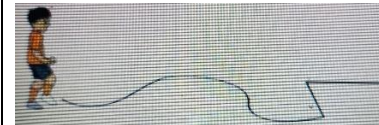






<b>TERM 1</b>	8 Weeks
<b>AGE GROUP:</b>	8

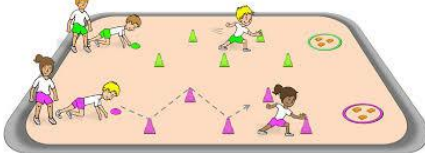
	TOPIC	WALKING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
WEEK 3-4	<b>EFFORT AWARENESS</b>				
	<ul style="list-style-type: none"> <li>▪ Walk forward along a zig zag pathway</li> <li>▪ Walk on tiptoes along a zig zag pathway</li> <li>▪ Walk and change direction with good body control</li> <li>▪ Walk in a start-stop rhythm according to a given signal</li> <li>▪ Walk up and down the stairs with alternate leg movement</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk forward along a zig zag pathway</li> <li>▪ Walk on tiptoes along a zig zag pathway                             <ul style="list-style-type: none"> <li>○ Red light, green light                                     <ul style="list-style-type: none"> <li>- When student are shown green light, he/she is to walk /tiptoe along the zig zag pathway. When red light is shown student to stop and to continue when green light is shown.</li> </ul> </li> <li>○ Book Maze                                     <ul style="list-style-type: none"> <li>- Students to walk along a zig zag path made of books</li> <li>- Upon hearing, "Ready, Set , Go", student to walk forward/tiptoe along the zig zag lines and</li> </ul> </li> </ul> </li> </ul>	<p><a href="https://us.physitrack.com/home-exercise-video/zigzag-walking#:~:text=Stand%20up%20straight.,Required%20equipment%3A%20No%20equipment">https://us.physitrack.com/home-exercise-video/zigzag-walking#:~:text=Stand%20up%20straight.,Required%20equipment%3A%20No%20equipment</a> (walking zig zag)</p> <p><a href="https://www.youtube.com/watch?v=6o3vgDGfPnI">https://www.youtube.com/watch?v=6o3vgDGfPnI</a> (walk straight line and zigzag)</p>		



		<p>touch the cone at the end of line</p> <ul style="list-style-type: none"> <li>▪ Walk and change direction with good body control <ul style="list-style-type: none"> <li>○ Students to walk and when they hear the whistle, they change direction and continue walking.</li> </ul> </li> </ul>	<p>Laminated round red and green card with holder, cardboard</p>  <p>Cones, dome cones</p> <p><a href="https://www.youtube.com/watch?v=0EE2FuE3GM8">https://www.youtube.com/watch?v=0EE2FuE3GM8</a> (walk and change direction)</p>		
WEEK 5-6	<b>SPACE AWARENESS</b>				
	<ul style="list-style-type: none"> <li>▪ Walk backwards along a straight line</li> <li>▪ Walk on a raised pathway (balancing beam, raised kerb, slope, etc)</li> <li>▪ Walk on different surfaces (flat ground, grass, etc)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk backwards along a straight line <ul style="list-style-type: none"> <li>○ Upon hearing, "Ready, Set, Go" student to walk forward to touch the cone, place at a distance. Upon touching the cone, student to walk backward to the starting point.</li> </ul> </li> <li>▪ Walk on a raised pathway</li> </ul>	<p><a href="https://www.youtube.com/watch?v=0IUism6ERzM">https://www.youtube.com/watch?v=0IUism6ERzM</a> (walk forward and backward)</p> <p><a href="https://www.youtube.com/watch?v=74KLDIUJJdk">https://www.youtube.com/watch?v=74KLDIUJJdk</a> (walk forward and backward)</p> <p>Cones</p> <p>Raised foam platform</p>		

		 <ul style="list-style-type: none"> <li>▪ Walk on different surfaces             <ul style="list-style-type: none"> <li>○ Teacher can bring students around the school compound to experience walking on different floor texture</li> </ul> </li> </ul>	<p>School compound</p> <p><a href="https://www.youtube.com/watch?v=VrKwMwmVUik">https://www.youtube.com/watch?v=VrKwMwmVUik</a> (zig zag walking – different texture)</p>		
<p><b>RELATIONSHIP AWARENESS</b></p>					
	<ul style="list-style-type: none"> <li>▪ Walk around obstacles</li> <li>▪ Step over low obstacles on the ground</li> <li>▪ Walk for 30 seconds while carrying a ball in the hand without dropping</li> <li>▪ Walk for 30 seconds while balancing a bean bag on the head without dropping</li> </ul>	<ul style="list-style-type: none"> <li>▪ Step over low obstacles Upon hearing, “Ready, Set, Go”, student to walk over a series of low raised hurdles/cones</li> <li>▪ Walk while holding a ball             <ul style="list-style-type: none"> <li>○ Upon hearing, “Ready, Set, Go”, student to walk forward while carrying a ball.</li> </ul> </li> <li>▪ Walk while balancing a bean bag             <ul style="list-style-type: none"> <li>○ On hearing music, students to take a beanbag and place on their head and walk</li> </ul> </li> </ul>	<p>Low raised hurdles</p>   <p>Sponge balls</p>		

		around and stop when the music is stop playing	Beanbags  <a href="https://www.youtube.com/watch?v=1Apoz4F0BqU">https://www.youtube.com/watch?v=1Apoz4F0BqU</a> ( more walking activities)		
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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"><li>▪ Run along a zig zag pathway</li><li>▪ Run and change direction with good body control</li><li>▪ Run in a start-stop rhythm according to a given signal</li></ul>	<p><u>Run along a zig zag pathway</u></p> <ul style="list-style-type: none"><li>○ Students will run to the 1<sup>st</sup> cone and touch it, and run to the 2<sup>nd</sup> cone and touch it, and continue until the last cone</li></ul>  <p><u>Run and change direction with good body control!</u></p> <ul style="list-style-type: none"><li>○ Students will run closely along the court lines or different pathways drawn on the floor</li></ul>	<p>Cones</p>          <p>Court lines</p>		

		<ul style="list-style-type: none"> <li>○ Students will run along the outline of a big “W” on the floor</li> <li>○ Students will run, change direction and dodge obstacles and objects placed randomly when teacher claps hands once.</li> <li>○ Students will run to touch the cone on the left and then turn around and run 2m to touch the cone on the right</li> </ul> <p><u>Run in a start-stop rhythm according to a given signal</u></p> <ul style="list-style-type: none"> <li>○ Students will run when teacher claps hands once. They will stop running when teacher claps hands twice. Students will run when teacher claps hands once.</li> </ul>	Chalk		
WEEK 9-10	<b>SPACE AWARENESS</b>				
	<ul style="list-style-type: none"> <li>▪ Run along the sides of the basketball court</li> <li>▪ Run to an empty space</li> </ul>	<ul style="list-style-type: none"> <li>▪ Musical hoops                             <ul style="list-style-type: none"> <li>○ Students will run around the hall with the music playing</li> <li>○ When the music stops, each student to find an empty hoop to stand in</li> </ul> </li> </ul>	Hoops		

	<b>RELATIONSHIP AWARENESS</b>			
	<ul style="list-style-type: none"><li>Run for 30 seconds while holding a bean bag in the hand without dropping</li></ul>	<ul style="list-style-type: none"><li>Students will hold bean bag in one hand and run around the basketball court / hall for 30 seconds and stop when teacher claps hands twice or blow the whistle</li></ul>	Bean bags	