

PHYSICAL EDUCATION
SCHEME OF WORK






TERM 4	8 Weeks
AGE GROUP:	8

	TOPIC	TURNING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
WEEK 1-2	HOW THE BODY MOVES				
	<ul style="list-style-type: none"> ○ Link/cross 2 or 3 body parts together and turn 360 degrees while inside a hoop ○ Turn his body in time with slow/fast music ○ Turn on the spot with feet crossed 	<p>Link/cross 2 or 3 body parts together and turn 360 degrees while inside a hoop</p> <ul style="list-style-type: none"> ○ Upon hearing the whistle, students to use their left/right palm to touch the left/right back, while seating on the floor/on the chair/standing ○ Upon hearing the whistle, students to use their left/right palm to touch the left/right back and turn 360 degrees (from the right/left) ○ <p>Turn his body in time with slow/fast music</p> <ul style="list-style-type: none"> ○ Upon hearing the whistle blown, students to stand inside a hoop, and turn their body (360 degrees) to the left or right, following the rhythm of the music (slow/fast) ○ Upon hearing the whistle blown, students to pick up a ball and stand inside a hoop, and turn their body (360 degrees)to the left or 	<p>Whistle, hoops</p> <p>Whistle, hoops, sponge ball</p>		<ul style="list-style-type: none"> ○ Self-awareness ○ Resilience

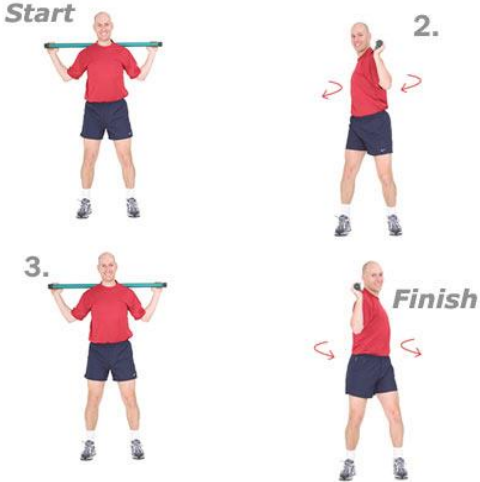
		<p>right, while holding a ball, following the rhythm of the music (slow/fast)</p> <p>Turn on the spot with feet crossed</p> <ul style="list-style-type: none"> ○ Student to stand inside a hoop. Place left/right over the other right/left leg. Upon hearing the whistle, student to turn their body (360 degrees) to the left or right. ○ Student to stand inside a hoop. Place left/right over the other right/left leg. Upon hearing the whistle, student to turn their body (360 degrees) to the left or right, while holding a ball 			
WEEK 3-4	WHERE THE BODY MOVES				
	<ul style="list-style-type: none"> ○ Turn 180 degrees and move to another hoop ○ Turn to the side while seated on the floor ○ Turn with his back to the wall, bending his knees and turning to touch the wall 	<p>Turn 180 degrees and move to another hoop</p> <ul style="list-style-type: none"> ○ Students to stand in a hoop. Once whistle is blown, students to turn their body (180 degrees) to the left/right and move to the next hoop, placed beside the first hoop) ○ Students to stand in a hoop. Once whistle is blown, students (holding a beanbag each) to turn their body (180 degrees) to the left/right and move to the next hoop, placed beside the first hoop) 	Hoops, whistle, beanbags		<ul style="list-style-type: none"> ○ Self-awareness ○ Resilience

		<p>Turn to the side while seated on the floor</p> <ul style="list-style-type: none"> ○ Students to be seated on the floor, inside a hoop. Once music is on, studentst to turn 			
	WITH WHOM/WHAT THE BODY MOVES				
	<ul style="list-style-type: none"> ○ Turn to look behind without moving feet ○ Turn around while holding hands with a friend ○ Turn with both hands high up like a pair of chopsticks ○ Turn and pass a bean bag to a friend standing behind 	<p>Turn to look behind without moving feet</p> <ul style="list-style-type: none"> ○ Students to stand on a marker. Once whistle is blown, studentst to turn their upper body, without moving both legs, to the left/right. ○ Students to stand on a marker. Once whistle is blown, students to turn their upper body, while holding a ball< without moving the both legs, to the left/right. <p>Turn around while holding hands with a friend</p> <ul style="list-style-type: none"> ○ Students to stand beside a friend and hold his/her hand. Upon hearing the music, students to turn (360 degrees) together. <p>Turn with both hands high up like a pair of chopsticks</p> <ul style="list-style-type: none"> ○ Students to stand inside a hoop. Upon teacher’s instruction, students to raise up their hands high up. Once whistle is blown, 	<p>whistle, markers, sponge balls</p> <p>Music</p> <p>Whistle, hoops</p>		<ul style="list-style-type: none"> ○ Self-awareness ○ Resilience

		<p>students to turn (360 degrees)to the left/right, with their hands raised up.</p> <ul style="list-style-type: none"> ○ Students to stand inside a hoop. Upon teacher’s instruction, students to hold a small ball and raise up their hands high up. Once whistle is blown, students to turn (360 degrees)to the left/right, with their hands raised up, while holding the ball. <p>Turn and pass a bean bag to a friend standing behind</p> <ul style="list-style-type: none"> ○ Students to be standing to be standing on markers(placed abt 50cm apart)in a row or circle. The first student will be given a beanbag/ball. Once whistle is blown, first student to turn and pass the beanbag/ball to the next person. ○ Students to be split into 2 or 3 groups. Students to be standing to be standing on markers(placed abt 50cm apart)in a row or circle.The first student will be given a beanbag/ball. Once whistle is blown, first student to turn and pass the beanbag/ball to the next person until it reaches the last person. The team who is the fastest to turn and pass the beanbag will win 	 <p>Whistle, markers, beanbags/balls</p>  		
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	TOPIC	TWISTING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
WEEK 5-6	HOW THE BODY MOVES				
	<ul style="list-style-type: none"> ○ Twist hands around body tightly like an interwoven rope ○ Twist hands together and draw circles in front slowly/quickly ○ Twist body to the music while balancing a towel on shoulders 	<p>Twist hands around body tightly like an interwoven rope</p> <ul style="list-style-type: none"> ○ Teacher blows the whistle, students twist hands around body tightly like an interwoven rope. Teacher and students count together for <u>8 counts</u>. Students stop after <u>8 counts</u>. ○ Upon hearing the music, students twist hands around body like an interwoven rope to the beat of <u>slow music</u> ○ Students stop when the music stops ○ Upon hearing the music, students twist hands around body tightly like an interwoven rope to the beat of <u>fast music</u> ○ Students stop when the music stops <p>Twist hands together and draw circles in front slowly/quickly</p>	<p>Whistle</p> <p>Music</p> <p>Music</p> <p>Music</p>		<ul style="list-style-type: none"> ○ Self-awareness ○ Resilience

		<ul style="list-style-type: none"> ○ Upon hearing the music, students twist hands together and draw circles in front slowly the beat of <u>slow music</u> ○ Students stop when the music stops ○ Upon hearing the music, students twist hands together and draw circles in front slowly the beat of <u>fast music</u> ○ Students stop when the music stops <p>Twist body to the music while balancing a towel or light bar on shoulders</p> <ul style="list-style-type: none"> ○ Students stand and balance a towel or light bar on shoulders using both hands ○ Upon hearing the music, students twist body to the <u>right</u>, back to the <u>start</u> position, to the <u>left</u> and back to the <u>start</u> position while balancing a towel on shoulders to the beat of <u>slow music</u>. ○ Repeat ○ Students stop when the music stops ○ Students stand and balance a towel or light bar on shoulders using both hands ○ Upon hearing the music, students twist body to the <u>right</u>, back to the <u>start</u> position, to the <u>left</u> and back to the <u>start</u> position while balancing a 	<p>Music, towel or light bar</p>		
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		<p>towel on shoulders to the beat of <u>fast</u> music.</p> <ul style="list-style-type: none"> ○ Repeat ○ Students stop when the music stops 			
	<p>WHERE THE BODY MOVES</p>				
	<ul style="list-style-type: none"> ○ Stand in a hoop and twist body, without leaving the hoop ○ Twist with one leg over the other, while seated on the floor ○ With back facing the wall and knees bent, twist behind to touch the wall with either hand 	<p>Stand in a hoop and twist body, without leaving the hoop</p> <ul style="list-style-type: none"> ○ Each student stands inside one hoop ○ Teacher blows the whistle, students twist body while standing inside a hoop ○ Count to <u>8 counts</u> together. Stop after 8 counts 	<p>Hoop, whistle</p>		<ul style="list-style-type: none"> ○ Self-awareness ○ Resilience

- Each student stands inside one hoop
- Upon hearing the music, students twist body while standing inside a hoop to the beat of slow music
- Students stop when the music stops

Hoop, music

- Each student stands inside one hoop
- Upon hearing the music, students twist body while standing inside a hoop to the beat of fast music
- Students stop when the music stops

Hoop, music

Twist with one leg over the other, while seated on the floor

Whistle

- Students seated on the floor
- Teacher blows the whistle, students twist with left leg over the other
- Teacher blows whistle, students twist with right leg over the other





With back facing the wall and knees bent, twist behind to touch the wall with either hand

- Students stand with back facing the wall and knees bent
- Teacher blows the whistle, students twist behind to touch the wall with the left hand
- Touch the wall and count for 8 counts
- Return to the start position

- Teacher blows the whistle, students twist behind to touch the wall with the right hand
- Touch the wall and count for 8 counts
- Return to the start position

Wall, whistle

Wall, whistle

