









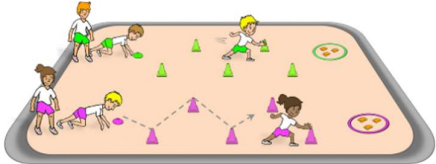
PHYSICAL EDUCATION  
SCHEME OF WORK








TERM 1	8 Weeks
AGE GROUP:	9

WEEK 3-4	TOPIC	RUNNING			
	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	RECOMMENDED RESOURCES	ASSESSMENT	INTEGRATION OF CCE AND SEL
	<ul style="list-style-type: none"> <li>Run within the two white lines drawn on the floor of the hall.</li> <li>Run in a start-stop rhythm according to music start-stop</li> <li>Run in a straight line for a distance (without stopping) of 40m.</li> <li>Run in a straight line to the finishing point (20m) and (without stopping) back to the starting point (20m).</li> </ul>	 <p><u>Run within two lines</u></p>  <p><u>Run in a straight line for a distance of 40m</u></p>  <p><u>Run in a straight line to the finishing point and back to the starting point.</u></p>	<p>Cones, AVA system</p>   <p>Cones</p>  <p>run straight line.wmv</p>  <p>Cones, whistle</p>  <p>Running end &amp; back to start.wmv</p>		<p>To foster Resilience: Complete the run.</p> <p>To foster Responsibility: Responsible for own conduct when performing the task.</p> <p>To foster Integrity: Complete run without cheating.</p> <p>To foster Care: Take care of one another during the sessions.</p> <p>To foster Harmony: To maintain good relationship with one another during the sessions.</p>

					To foster Respect: Respect each other during the sessions by giving encouragement to each other.
WEEK 5-6	<p><b>LEARNING OBJECTIVES</b></p> <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><b>SUGGESTED LEARNING ACTIVITIES</b></p>  <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>	<p><b>SUGGESTED LEARNING ACTIVITIES</b></p> <p>Cones, whistle</p>  <p>run in zigzag.wmv</p>	<p><b>ASSESSMENT</b></p>	<p><b>INTEGRATION OF CCE AND SEL</b></p> <p>To foster Resilience: Complete the run.</p> <p>To foster Responsibility: Responsible for own conduct when performing the task.</p> <p>To foster Integrity: Complete run without cheating.</p> <p>To foster Care: Take care of one another during the sessions.</p> <p>To foster Harmony: To maintain good relationship with one another during the sessions.</p>

		<ul style="list-style-type: none"> <li>○ Students will run closely along the court lines or different pathways drawn on the floor</li> <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 blow the whistle.</li> </ul>  <ul style="list-style-type: none"> <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 blow the whistle once. They will stop running when teacher claps hands twice. Students will run when teacher blow the whistle twice.</li> <li>○ Musical hoops             <ul style="list-style-type: none"> <li>● Students will run around a path of hula hoops with the music playing. They</li> </ul> </li> </ul>	<p>Whistle</p> <p>Hula hoops</p>		<p>To foster Respect: Respect each other during the sessions by giving encouragement to each other.</p>
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		will step into the hoops once the music stops.			
WEEK 7-8	LEARNING OBJECTIVES	SUGGESTED LEARNING ACTIVITIES	SUGGESTED LEARNING ACTIVITIES	ASSESSMENT	INTEGRATION OF CCE AND SEL
	<ul style="list-style-type: none"> <li>▪ Run in and out of 5 cones, placed 1m apart, without stopping</li> <li>▪ Run in and out of cones (without stopping), while holding a ball</li> <li>▪ Run and pass a baton to a teammate</li> </ul>	 <p><u>Run in &amp; out of 5 cones</u></p>  <p><u>Run in and out of cones, while holding a ball</u></p>	<p>Cones</p>  <p>run in our of cone.wmv</p> <p>Cones, Ball</p>		<p>To foster Resilience: Complete the run.</p> <p>To foster Responsibility: Responsible for own conduct when performing the task.</p> <p>To foster Integrity: Complete run without cheating.</p> <p>To foster Care: Take care of one another during the sessions.</p> <p>To foster Harmony: To maintain good relationship with one another during the sessions.</p> <p>To foster Respect: Respect each other during the sessions by giving encouragement to each other.</p>

		 <p><u>Run and pass a baton to a teammate</u></p> <ul style="list-style-type: none"> <li>○ Student A will carry the baton in his <b>right hand</b> and run to the Student B standing in front.</li> <li>○ Student A will place the baton firmly into the Student B's upturn <b>left hand</b></li> </ul>	<p>Batons, Position marker</p>  <p>passing baton.mp4</p>		
WEEK 9-10	<b>LEARNING OBJECTIVES</b>	<b>SUGGESTED LEARNING ACTIVITIES</b>	<b>SUGGESTED LEARNING ACTIVITIES</b>	<b>ASSESSMENT</b>	<b>INTEGRATION OF CCE AND SEL</b>
	Revision (Week 3-8)				