

PHYSICAL EDUCATION
SCHEME OF WORK

TERM 4	8 Weeks
AGE GROUP:	7


	TOPIC	UNDERARM ROLL			
	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"> ▪ Roll a light ball using the underarm roll (eg beach ball) ▪ Roll a heavy ball using the underarm roll (eg basketball) ▪ Roll a ball with both hands ▪ Roll a ball forward and chase it ▪ Roll a ball forward so that it moves smoothly on the ground ▪ Roll a ball slowly / quickly ▪ Roll a ball from a stationary position ▪ Roll a ball after taking 3 steps forward 	<p>Sit facing your partner and use two hands to roll the ball back and forth</p> <p>Sit facing your partner, use one hand, prompt student to keep hands close to the floor</p> <p>Stand facing your partner, step forward with left foot, roll the ball with right hand. Step forward with right foot, roll the ball with left hand</p>	<p>https://www.youtube.com/watch?v=zCq6Rb0fbsk</p> <p>https://www.youtube.com/watch?v=ObF5GcWpPCc</p>		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience
WEEK 3-4	WHERE THE BODY MOVES				
	<ul style="list-style-type: none"> ▪ Roll a ball between 2 rows of cones ▪ Roll a ball between 2 lines on the floor ▪ Roll a ball to hit the wall that is 3m away ▪ Roll a ball to the left/right 	<p>Point body towards target and take one step forward with left foot, roll the ball towards object with right hand</p>	<p>https://www.youtube.com/watch?v=zCq6Rb0fbsk (3:00 onwards)</p>		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience

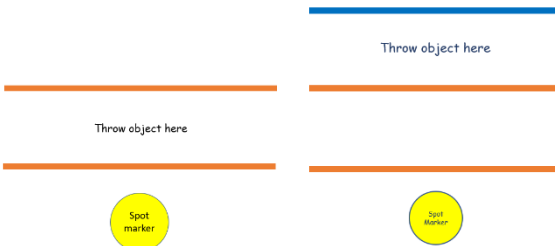
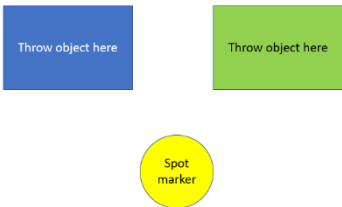
	<ul style="list-style-type: none"> ▪ Roll a ball to hit a moving object coming towards him ▪ Roll a ball backwards ▪ Roll a ball in different body positions (sitting, kneeling, feet apart, feet together) 	<p>Roll a ball between 2 rows of cones</p> <p>Rolling a ball to hula hoop placed on the floor in front, to the left and to the right</p> <p>Students roll a ball and tries to hit a gym ball</p> <p>One student rolls a gym ball across while the other student roll a ball to hit the gym ball</p> <p>Go to kneeling position with left knee up, roll the ball with right hand.</p> <p>Go to kneeling position with right knee up, roll the ball with left hand.</p>			
	<p>WITH WHOM/WHAT THE BODY MOVES</p>				
	<ul style="list-style-type: none"> ▪ Roll a ball to a friend 3m away ▪ Roll a ball through the legs of a chair ▪ Roll a ball to hit cones placed 5m away 	<p>Point body towards target and take one step forward with left foot, roll the ball towards object with right hand</p>	<p>https://www.youtube.com/watch?v=zCq6Rb0fbsk</p> <p>https://www.youtube.com/watch?v=zCq6Rb0fbsk</p>		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience

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		<p>Roll a ball towards a hula hoop placed on the floor, aim to stop the ball in the hula hoop</p> <p>Roll a ball through the legs of a long bench</p> <p>Roll a ball through the legs of a chair</p> <p>Roll a ball through another students legs</p>			
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	TOPIC	UNDERARM THROW			
	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"> ▪ Throw an object underarm to hit a near/far target ▪ Throw an object underarm using the dominant / non-dominant hand ▪ Throw an object underarm while standing inside a hoop 	<p>Activity 1</p> <ul style="list-style-type: none"> • Teacher to demonstrate the position of underarm (dominant hand) • Teacher then shows throwing the object to the target (near / far target) • Suggest students to stand on spot markers to indicate positioning • Teacher can suggest same activity but using non-dominant hand  <p>Activity 2</p> <ul style="list-style-type: none"> • Standing on a spot marker, demonstrate underarm throwing of bean bag into a hoop (near) • Repeat same activity with 2 or 3 hoops for far target 	<ul style="list-style-type: none"> ▪ Hula hoops ▪ Bean bags ▪ Small balls ▪ Foot visuals ▪ Spot markers <p>From Media Resource Library - Shelves 5.17 to 5.23</p> <p>Lend Items: https://lend-items.appspot.com/</p> <p>Some examples: SH5.17-001 SH5.17-003</p>		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience

			<p>SH5.18-001 SH5.19-003</p>		
WHERE THE BODY MOVES					
	<ul style="list-style-type: none"> ▪ Throw an object underarm to land over / in between the lines ▪ Throw an object underarm to land on targets placed at different distances ▪ Throw an object underarm to the left or right direction 	<p>Activity 1</p> <ul style="list-style-type: none"> • Stick 2 lines on the ground using masking tapes • Standing on a spot marker, demonstrate underarm throwing of bean bag in between the 2 lines • Stick an additional different coloured lines above the 2nd line to increase the distance  <p>Activity 2</p> <ul style="list-style-type: none"> • Tape 2 different colour papers on the ground, position them in different direction (left and right) • Stand on spot marker again, throw object underarm onto each colour paper 	<ul style="list-style-type: none"> ▪ Masking tape ▪ Rolled-on socks / Sock ball ▪ Bean bags ▪ Spot markers ▪ Colour papers 		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience

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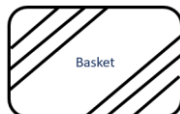


WEEK K 7-8	WITH WHOM/WHAT THE BODY MOVES	
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- Throw an object using the underarm throw into a basket / box placed on a chair that is near / far

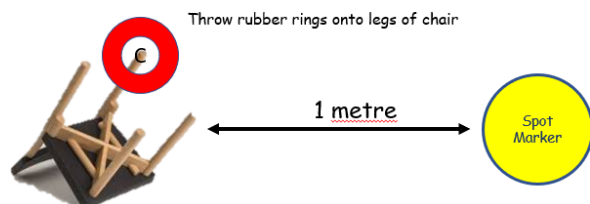
Activity 1

- Stand on spot marker, place 5 beanbags in receptacle next to marker
- Place a basket / net / or even a blue chair about 2 metres away.
- Student to underarm throw one bean bag at a time into the basket. As student progress, swap to a heavier item like the rubber ring.
- To increase their spatial awareness and judgement, provide a mix of throwing items (med, heavy, light) for the students to practise.



Activity 2

- Place an upside-down chair about 1 metre away from spot marker
- Standing on a spot marker, underarm throw a rubber ring into the legs of the chair
- Repeat activity with chair place slightly further to increase distance of throw



Activity 1

- Ground marker/ spot marker
- Rubber ring
- Bean bags
- Light frisbee
- Floorball ball, bocce ball
- Basket
- Boxes



- Self-awareness
- Resilience

- Throw an object using the underarm throw to hit a rolling ball

- Student can practise throwing an object at a stationary ball before proceeding to a rolling ball.
- Place a large stationary ball (eg football) on top a rubber ring at a distance of 1.5m. Student throw a smaller ball using the underarm method to hit the stationary large ball. As student progresses, swap to a heavier ball, object to throw at the large ball.
- To increase their spatial awareness and judgement, provide a mix of throwing items (med, heavy, light) for the students to practise.



- Football or basketball
- Floor marker
- Rubber ring
- No bounce ball (blue ball)



Activity 2

- Student to throw a small ball from a distance of 1.5m to try hit the larger rolling ball.
- Teacher to count on 3 before rolling the large exercise ball and instructing the student with the smaller ball to do an underarm throw towards it.
- Teachers do not to roll the exercise ball too fast and ask the student to keep their eyes on the ball.
- Teacher may swap the smaller ball to other items according to the student's capabilities.



- Exercise ball
- Floor marker
- No bounce ball

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