

PHYSICAL EDUCATION
SCHEME OF WORK



TERM 1	8 Weeks
AGE GROUP:	7

	TOPIC	WALKING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
WEEK 3-4	EFFORT AWARENESS				
	<ul style="list-style-type: none"> ▪ Walk forward along a straight line ▪ Walk on tiptoes along a straight line ▪ Walk with a regular pace for 10 minutes ▪ Walk in a specified path from point A to B (distance of 10m) 	<ul style="list-style-type: none"> ▪ Explore a variety of walks related to animals <ul style="list-style-type: none"> ○ Penguin walk ○ Elephant walk ○ Duck walk ○ Monkey walk ▪ Transfer the bean bag <ul style="list-style-type: none"> ○ Students will transfer bean bags (one at a time) from one hoop to another ▪ Walk and touch a cone placed 10m away 	https://www.youtube.com/watch?v=Xs2krnmkJHQ Bean bags, hoops Cones		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience
WEEK 5-6	SPACE AWARENESS				
	<ul style="list-style-type: none"> ▪ Walk in and out of a hoop ▪ Walk around a hoop ▪ Walk around in a given space without touching anyone 	<ul style="list-style-type: none"> ▪ Walk in and out of hoop ▪ Walk around the hoop ▪ Walk around in a given space and collect bean bags, place them in a hoop ▪ Walk around the hall and when the whistle is blown or when the music is 	Hoops, cones, marker https://www.youtube.com/watch?v=VddmzUjp6No (walk in and out of hoop)		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience

		stopped, walk to the nearest marker/cone/hoop which are placed at random	https://www.youtube.com/watch?v=qIWmpQz9gf0 (walk around the hoop)		
	RELATIONSHIP AWARENESS				
	<ul style="list-style-type: none"> ▪ Walk while holding a partner's hand ▪ Walk together as a group 	<ul style="list-style-type: none"> ▪ Walk around the hall, while holding partner's hand ▪ Walk while holding a partner's hand and touch cones <ul style="list-style-type: none"> ○ Upon instruction of "Ready, Set, Go", students to walk with their partner and touch the cone and walk back to starting point ▪ Walk together as a group <ul style="list-style-type: none"> ○ Walk in a circle while holding classmates' hands ○ Upon instruction of "Ready, Set, Go", students to walk as a group around the hall ○ Upon instruction of "Ready, Set, Go", students to walk as a group to the collect bean bags from a hoop and walk around the hall ○ Students to form a circle and hold partners hands and walk around upon 	<p>Cones</p> <p>https://www.youtube.com/watch?v=ALcL3MuU4xQ (walk in a circle)</p> <p>Hoops, bean bags</p>		<ul style="list-style-type: none"> ▪ Showing care and respect for others

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		teacher's instruction, "Ready, Set, Go" clockwise first. When whistle is blown, student to change to walking anticlockwise direction			
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	TOPIC	RUNNING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
WEEK 7-8	EFFORT AWARENESS				
	<ul style="list-style-type: none"> ▪ Run along a straight line ▪ Run quickly or slowly according to a beat or music ▪ Run in a specified path from point A to B (distance of 10m) 	<ul style="list-style-type: none"> ▪ Transfer the bean bag <ul style="list-style-type: none"> ○ Students will transfer bean bags (one at a time) from one hoop to another ▪ Run and touch a cone, placed 10m away. <ul style="list-style-type: none"> ○ Upon instruction of "Ready, Set, Go", students to run and touch the cone and run back to starting point 	<p>Bean bags, cones</p> <p>Cones</p>		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience

WEEK 9-10	SPACE AWARENESS				
	<ul style="list-style-type: none"> ▪ Run on the spot ▪ Run in and out of a hoop ▪ Run around a hoop ▪ Run along a zig zag pathway 	<ul style="list-style-type: none"> ▪ Musical hoops <ul style="list-style-type: none"> ○ Students will run around the hall with the music playing ○ When the music stops, each student to find an empty hoop to stand in ○ Students to stand in the hoop. Upon hearing the music, students to run out of the hoop. When music stop, students to run into the hoop 	Hoops		<ul style="list-style-type: none"> ▪ Self-awareness ▪ Resilience
	RELATIONSHIP AWARENESS				
	<ul style="list-style-type: none"> ▪ Run with a partner (side by side) ▪ Run behind a partner without being too close or too far 	<ul style="list-style-type: none"> ▪ Run with a partner when a whistle is blown round the hall ▪ Run with a partner to requested coloured cones <ul style="list-style-type: none"> ○ Upon instruction of, “Ready, Set, Go”, students to run with their partners around the hall ○ When the whistle is blown, students with their partners to run and stand at the requested coloured cones. (Teacher can show students the requested colored cones if students are not able to recognise colours) 	Whistle Whistle, coloured cones		<ul style="list-style-type: none"> ▪ Showing care and respect for others