

Physical Education Unit Plan

School / Teacher		MINDS Fernvale Gardens School	Implementation Period	Term 2
Student Age Group		13-15 years old	Lesson Frequency	2 times a week
Classes		A1A, R9A, R10A	Lesson Duration	1 hour
		A1P, R9P, R10P		
Learning Area		Games and Sports		
Topics (of Learning Area) covered in Unit		Football Level 3-4 (Object Control)		
Lesson No.	Week	Lesson Focus		
1	T2W1	Revision of level 1 skills ▪ <i>Kick, Punting</i>		
2		Revision of level 1 skills ▪ <i>Kick, Punting</i>		
3	T2W2	Revision of level 2 skills ▪ <i>Trap a ball (using instep, sole)</i>		
4		Revision of level 2 skills ▪ <i>Trap a ball (using instep, sole)</i>		

5	T2W3	Trap & Kick <ul style="list-style-type: none"> ▪ <i>Trap an incoming ball and kick to stationary partner</i>
6		Trap & Kick <ul style="list-style-type: none"> ▪ <i>Trap an incoming ball and kick to stationary partner</i>
7	T2W4	Dribble <ul style="list-style-type: none"> ▪ <i>Speed (fast or slow)</i> ▪ <i>Direction (straight line)</i>
8		Dribble <ul style="list-style-type: none"> ▪ <i>Speed (fast or slow)</i> ▪ <i>Direction (straight line)</i>
9	T2W5	Dribble <ul style="list-style-type: none"> ▪ <i>Speed (fast or slow)</i> ▪ <i>Direction (zig zag)</i>
10		Dribble <ul style="list-style-type: none"> ▪ <i>Speed (fast or slow)</i> ▪ <i>Direction (zig zag)</i>
11	T2W6	Dribble and Kick <ul style="list-style-type: none"> ▪ <i>Receiving partner is stationary</i>
12		Dribble and Kick <ul style="list-style-type: none"> ▪ <i>Receiving partner is stationary</i>

13	T2W7	Shoot <ul style="list-style-type: none">▪ <i>Direction</i>▪ <i>Distance</i>
14		Shoot <ul style="list-style-type: none">▪ <i>Direction</i>▪ <i>Distance</i>
15	T2W8	Game play
16		
17	T2W9	Game play
18		
19	T2W10	Revision & Assessment
20		