

PHYSICAL EDUCATION LESSON PLAN TERM 2 WEEK 5&6




Unit: Softball Level 3 (Object Control)					Lesson No: 5&6
Unit Objective: Batting & Running					
Class:	Age Group: 16-18 yrs old	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Softball, bat, marker, cones, equipment required for circuit training, bean bags (if needed)	Date of assessment:





Lesson Objectives:	Psychomotor	Group A									
		<ul style="list-style-type: none"> ▪ Strike an incoming ball (thrown at random direction) by swinging the bat, by moving towards the direction of the ball. ▪ Strike an incoming ball and run to the first base 									
		Group B									
	<ul style="list-style-type: none"> ▪ Strike an incoming ball (thrown from a distance of 2m away), by swinging the bat. ▪ Strike an incoming ball (thrown at random direction) by swinging the bat, by moving towards the direction of the ball. 										
	Cognitive	Demonstrate visual tracking and fast-moving decision									



	Affective	Demonstrate self-determination and motivation to participate
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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					
1.	<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					
2.	<ul style="list-style-type: none"> ▪ Engage upper and lower body muscles ▪ Build strength, muscular and cardiovascular endurance 	<u>Circuit Training</u> Students will complete each station consecutively before rest <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

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

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
Transition 2: Water break					
3.	Strike ball with a bat (ball thrown by a pitcher)	Student to stand at a marker in a ready position. Hold bat with two hands. Stand on When the ball is thrown from a distance to, student to strike by swinging the bat.	Stand Ready Strike Run	 Striking softball (thrown from a dista  Striking softball (thrown from a dista  Striking softball (thrown from a dista	30 mins
4.	Strike an incoming ball and run to the first base	Student to stand at a marker in a ready position. Hold bat with two hands. When the ball is thrown from a distance to, student to strike by swinging the bat. After striking the ball, student to quickly put down the bat and run to the right side to	Stand Ready Strike Run	 Strike, run to 1st base.mp4	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
		reach the first base (cone).			
Transition 3: Water break					
5.	<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?)