

PHYSICAL EDUCATION LESSON PLAN TERM 2 WEEK 1



Unit: Softball Level 1-2 (Object Control)					Lesson No:1
Unit Objective: Overhand Throw					
Class:	Age Group: 16-18 yrs old	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Softball, equipment for circuit training, hoops, bottles, bowling pins	Date of Assessment:



Pupils:


Lesson Objectives:	Psychomotor	Group A <ul style="list-style-type: none"> ▪ Throw an overhand throw a softball accurately to large target 3m away ▪ Throw an overhand throw a softball accurately to a small target 3m away 								
		Group B <ul style="list-style-type: none"> ▪ Throw an overhand throw a softball accurately to large target 2m away ▪ Throw an overhand throw a softball accurately to a small target 2m away 								
		Group C: <ul style="list-style-type: none"> ▪ Throw an underhand throw towards a general direction ▪ Throw an overhand throw a softball accurately to large target 2m away 								


	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"> ▪ 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 <u>Modified front raises (with stick)</u> <ul style="list-style-type: none"> ▪ Hold the stick with a pronated grip 		15 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<ul style="list-style-type: none"> ▪ 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 	 	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<ul style="list-style-type: none"> ▪ 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 		
Transition 2: Water break					
3.	<ul style="list-style-type: none"> ▪ Throw an underhand throw towards a general direction 		<p><u>Step 1</u> <u>Ready Position</u></p> <ul style="list-style-type: none"> ▪ Facing target, feet shoulder-width apart, knees bent, eyes on target, object held in front of the body in preferred hand <p><u>Side to target</u></p> <ul style="list-style-type: none"> ▪ Body turns as the feet pivot in place and the side opposite the throwing arm is towards the target <p><u>Arm back</u></p>		30 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<ul style="list-style-type: none"> ▪ Bring the throwing arm back in a downward circular motion with the throwing hand extended away from the intended line of travel. The elbow is at shoulder height or slightly above, in preparation for action with the elbow leading. The non-throwing hand points towards the target <p><u>Step</u></p> <ul style="list-style-type: none"> ▪ Step with the foot that is opposite the throwing arm <p><u>Rotate</u></p> <ul style="list-style-type: none"> ▪ Hips and shoulders rotate towards the target, the front body surface faces the target, and the arm comes forward past the head 	 <p>The illustrations show a boy in a green t-shirt and blue shorts performing a throwing motion in three stages. In the first, he stands with his feet together, his right arm (the throwing arm) is extended back and slightly downward, and his left arm is extended forward. In the second, he has stepped forward with his left foot, and his right arm is bent at the elbow, with the hand near his head. In the third, he is leaning forward, his hips and shoulders are rotated towards the right, and his right arm is extended forward past his head.</p>	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Follow-through</u></p> <ul style="list-style-type: none"> ▪ Throwing hand continues towards the target and continues down diagonally across the body 		
4.	<ul style="list-style-type: none"> ▪ Throw an overhand throw a softball accurately 	<ul style="list-style-type: none"> ▪ Place targets on a raised platform. ▪ Students to take a softball. ▪ Aim at the set of targets and throw the softball. 			
Transition 3: Water break					

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