0Do">https://www.youtube.com/watch?v=gCEEdL2d0Do</a> (jumping &amp; hopping activities)</p>		
WEEK 3-4	<p><b>SPACE AWARENESS</b></p> <ul style="list-style-type: none"> <li>▪ Jump vertically in a hoop, move to the next hoop and do a vertical jump, and so on for 3 hoops</li> <li>▪ Jump horizontally from one ground marker to another (total of 5 ground markers) in a straight path</li> </ul>	<p><u>Jumping vertically</u></p> <ul style="list-style-type: none"> <li>○ Jump up with hand stretched up</li> </ul>  <p>“Catch me if you can”</p> <ul style="list-style-type: none"> <li>○ Jump up with hand stretched up and touch the hanging object</li> </ul>	<p>Small soft toys, string</p>		<ul style="list-style-type: none"> <li>▪ Self-awareness</li> <li>▪ Resilience</li> </ul>

		<p><u>Jumping horizontally</u></p> <ul style="list-style-type: none"> <li>○ Jump onto a marker/ alphabets/numbers/shapes (with a gap in between the markers placed in a straight lines)</li> </ul> 	<p>Laminated big alphabets / number / shape cards</p> <p><a href="https://www.youtube.com/watch?v=gCEEdL2d0Do">https://www.youtube.com/watch?v=gCEEdL2d0Do</a> (jumping &amp; hopping activities)</p>		
	<p><b>RELATIONSHIP AWARENESS</b></p>				
	<ul style="list-style-type: none"> <li>▪ Jump vertically for 3 times while carrying a bean bag in the hand without dropping</li> <li>▪ Jump horizontally for 5 times while carrying a bean bag in the hand without dropping</li> </ul>	<p><u>Jumping vertically</u></p> <ul style="list-style-type: none"> <li>○ Jump up with both hands stretched up while holding a bean bag</li> <li>○ Jump vertically for while carrying a bean bag in the hand</li> </ul> <p><u>Jumping horizontally</u></p> <ul style="list-style-type: none"> <li>○ Jump forward</li> <li>○ Jump forward while carrying a bean bag in the hand</li> </ul>	<p>Bean bags, hoops</p>		<ul style="list-style-type: none"> <li>▪ Self-awareness</li> <li>▪ Resilience</li> </ul>

	TOPIC	HOPPING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
WEEK 5-6	<b>EFFORT AWARENESS</b>				
	<ul style="list-style-type: none"> <li>Hop on the spot 3 consecutive times with left leg</li> <li>Hop on the spot 3 consecutive times with right leg</li> </ul>	<ul style="list-style-type: none"> <li>Hop on the spot (with right leg up)</li> <li>Hop on the spot (with left leg up)</li> <li>Hop within a given boundary (within a big hoop)</li> </ul>	Hoops		<ul style="list-style-type: none"> <li>Self-awareness</li> <li>Resilience</li> </ul>
WEEK 7-8	<b>SPACE AWARENESS</b>				
	<ul style="list-style-type: none"> <li>Hop in and out of a hoop</li> </ul>	<ul style="list-style-type: none"> <li>Hop over a line (pasted on the floor)</li> </ul>  <ul style="list-style-type: none"> <li>Hop into the hoop</li> <li>Hop out of the hoop</li> <li>Hop in and out of hoop</li> </ul>	Hoops, masking tape  <a href="https://www.youtube.com/watch?v=gCEEEdL2d0Do">https://www.youtube.com/watch?v=gCEEEdL2d0Do</a> (jumping & hopping activities)		<ul style="list-style-type: none"> <li>Self-awareness</li> <li>Resilience</li> </ul>
	<b>RELATIONSHIP AWARENESS</b>				
	<ul style="list-style-type: none"> <li>Hop for 3 times while carrying a bean bag in the hand without dropping</li> </ul>	<ul style="list-style-type: none"> <li>Hop on the spot (with right leg up), while holding a bean bag</li> <li>Hop on the spot (with left leg up), while holding a bean bag</li> <li>Hop while holding a bean bag in and out of hoop</li> </ul>	Bean bags, hoops		<ul style="list-style-type: none"> <li>Self-awareness</li> <li>Resilience</li> </ul>