



PHYSICAL EDUCATION LESSON PLAN TERM 2 WEEK 4



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| Name: | | | | | Age Group: 13-15 years old |
| Unit: Football Level 3-4 (Object Control) | | | | | Lesson No: 7, 8 |
| Unit Objective: Dribble (speed, straight line) | | | | | |
| Class: | Class Size: | Venue: Hall / Basketball Court | Duration: 1 hr | Equipment Required: Footballs, equipment required for circuit training | Date: |



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| Lesson Objectives: | Psychomotor | <ul style="list-style-type: none"> ▪ Able to dribble the ball fast or slow upon teacher's instructions ▪ Able to dribble in a straight line for 8m |
| | Cognitive | |
| | Affective | Demonstrate self-determination and motivation to participate |

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| 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"> 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 |

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|----------|-----------|----------|--|---|---------------|
| | | | <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 |   | |

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|---------------------------|--|----------|---|--|----------------|
| | | | <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 | | | | | |
| | <p>Dribble the ball fast or slow upon teacher's instructions</p> | | <p>Ready Position</p> <ul style="list-style-type: none"> ▪ Ball is on the ground directly below the head, feet are shoulder-width apart and knees are bent <p>Foot Taps Ball</p> <ul style="list-style-type: none"> ▪ Perform a short series of taps with the inside or outside of the foot (not the toe) ▪ Use of the non-preferred foot should be practiced and encouraged |  | <p>30 mins</p> |

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| | | | <p>Keep Ball Close</p> <ul style="list-style-type: none"> ▪ The ball should be on the ground directly below the head as it is contacted, with eyes looking forward. ▪ Keep the ball within 2 to 4 feet while dribbling <p>Move With The Ball</p> <ul style="list-style-type: none"> ▪ The foot dribble is a movement activity, and it should be performed at a speed that is faster than a walk |  | |
| Transition 3: Water break | | | | | |
| | Dribble the ball in a straight line for 8m | | <ul style="list-style-type: none"> ▪ Set up 2 cones 8m apart ▪ Students will dribble the ball from one cone to another ▪ The ball should be kept near to the foot during the dribble ▪ Students should alternate between looking at the ball and looking ahead at the cone |  | |
| Transition 4: Water break | | | | | |

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|--|--|------------------|---------------|--|---------------|
| | <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?)