




PHYSICAL EDUCATION  
SCHEME OF WORK


<b>TERM 3</b>	8 Weeks
<b>AGE GROUP:</b>	7





	TOPIC	ROLLING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
WEEK 1-2	<b>LOG ROLL</b>				
	<ul style="list-style-type: none"> <li>Perform a log roll by rolling to the left or right with arms by the side of the body, using an incline wedge gymnastics mat to assist the roll</li> </ul>	<p>Student to take turns to perform a log roll using a bath towel or yoga mat including flat gymnastics mat with teacher's guidance.</p> <ol style="list-style-type: none"> <li>Teacher and students to watch YouTube on Log Roll as introduction.</li> <li>Teacher to set up the flat gymnastics mat with a bath towel or yoga mat placed on it.</li> <li>Teacher to demonstrate log roll. Teacher "A" to lie on the back facing up on the bath towel or yoga mat with both hands closed to the body.</li> <li>Teacher "B" kneels beside Teacher "A", holding both ends of the towel or yoga mat and pull upwards.</li> <li>Teacher "B" count 1 to 3 and pull the towel or yoga mat upwards and outwards gently to make</li> </ol>	 Log Roll Compilation.mp4		<ul style="list-style-type: none"> <li>Self-awareness</li> <li>Resilience</li> </ul>

		<p>Teacher “A” roll on the flat gymnastic mat.</p> <ol style="list-style-type: none"> <li>6. Teacher to assist and guide students to take turn to lie on back facing up on the towel or yoga mat with both hands closed to the body.</li> <li>7. Teacher kneels beside the student, holding on to both ends of the towel or yoga mat.</li> <li>8. After counting to 3, Teacher will gently pull the towel or yoga mat upwards and outwards for student to roll on the gymnastic mat.</li> </ol>			
WEEK 3-4	<b>PENCIL ROLL</b>				
	<ul style="list-style-type: none"> <li>▪ Perform a pencil roll by rolling to the left or right in the stretch position (arms above head), using an incline wedge gymnastics mat to assist the roll</li> </ul>	<p>Student to take turns to perform a pencil roll using a bath towel or yoga mat including flat gymnastics mat with teacher’s guidance.</p> <ol style="list-style-type: none"> <li>1. Teacher and students to watch YouTube on Pencil Roll as introduction.</li> <li>2. Teacher to set up the flat gymnastics mat with a bath towel or yoga mat placed on it.</li> <li>3. Teacher to demonstrate pencil roll to the students. Teacher “A” to lie on the back facing up on the bath towel or yoga mat with both hands placed straight up above the head.</li> </ol>	 <p>Pencil Roll Compilation.mp4</p>		<ul style="list-style-type: none"> <li>▪ Self-awareness</li> <li>▪ Resilience</li> </ul>

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|  |  | <ol style="list-style-type: none"><li>4. Teacher "B" kneels beside Teacher "A", holding both ends of the towel or yoga mat and pull upwards.</li><li>5. Teacher "B" to count 1 to 3 and pull the towel or yoga mat upwards and outwards gently to make Teacher "A" roll on the flat gymnastics mat.</li><li>6. Teacher to assist and guide student to take turns to lie on the back facing up on the towel or yoga mat with both hands placed straight up above the head.</li><li>7. Teacher kneels beside the student, holding on to both ends of the towel or yoga mat.</li><li>8. After counting to 3, Teacher will gently pull the towel or yoga mat upwards and outwards for student to roll on the gymnastic mat.</li></ol> |  |  |  |
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EGG ROLL				
<ul style="list-style-type: none"> <li>▪ Perform an egg roll by rolling to the left or right in the curled-up position, using an incline wedge gymnastics mat to assist the roll</li> </ul>	<p>Students to take turn to perform an egg roll using a bath towel or yoga mat including a gymnastic mat with teacher's guidance.</p> <ol style="list-style-type: none"> <li>1. Teacher and students to watch YouTube on Egg Roll as introduction.</li> <li>2. Teacher to set up the flat gymnastics mat with bath towel or yoga mat placed on it.</li> <li>3. Teacher to demonstrate the egg roll. Teacher "A" to lie on the back facing up on the bath towel or yoga mat with both knees bend 90 degrees towards the chest. Both hands hugging the knees.</li> <li>4. Teacher "B" to kneel beside Teacher "A", holding both ends of the towel or yoga mat and pull upwards.</li> <li>5. Teacher "B" to count 1 to 3 and pull the towel or yoga mat upwards and outwards gently to make Teacher "A" to roll on the flat gymnastics mat.</li> <li>6. Students take turn to perform egg roll guided by teacher.</li> </ol>	 Egg Roll Compilation.mp4		<ul style="list-style-type: none"> <li>▪ Self-awareness</li> <li>▪ Resilience</li> </ul>

	TOPIC	BALANCE (STATIC & DYNAMIC)			
	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"> <li>▪ Balance on one foot with eyes open and hold for 10 seconds</li> <li>▪ Balance on one foot with eyes closed and hold for 5 seconds</li> <li>▪ seconds</li> </ul>	<p>Activity 1 (eyes open)</p> <ul style="list-style-type: none"> <li>• Stand on right leg on the floor, left leg on the step-up board. Hold for 10 secs.</li> <li>• Stand on left leg on the floor, right leg on the step-up board. Hold for 10 secs.</li> </ul> <p>Activity 2 (eyes closed) (Repeat above activity)</p>	<p>Activity 1 &amp; 2</p> <p>Step-up board</p>  <p>Stand on right leg on the floor, left leg on the step-up board (eyes open/close)</p> <p>Stand on left leg on the floor, right leg on the stepup board (eyes open/close)</p>		<ul style="list-style-type: none"> <li>▪ Self-awareness</li> <li>▪ Resilience</li> </ul>

WHERE THE BODY MOVES			
<ul style="list-style-type: none"> <li>▪ Balance on one foot with one hand against the wall</li> <li>▪ Balance on one foot with hands outstretched at the sides</li> <li>▪ Balance on toes with feet together or apart</li> </ul>	<p>Activity 1</p> <ul style="list-style-type: none"> <li>• Touch the wall and stand on right leg only.</li> <li>• Hold for 10 secs.</li> <li>• Touch the wall and stand on left leg only.</li> <li>• Hold for 10 secs.</li> </ul>	<p>Activity 1</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="1122 352 1397 738">  <p>Touch the wall for support and stand on right leg</p> </div> <div data-bbox="1404 352 1675 738">  <p>Touch the wall for support and stand on left leg</p> </div> </div> <p>Chair</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="1122 823 1397 1225">  <p>Stand on right leg for 2-5 seconds (with support)</p> </div> <div data-bbox="1404 823 1675 1225">  <p>Stand on left leg for 2-5 seconds (with support)</p> </div> </div>	<ul style="list-style-type: none"> <li>▪ Self-awareness</li> <li>▪ Resilience</li> </ul>

Activity 2

- Stand on one leg for 2 seconds.
- Do a Tree post/Flamingo post
  - Hands by the side
  - Hands above the head
  - Hands spread out

Activity 2





Stand on right leg for 2 seconds

Stand on left leg for 2 seconds


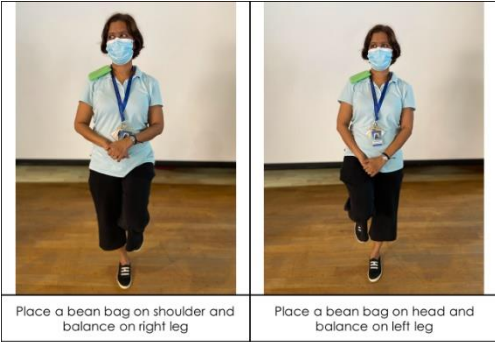


Tree post/ Flamingo post (hands above the head)

Tree post/ Flamingo post (hands by the side)

		<p>Activity 3</p> <ul style="list-style-type: none"><li>Stand on toes holding partner/furniture for 10 secs</li></ul>  <p>Activity 4</p> <ul style="list-style-type: none"><li>Stand on toes on own for 2- 5 secs</li></ul>	<p>Activity 3</p> <p>Chair</p>  <p>Stand on toes (with support)</p> <p>Stand on toes (with support)</p> <p>Activity 4</p>  <p>Stand on toes</p>		
WEEK 7-8	<b>WITH WHOM/WHAT THE BODY MOVES</b>				

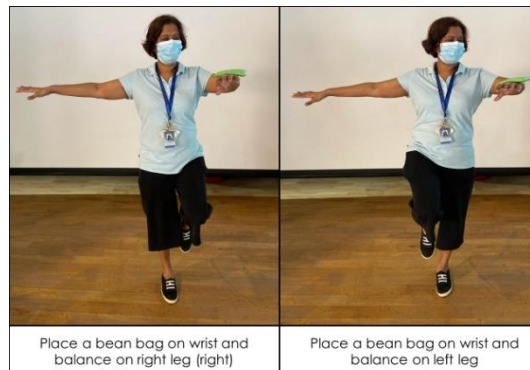


	<ul style="list-style-type: none"><li>▪ Balance on one foot with a folded towel placed on student's head/shoulder/wrist</li><li>▪ Balance on one foot on a low stool</li><li>▪ Balance while stepping on bean bags with both feet</li></ul>	<p>Activity 1</p> <ul style="list-style-type: none"><li>• Place a bean bag on the head and balance on one leg for 2 secs.</li></ul>  <p>Activity 2</p> <ul style="list-style-type: none"><li>• Place a bean bag on the shoulder and balance one leg for 2 secs.</li></ul>	<p>Activity 1</p> <p>Bean bag /Towel</p>  <p>Place a bean bag on head and balance on right leg</p> <p>Place a bean bag on head and balance on left leg</p> <p>Activity 2</p> <p>Bean bag /Towel</p>  <p>Place a bean bag on shoulder and balance on right leg</p> <p>Place a bean bag on head and balance on left leg</p>	<ul style="list-style-type: none"><li>▪ Self-awareness</li><li>▪ Resilience</li></ul>
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- Activity 3
- Place a bean bag on the wrist and balance on one leg for 2 secs.


- Activity 4
- Stand on right leg on the floor, left leg on the step-up board.

- Activity 3
- Bean bag /Towel



- Activity 4
- Step-up board



		<p>Activity 5</p> <ul style="list-style-type: none"><li>• Student stand on a bean bag/towel with both feet together.</li></ul>	<p>Activity 5</p> <p>Bean bag /Towel</p>  <p>Stand on a bean bag/towel with both feet together</p>		
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