

## PHYSICAL EDUCATION LESSON PLAN TERM 1 WEEK 10

<b>Name:</b>					<b>Age Group:</b> 16-18 years old
<b>Unit:</b> Volleyball Level 1-2 (Object Control)					<b>Lesson No:</b> 15-16
<b>Unit Objective:</b> Revision & Assessment					
<b>Class:</b>	<b>Class Size:</b>	<b>Venue:</b> Hall / Basketball Court	<b>Duration:</b> 1 hr	<b>Equipment Required:</b> Volleyball, Foam ball, equipment required for circuit training	<b>Date:</b>

<b>Lesson Objectives:</b>	Psychomotor	Revision & Assessment
	Cognitive	
	Affective	Demonstrate self-determination and motivation to participate

<b>Assumptions on Student Learning:</b>	Competent in hitting the ball with one hand Competent in vertical jump
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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>▪ Send a ball with 2 hands using a forearm pass</li> <li>▪ Rally with stationary partner using forearm pass</li> <li>▪ Hit a ball towards a target direction using the underhand strike</li> <li>▪ Send a ball over the net using the underhand strike</li> </ul>	<p>Forearm Pass</p> <p>Rally (forearm pass)</p> <p>Underhand Strike</p> <p>Underhand Strike</p>	<<Assessment>> <b>Refer to link on website for submission of assessment</b>		15 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
Transition 2: Water break					
3.	<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?)