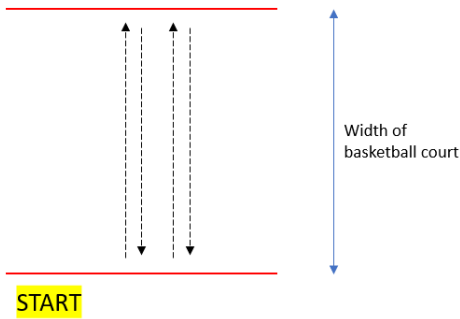


## PHYSICAL EDUCATION LESSON PLAN TERM 1 WEEK 9


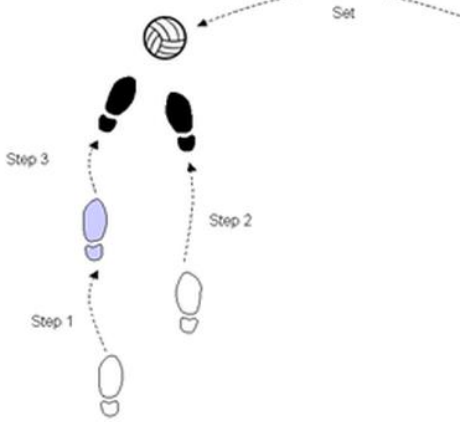
<b>Name:</b>					<b>Age Group:</b> 16-18 years old
<b>Unit:</b> Volleyball Level 1-2 (Object Control)					<b>Lesson No:</b> 13-14
<b>Unit Objective:</b> Spike a ball over the net into the opponent's court					
<b>Class:</b>	<b>Class Size:</b>	<b>Venue:</b> Hall / Basketball Court	<b>Duration:</b> 1 hr	<b>Equipment Required:</b> Volleyball, Foam ball, equipment required for circuit training	<b>Date:</b>

<b>Lesson Objectives:</b>	Psychomotor	Spike the ball over the net into the opponent's court
	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>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>	 	

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"> <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>		
Transition 2: Water break					
3.	Spike the ball over the net into the opponent's court		<p><u>Step 1</u></p> <ul style="list-style-type: none"> <li>▪ To pick up speed and cover distance</li> </ul> <p><u>Step 2 and 3</u></p> <ul style="list-style-type: none"> <li>▪ These two steps should be much quicker and feet should be placed at about 45-degree angle from the net</li> </ul> <p><u>Along with Step 3</u></p> <ul style="list-style-type: none"> <li>▪ Swing arms behind you so that you can raise them with the last step to gain momentum in preparation for the jump</li> </ul>	<p><u>Approach</u></p> <p><b>If right-handed:</b> Left foot, right foot, left foot, jump  <b>If left-handed:</b> Right foot, left foot, right foot, jump</p> 	30 mins

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
			<p><u>Jump and Hit</u></p> <ul style="list-style-type: none"> <li>▪ After the final step, body placement should be slightly perpendicular to the net with your hitting shoulder away from the net</li> <li>▪ As you jump as high as you can vertically, lift up both arms and swing down the non-hitting arm for momentum</li> <li>▪ The hitting arm will then follow as you pull your elbow back and bend it approximately 90 degrees</li> <li>▪ Swing at the ball, keeping your hand open in order to have maximum contact. Make sure you are hitting the ball at your highest reach</li> <li>▪ Swing hard at the ball and snap your wrist in order to keep the ball in the court. Follow through with your arm to finish the hit</li> </ul>	<p>Spike Approach Footwork  LEFT, RIGHT-LEFT APPROACH (For Right Handed Hitters)</p> <p>The diagram is divided into two horizontal sequences. The top sequence, labeled 'Spike Approach Footwork', shows a player's progression from 'Adjustment Steps' to a 'LEFT' step, then a 'RIGHT-LEFT' step, and finally a 'Vertical Momentum' jump. Key cues include 'Horizontal Momentum → Control Your Feet', 'Eyes On Ball', 'Arms Back', 'Big Step', 'Bend Knees', 'Get Low', 'Load Your Jumping Muscles', 'Roll Heel to Toe', and 'Throw yourself up'. The bottom sequence shows the hitting motion: 'Open Shoulders', 'Elbow Back', 'Maximize your Vertical', 'BIG Hand', 'WHIP', 'Close Shoulders', 'REACH Contact High', 'Swing Hard', 'REACH &amp; SNAP', 'TOPSPIN', 'Snap Wrist', 'FOLLOW THROUGH', 'Tuck in', and 'Land Easy'.</p>	
<p>Transition 3: Water break</p>					

Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
4.	<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?)