





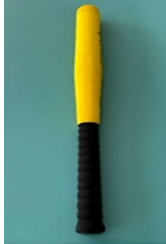














	Cognitive	Demonstrate visual tracking and fast moving decision
	Affective	Demonstrate self-determination and motivation to participate


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"> <li>▪ Increase core temperature to prepare body for exercise</li> <li>▪ Increase blood flow to muscles</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dynamic Warm Up</li> <li>▪ Run 5 rounds around perimeter of basketball court</li> </ul>		<u>Dynamic Warm Up</u> <ul style="list-style-type: none"> <li>▪ Jog on the spot</li> <li>▪ Arm rotations (front and back)</li> <li>▪ Torso rotations</li> <li>▪ High knees</li> <li>▪ Calf raises</li> </ul>	10 mins
Transition 1: Water break					
2.	<ul style="list-style-type: none"> <li>▪ Engage upper and lower body muscles</li> <li>▪ Build strength, muscular and cardiovascular endurance</li> </ul>	<u>Circuit Training</u> Students will complete each station consecutively before rest <ul style="list-style-type: none"> <li>▪ Shuttle run</li> <li>▪ Modified front raises (with stick)</li> <li>▪ Battle rope (level 1)</li> <li>▪ Hammer curl (with 1 dumbbell)</li> </ul>	<u>Shuttle Run</u> <ul style="list-style-type: none"> <li>▪ Students will run the width of the basketball court 4 times</li> </ul>		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"> <li>▪ Hold the stick with a pronated grip</li> <li>▪ Stand straight with legs hip-width apart</li> <li>▪ Push chest out and shoulders backward</li> <li>▪ Slowly lift the stick up to shoulder level. Keep arms straight or elbows slightly bent</li> <li>▪ Lower arms to starting position</li> </ul> <p><u>Battle rope level 1</u></p> <ul style="list-style-type: none"> <li>▪ Bilateral waves               <ul style="list-style-type: none"> <li>○ Start with feet hip-width apart</li> <li>○ Hold 1 rope in each hand</li> <li>○ Bend knees slightly, bring shoulders back</li> <li>○ Swing both ropes up to just below shoulder height at the same time, then swing them back down</li> </ul> </li> </ul> <p><u>Hammer curl (with 1 dumbbell)</u></p> <ul style="list-style-type: none"> <li>▪ Hold a dumbbell with both hands</li> <li>▪ Stand straight with legs hip-width apart</li> <li>▪ Bend at the elbow, lifting the lower arms to pull the weight towards the shoulders</li> <li>▪ Upper arms should be stationary, elbows should be close to the body</li> <li>▪ Lower the weight to the starting position</li> </ul>	  	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
Transition 2: Water break					
3.	Strike ball with a bat		<p><u>Bat to use for:</u></p> <p>Group A</p>  <p>Group B:</p>  <p>Group C</p> 		30 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Foot Placement</u></p> <ul style="list-style-type: none"> <li>▪ Student's foot is in line with the tee stand. Extend arm so that the thickest part touches the tee (where the ball is).</li> </ul> <p><u>Ready Position</u></p> <ul style="list-style-type: none"> <li>▪ Grip the bat with preferred hand above the non-preferred hand. Bat behind the shoulder, away from the ball (placed on the tee stand). Student to take one step away and swing the bat to strike the ball on the tee stand</li> </ul> <p><u>Step and Swing</u></p> <ul style="list-style-type: none"> <li>▪ Step forward with opposite foot and back foot remain stationary. Transfer back foot to the front and strike the ball.</li> </ul>	  	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Hit</u></p> <ul style="list-style-type: none"> <li>▪ Arm extended and ball is strike in front of body and in line with front foot. Use the upper half of the bat to strike the ball.</li> </ul> <p><u>Follow Through</u></p> <ul style="list-style-type: none"> <li>▪ The ball continues past point of strike, the back shoulder moves to a position under the chin, and both hands remain on the bat.</li> </ul>	<div style="text-align: center;">          <p>Strike softball on tee - Wk 3 &amp;4.mp4</p>  <p>Strike softball on tee - Wk 3&amp; 4 (Grp C).mp</p>  <p>Swing bat Week 3-4(Gr C).mp4</p> </div>	
4.	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. When the ball is thrown		<div style="text-align: center;">  <p>Striking softball (thrown from a distan</p> </div>	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
		from a distance to, student to strike by swinging the bat.		 Striking softball (thrown from a distan)	
Transition 3: Water break					
5.	<ul style="list-style-type: none"> <li>▪ To return the muscles trained to their original resting length</li> <li>▪ Prevent injury and reduce lactic acid build-up</li> </ul>	Static Cool Down		<u>Static Cool Down</u> <ul style="list-style-type: none"> <li>▪ Neck stretch</li> <li>▪ Deltoid stretch</li> <li>▪ Tricep stretch</li> <li>▪ Side stretch</li> <li>▪ Quadricep stretch</li> <li>▪ Calf stretch</li> </ul>	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?)