



PHYSICAL EDUCATION LESSON PLAN TERM 1 WEEK 7-8


Name:					Age Group: 16-18 years old
Unit: Volleyball Level 1-2 (Object Control)					Lesson No: 9-12
Unit Objective: Rally with stationary partner using either forearm pass or overhead volley					
Class:	Class Size:	Venue: Hall / Basketball Court	Duration: 1 hr	Equipment Required: Volleyball, Foam ball, equipment required for circuit training	Date:

Lesson Objectives:	Psychomotor	Rally with stationary partner using either forearm pass or overhead volley
	Cognitive	
	Affective	Demonstrate self-determination and motivation to participate

Assumptions on Student Learning:	Competent in forearm pass and overhead volley
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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"> Increase core temperature to prepare body for exercise Increase blood flow to muscles 	<ul style="list-style-type: none"> Dynamic Warm Up Run 5 rounds around perimeter of basketball court 		<u>Dynamic Warm Up</u> <ul style="list-style-type: none"> Jog on the spot Arm rotations (front and back) Torso rotations High knees Calf raises 	10 mins
Transition 1: Water break					
2.	<ul style="list-style-type: none"> Engage upper and lower body muscles Build strength, muscular and cardiovascular endurance 	<p>Circuit Training (30 seconds each station)</p> <p>Students will complete each station consecutively before rest</p> <ul style="list-style-type: none"> Shuttle run Modified front raises (with stick) Battle rope (level 1) Hammer curl (with 1 dumbbell) 	<u>Shuttle Run</u> <ul style="list-style-type: none"> Students will run the width of the basketball court 4 times 		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"> ▪ Hold the stick with a pronated grip ▪ Stand straight with legs hip-width apart ▪ Push chest out and shoulders backward ▪ Slowly lift the stick up to shoulder level. Keep arms straight or elbows slightly bent ▪ Lower arms to starting position <p><u>Battle rope level 1</u></p> <ul style="list-style-type: none"> ▪ Bilateral waves <ul style="list-style-type: none"> ○ Start with feet hip-width apart ○ Hold 1 rope in each hand ○ Bend knees slightly, bring shoulders back ○ Swing both ropes up to just below shoulder height at the same time, then swing them back down 	 	

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Hammer curl (with 1 dumbbell)</u></p> <ul style="list-style-type: none"> ▪ Hold a dumbbell with both hands ▪ Stand straight with legs hip-width apart ▪ Bend at the elbow, lifting the lower arms to pull the weight towards the shoulders ▪ Upper arms should be stationary, elbows should be close to the body ▪ Lower the weight to the starting position 		
Transition 2: Water break					
3.	Rally with stationary partner using forearm pass or overhead volley	<p><u>Pair Work Drills</u></p> <ul style="list-style-type: none"> ▪ Divide the students into pairs ▪ Each pair to stand opposite each other about 3m apart ▪ Each pair will have a volleyball / foam ball 			30 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
Transition 3: Water break					
4.	<ul style="list-style-type: none"> ▪ To return the muscles trained to their original resting length ▪ Prevent injury and reduce lactic acid build-up 	Static Cool Down		<u>Static Cool Down</u> <ul style="list-style-type: none"> ▪ Neck stretch ▪ Deltoid stretch ▪ Tricep stretch ▪ Side stretch ▪ Quadricep stretch ▪ Calf stretch 	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?)