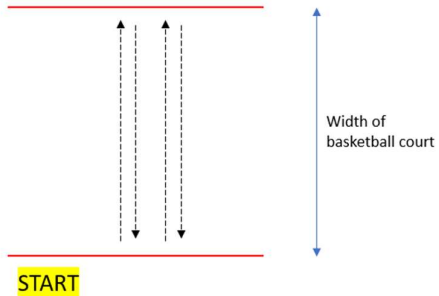



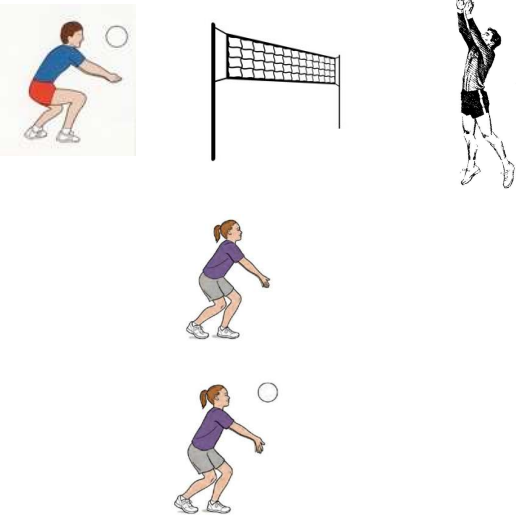












		<p>Group C</p> <ul style="list-style-type: none"> <li>▪ Rally with stationary partner/teacher using either forearm pass or overhead volley:               <ul style="list-style-type: none"> <li>- Forearm pass the ball to stationary partner stand 1m apart</li> <li>- Overhead volley the ball to stationary partner stand 1m apart</li> </ul> </li> </ul>								
	Cognitive	Demonstrate visual tracking and fast moving decision								
	Affective	Demonstrate self-determination and motivation to participate								

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					
1.	<ul style="list-style-type: none"> <li>Increase core temperature to prepare body for exercise</li> <li>Increase blood flow to muscles</li> </ul>	<ul style="list-style-type: none"> <li>Dynamic Warm Up</li> <li>Run 5 rounds around perimeter of basketball court</li> </ul>		<u>Dynamic Warm Up</u> <ul style="list-style-type: none"> <li>Jog on the spot</li> <li>Arm rotations (front and back)</li> <li>Torso rotations</li> <li>High knees</li> <li>Calf raises</li> </ul>	10 mins
Transition 1: Water break					
2.	<ul style="list-style-type: none"> <li>Engage upper and lower body muscles</li> <li>Build strength, muscular and cardiovascular endurance</li> </ul>	<u>Circuit Training</u> Students will complete each station consecutively before rest <ul style="list-style-type: none"> <li>Shuttle run</li> <li>Modified front raises (with stick)</li> <li>Battle rope (level 1)</li> <li>Hammer curl (with 1 dumbbell)</li> </ul>	<u>Shuttle Run</u> <ul style="list-style-type: none"> <li>Students will run the width of the basketball court 4 times</li> </ul> <u>Modified front raises (with stick)</u>		15 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<ul style="list-style-type: none"> <li>▪ Hold the stick with a pronated grip</li> <li>▪ Stand straight with legs hip-width apart</li> <li>▪ Push chest out and shoulders backward</li> <li>▪ Slowly lift the stick up to shoulder level. Keep arms straight or elbows slightly bent</li> <li>▪ Lower arms to starting position</li> </ul> <p><u>Battle rope level 1</u></p> <ul style="list-style-type: none"> <li>▪ Bilateral waves               <ul style="list-style-type: none"> <li>○ Start with feet hip-width apart</li> <li>○ Hold 1 rope in each hand</li> <li>○ Bend knees slightly, bring shoulders back</li> <li>○ Swing both ropes up to just below shoulder height at the same time, then swing them back down</li> </ul> </li> </ul>	  	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Hammer curl (with 1 dumbbell)</u></p> <ul style="list-style-type: none"> <li>▪ Hold a dumbbell with both hands</li> <li>▪ Stand straight with legs hip-width apart</li> <li>▪ Bend at the elbow, lifting the lower arms to pull the weight towards the shoulders</li> <li>▪ Upper arms should be stationary, elbows should be close to the body</li> <li>▪ Lower the weight to the starting position</li> </ul>		
Transition 2: Water break					
3.	Rally with stationary partner using forearm pass or overhead volley	Pair Game	<p><u>Pair Work Drills</u></p> <ul style="list-style-type: none"> <li>▪ Divide the students into pairs</li> <li>▪ Each pair to stand opposite each other about 3m apart</li> <li>▪ Each pair will have a volleyball / foam ball</li> </ul> <p><b>Forearm pass</b></p> <p><u>Move to the Ball</u></p> <ul style="list-style-type: none"> <li>▪ Move so that the arms are below the ball</li> </ul> <p><u>Ready Position</u></p> <ul style="list-style-type: none"> <li>▪ Eyes on ball, knees bent, feet shoulder-width apart, one foot in front of the other, hands together, and arms parallel to thighs</li> </ul> <p><u>Extend to Hit</u></p>		30 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<ul style="list-style-type: none"> <li>▪ Wait until the ball is at a middle to low level. The ball contacts the lower half of the forearm. When the ball contacts the arm, it is below shoulder level. Legs extend as the ball is contacted to generate power.</li> </ul> <p><u>Follow through</u></p> <ul style="list-style-type: none"> <li>▪ Hands remain joined and arms do not go past shoulder level</li> </ul> <p><b><u>Overhead Volley</u></b> <u>Move to the Ball</u></p> <ul style="list-style-type: none"> <li>▪ Move so that the body is under the ball</li> </ul> <p><u>Ready Position</u></p> <ul style="list-style-type: none"> <li>▪ Feet shoulder-width apart, knees bent, and head bac</li> </ul> <p><u>Hands</u></p> <ul style="list-style-type: none"> <li>▪ Hands are in front of the forehead with index fingers and thumbs forming a window, Look through the window for the ball</li> </ul>	    	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Extend to Hit</u></p> <ul style="list-style-type: none"> <li>▪ Contact the lower back of the ball with the fingers and thumbs and extend arms and legs for force. Wrists are snapped at contact</li> </ul> <p><u>Follow through</u></p> <ul style="list-style-type: none"> <li>▪ Palms are facing away from each other, thumbs are pointing towards the target, and arms and legs are extended</li> </ul>	<div style="text-align: center;">        <p>Volleyball L9 &amp; 10 _ Pair game.mp4</p> </div>	
Transition 3: Water break					
4.	<ul style="list-style-type: none"> <li>▪ To return the muscles trained to their original resting length</li> <li>▪ Prevent injury and reduce lactic acid build-up</li> </ul>	Static Cool Down		<p><u>Static Cool Down</u></p> <ul style="list-style-type: none"> <li>▪ Neck stretch</li> <li>▪ Deltoid stretch</li> <li>▪ Tricep stretch</li> <li>▪ Side stretch</li> <li>▪ Quadricep stretch</li> <li>▪ Calf stretch</li> </ul>	5 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
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?)