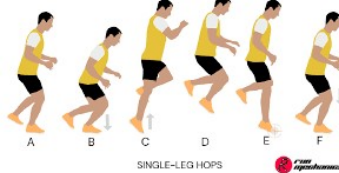





PHYSICAL EDUCATION
SCHEME OF WORK



TERM 2	10 Weeks
AGE GROUP:	10

WEEK 1-2	TOPIC	HOPPING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
	<ul style="list-style-type: none"> ▪ Hop in and out of hoops ▪ Hop forward and backward ▪ Hop along a straight line of 5m with dominant leg ▪ Hop in and out of 5 cones, placed 0.5m apart 	  <p><u>Hop in and out of hoops</u></p> <ul style="list-style-type: none"> ○ Student will hop forward from the 1st hoop to the 2nd hoop upon hearing the whistle blown. ○ Student will turn around and hop forward from the 2nd hoop to the 1st hoop upon hearing the whistle blown. 	2 Hula hoops, a whistle.		<p>To foster Resilience: Complete the hop/task.</p> <p>To foster Responsibility: Responsible for own conduct when performing the hop/task.</p> <p>To foster Integrity: Complete the hop/task without cheating.</p> <p>To foster Care: Take care of one another during the sessions.</p> <p>To foster Harmony: To maintain good relationship with one</p>


		 <p><u>Hop forward and backward</u></p> <ul style="list-style-type: none">○ Student will hop forward from the 1st hoop to the 2nd hoop upon hearing the whistle blown.○ Student will hop backward from the 2nd hoop to the 1st hoop upon hearing the whistle blown.  <p><u>Hop along a straight line of 5m with dominant leg</u></p> <ul style="list-style-type: none">○ Student will hop forward with dominant leg upon hearing the whistle blown.○ Student will hop along a straight line of 5m with dominant leg (pausing and continue hopping if tired)	<p>2 Hula hoops, a whistle.</p> <p>Chalk, 5m straight line drawn on floor, a whistle.</p>		<p>another during the sessions.</p> <p>To foster Respect: Respect each other during the sessions by giving encouragement to each other.</p>
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Hop in and out of 5 cones, placed 0.5m apart

- Student will hop forward from starting point to the 1st cone upon hearing the whistle blown.
- Student will hop from the 1st cone to the 2nd cone (paced 0.5m apart).
- Student will hop from the 2nd cone to the 3rd (paced 0.5m apart).
- Student will hop from the 3rd cone to the 4th cone (paced 0.5m apart).
- Student will hop from the 4th cone to the 5th (paced 0.5m apart).

5 cones, a whistle.

	TOPIC	SKIPPING			
WEEK 3-4	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	SUGGESTED LEARNING ACTIVITIES	ASSESSMENT	INTEGRATION OF CCE AND SEL
	<ul style="list-style-type: none"> ▪ Skip over a series of lines ▪ Skip over a moving rope, placed on the floor 	 <p><u>Skip over a series of lines</u></p> <ul style="list-style-type: none"> ○ Student will skip over the 1st line upon hearing the whistle blown. ○ Student will skip over the 2nd line. ○ Student will skip over the the 3rd line. ○ Repeat until the required number of lines is completed. 	Chalk/masking tape, line drawn or a masking tape pasted on the floor, a whistle.		<p>To foster Resilience: Complete the skip/task.</p> <p>To foster Responsibility: Responsible for own conduct when performing the skip/task.</p> <p>To foster Integrity: Complete the skip/task without cheating.</p> <p>To foster Care: Take care of one another during the sessions.</p> <p>To foster Harmony: To maintain good relationship with one</p>



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Skip over a moving rope, placed on the floor


- Student B and C will hold a jump rope by its ends.
- They will move the jump rope placed on the floor with their hands upon hearing the whistle.
- Student A will skip over the moving jump rope placed on the floor.

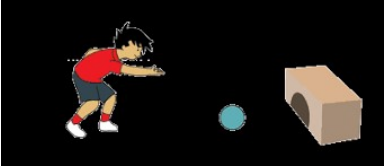
A jump rope, a whistle.

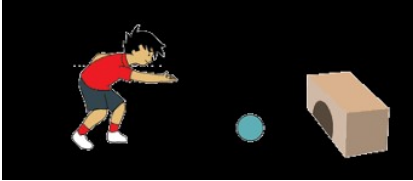
another during the sessions.

To foster Respect:
Respect each other during the sessions by giving encouragement to each other.

WEEK 5-6	TOPIC	BOCCE (FUNDAMENTAL)			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
	<ul style="list-style-type: none"> ▪ Roll a bocce ball in general direction using underarm roll ▪ Roll a bocce ball to distance of at least 15m using underarm roll ▪ Roll a bocce ball to a target, placed 15m away using underarm roll 	 <p>(Underarm roll – initial phase)</p>  <p>(Underarm roll – transition phase)</p>  <p>(Underarm roll – mature phase)</p> <p><u>Roll a bocce ball in general direction using underarm roll</u></p> <ul style="list-style-type: none"> ○ Student A will place 1 foot forward and hold ball in hand 	<p>Bocce ball / balls of different sizes/weight, a measuring tool/tape.</p>		<p>To foster Resilience: Complete the task.</p> <p>To foster Responsible: Responsible for own conduct when performing the task.</p> <p>To foster Integrity: Complete the task without cheating.</p> <p>To foster Care: Take care of one another during the sessions.</p> <p>To foster Harmony: To maintain good relationship with one another during the sessions.</p> <p>To foster Respect: Respect each other during the sessions</p>

		<p>on opposite side of forward foot.</p> <ul style="list-style-type: none"> ○ Student will swing ball-hand backward then forward. Bend knees and transfers bodyweight from back to front foot during swing. ○ Student will release ball at or below knee level. ○ Student B (on the other side standing and facing Student A) will pick up the ball. ○ Student B will follow the same steps as Student A.  <p><u>Roll a bocce ball to distance of at least 15m using underarm roll</u></p> <ul style="list-style-type: none"> ○ Draw a line or paste a masking tape 15 metres away. ○ Student will place 1 foot forward and hold ball in hand on opposite side of forward foot. ○ Student's eyes will be on the line/tape throughout. ○ Student will swing ball-hand backward then forward. Bend knees and transfers bodyweight from back to front foot during swing. 	<p>Bocce ball / ball of different sizes/weight, chalk, a line drawn on the floor / masking tape, a measuring tool/tape.</p>		<p>by giving encouragement to each other.</p>
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		<ul style="list-style-type: none">○ Student will release ball at or below knee level.  <p><u>Roll a bocce ball to a target, placed 15m away using underarm roll</u></p> <ul style="list-style-type: none">○ Place a target (a ball / box with a hole / cone / marker) 15m away.○ Student will place 1 foot forward and hold ball in hand on opposite side of forward foot.○ Student's eyes will be on the target throughout.○ Student will swing ball-hand backward then forward. Bend knees and transfers bodyweight from back to front foot during swing.○ Student will release ball at or below knee level.	<p>Bocce ball / ball of different sizes/weight, a cone/marker/box with a hole, a measuring tool/tape.</p>		
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WEEK 7-8	TOPIC	BOCCE (FUNDAMENTAL)			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
	<ul style="list-style-type: none"> ▪ Roll a bocce to hit a target, placed 15 – 20m away using underarm roll ▪ Roll a bocce ball to hit the pallina, placed 15 – 20m away using underarm roll 	 <p><u>Roll a bocce to hit a target, placed 15 – 20m away using underarm roll</u></p> <ul style="list-style-type: none"> ○ Place a target (a ball / box with a hole / cone / marker) 15-20m away. ○ Student will place 1 foot forward and hold ball in hand on opposite side of forward foot. ○ Student's eyes will be on the target throughout. ○ Student will swing ball-hand backward then forward. Bend knees and transfers bodyweight from back to front foot during swing. ○ Student will release ball at or below knee level. 	<p>Bocce ball / ball of different sizes/weight, a cone/marker/box with a hole, a measuring tool/tape.</p>		<p>To foster Resilience: Complete the task.</p> <p>To foster Responsibility: Responsible for own conduct when performing the task.</p> <p>To foster Integrity: Complete the task without cheating.</p> <p>To foster Care: Take care of one another during the sessions.</p> <p>To foster Harmony: To maintain good relationship with one another during the sessions.</p>



Roll a bocce ball to hit the pallina, placed 15 – 20m away using underarm roll

- Place the pallina (the target) 15-20m away.
- Student will place 1 foot forward and hold ball in hand on opposite side of forward foot.
- Student's eyes will be on the pallina (the target) throughout.
- Student will swing ball-hand backward then forward. Bend knees and transfers bodyweight from back to front foot during swing.
- Student will release ball at or below knee level.



Bocce ball, "Jack" (The "Pallina" or "Pallino" is a smaller ball which represents the target for the Bocce balls during game play), a measuring tool/tape.

WEEK 9-10	Topic	REVISION			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
	Revision				