

HYSICAL EDUCATION LESSON PLAN TERM 4 WEEK 3 & 4

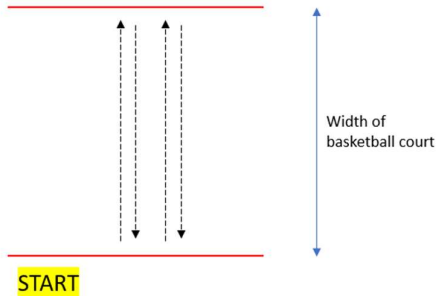
Unit: Fundamental Volleyball					Lesson No: 3 & 4
Unit Objective: Underhand Strike					
Class:	Age Group: 9-12 yrs old	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Volleyball, Foam ball, Beach ball or Balloon equipment required for circuit training	Date of Assessment:

Pupils:



Lesson Objectives:	Psychomotor	Group A <ul style="list-style-type: none"> ▪ Strike a foam ball with hand using an underhand side-arm strike to five meters away 								
		Group B <ul style="list-style-type: none"> ▪ Strike a foam ball/beach ball with hand using an underhand side-arm strike to three meters away 								
		Group C: <ul style="list-style-type: none"> ▪ Strike a balloon with hand using an underhand side-arm strike to an open space 								







	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 		15 mins
			<u>Modified front raises (with stick)</u>		

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

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<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 		
Transition 2: Water break					
3.	Strike a foam ball/beach ball/balloon with hand using an underhand side-arm strike to a distance	<u>Underhand Strike</u> ▪Strike a ball/balloon to a distance	Ready position <ul style="list-style-type: none"> • Face the direction of the strike, feet shoulder-width apart. • Ball should be held in the non-preferred hand in front of the body at waist level. Arm back <ul style="list-style-type: none"> • Pull striking arm back to at least waist level. Step and swing		30 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<ul style="list-style-type: none"> • Lean forward and step forward with opposite foot while the preferred hand strikes the ball in front of the body at waist level or below Hit • Strike the underside of the ball with the heel of the hand while continuing the step with the foot opposite the striking hand Follow through • Hand continues in the direction of the ball but does not go beyond shoulder height • Ball to go towards various distance (5 meters/3 meters or open space) 	<div style="text-align: center;">     Volleyball L3 & 4.mp4 </div>	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
Transition 3: Water break					
4.	<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?)