

Phys. Ed. Block Plan 2018
Unit 1: Recognition of Movement

Week 1 – Week 4

08/30-09/21

<p style="text-align: center;">Day 1: Introduction</p> <p>Lesson Objectives: To introduce school environment, equipment, facility and rules</p> <p>Fitness Components: Basic fitness: running, hooping, crawling</p> <p>Lesson focus: Induce PE. Rules: 4 groups (6 ppl of each), line up, whistle identification.</p> <p>Assessment(s): 25% of Final Score</p>	<p>1. Day 2: Obstacle course</p> <p>Lesson Objectives: -Students learn how to basic movement such as hooping, dashing and crawling via obstacle course. -Students record how many intervals they can run without missing two beeps in a row</p> <p>Fitness Components: At least 3 obstacle courses need to be design. Push up, hooping, dashing</p> <p>Lesson focus: Students are introduced to obstacle course to build fitness and PE rules needed to be established in the first month.</p> <p>Assessment(s): 25% of Final Score</p>
<p style="text-align: center;">Day 3: Elementary Fitness</p> <p>Lesson Objectives: -Students will learn the importance of balance by practicing common gymnastics stunts- forward scale, l support, v sit -Students travel using different locomotor skills to move across the gym floor</p> <p>Fitness Components: Warm Up running and stretching</p> <p>Lesson focus: Balance, Flexibility and Locomotor</p> <p>Example Activities: Supporting, Balancing, Rotation, Landing, and Locomotor</p> <p>Assessment(s): 25% of Final Score</p>	<p style="text-align: center;">Day 4: Beep Test</p> <p>Lesson Objectives: Students learn how to build up basic cardio and endurance fitness via beep test.</p> <p>Fitness Components: Slalom: students must run from one line to another before a timed beep. Students continue to run within the beep sound. Once they stop, the test is over and records the number of laps.</p> <p>Lesson focus: Deep test/aerobic ability/ estimate cardio and endurance</p> <p>Assessment(s): 25% of Final Score</p>

Phys. Ed. Block Plan 2018
Unit 2: Gymnastics relevant to Tchoukball

Week 5 – Week 8

09/25-10/19

<p style="text-align: center;">Day 1: Gymnastics -Body</p> <p>Lesson Objectives: -Students identify the main parts of the body. -Students name sensations perceived by the body. -Students distinguish different direction and speed.</p> <p>Fitness Components: Warm Up running and stretching</p> <p>Lesson focus: Students know how to identify their body applying on the sports movement.</p> <p>Example Activities: Games, hoping, sprints</p>	<p style="text-align: center;">Day 2: Gymnastics - Locomotor</p> <p>Lesson Objectives: -Walks, crawls, skips, moves on all fours -Runs, gallops, hops, performs standing long jump - Performs a tuck forward roll - Maintains simple postures using different body parts for support - Maintains simple postures on apparatus</p> <p>Fitness Components: Warm Up running and stretching, imitate animals</p> <p>Lesson focus: Basic hops, tosses, and rolls related with Tahoukeball</p> <p>Example Activities: Games, hoping, sprints, throwing</p>
<p style="text-align: center;">Day 3: Gymnastics-Cooperation Movement</p> <p>Lesson Objectives: -Throws an object at a moving target(e.g. passes a ball to a partner who is moving) - Receives an object while moving(e.g. catches a softball thrown by a partner) -Shoots an object to the net(e.g. forearm shooting softball to Tahoukeball net)</p> <p>Fitness Components: Warm Up running and stretching</p> <p>Lesson focus: Passing and shooting skills</p>	<p style="text-align: center;">Day4: Space Awareness Activities</p> <p>Lesson Objectives: As individuals and groups, students will run in a designated area using the proper techniques and safety instructions</p> <p>Fitness Components: Warm Up running and stretching & High Cardio Games</p> <p>Lesson focus: Dodging, fleeing and chasing</p> <p>Example Activities: Capture the flag, flag tag and teamwork activities</p>

Phys. Ed. Block Plan 2018

Unit 3: Basketball

Week 9 – Week 12

10/22-11/16

Day 1: Introduction to Dribbling

Lesson Objectives: Students learn about the sport of basketball and learn how to travel properly during a basketball game.

Fitness Components: Running laps around the gym to music. Students concentrate on pacing and running safely

Lesson focus: Correct and safe technique of dribbling

Example Activities: Follow the leader and Keep Away

Health Education: Nutrition and Healthy Eating Habits

Day 2: Dribbling

Lesson Objectives: Students learn how to dribble with control and learn how to pass two-handed passes with a soft ball

Fitness Components: Running laps around the gym to music. Students concentrate on pacing and running safely

Lesson focus: Dribbling technique and moving down the floor with the ball. Sending and receiving with a partner.

Example Activities: Target passing and dribbling relays

Day 3: Passing in Basketball

Lesson Objectives: Students review how to use two-hands to throw a chest/bounce pass at a wall or target and then with a partner

Fitness Components: Running laps around the gym to music. Students concentrate on pacing and running safely

Lesson focus: Correct passing techniques.

Example Activities: Dribbling and passing to get to the basket. Shooting with a soft basketball
Card Sharks for competitive passing

Day 4: Beep Test

Lesson Objectives: Students learn how to build up basic cardio and endurance fitness via beep test.

Fitness Components: Slalom: students must run from one line to another before a timed beep. Students continue to run within the beep sound. Once they stop, the test is over and records the number of laps.

Lesson focus: Deep test/aerobic ability/ estimate cardio and endurance

Assessment(s): 25% of Final Score

Phys. Ed. Block Plan 2018
Unit 4 Volleyball/ Newcomeball

Week 13 – Week 16

11/19-12/14

Day 1: Sending and Receiving a Volleyball

Lesson Objectives: Students learn how to forearm pass the volleyball(the bump) and why it is important in the game of Newcomeball

Fitness Components: Curl Ups

Students count how many curl ups they can do in a minute. Their results will be recorded.

Lesson focus: Students are introduced to Newcomeball (A volleyball lead up game that lets the students catch the volleyball before sending it)
-Forearm pass and catch

Day 2: Passing and Receiving Over the Net

Lesson Objectives: Students learn how to forearm pass, catch the ball in the air and toss the ball high enough to go over the volleyball net

Fitness Components: Slalom: The student stands beside vertical line. On signal, student slaloms from side to side – using the line as a reference. Record right side and left side as 1 jump only.

Lesson focus: Newcomeball & tossing the ball to themselves and to a partner

Day 3: Newcomeball

Lesson Objectives: Students learn how to volley the ball (overhead hit) and how to move to open spaces in the game of Newcomeball

Fitness Components: Running laps around the gym listening to music and keeping the same pace throughout

Lesson focus: Newcomeball
-Toss and Volley
-Game play (rotation in volleyball)

Day 4: Testing and Game Play

Lesson Objectives: Students are evaluated on their forearm bump and movement to receive the ball

Fitness Components: Running laps around the gym listening to music and keeping the same pace throughout

Lesson focus: Evaluation of skills learnt in Newcomeball

Health Education: Biomechanics of sending and receiving a volleyball

Assessment(s): 25% of Final Score

Phys. Ed. Block Plan 2018

Unit 6: Track and Kickball

Week 19 & 20

12/7-1/18

Day 1: Running Technique

Lesson Objectives: Students learn the concept of running correctly and safely when running at full speeds

Fitness Components: Tag and invasion games and stretching techniques

Lesson focus: Aerobic, Body control, technique while sprinting to prepare for the track and the 80m dash.

-High cardio and locomotor games

Health Education: Nutrition - Goals and Objectives: Develop student ability to describe the relationship between food intake, physical activity, and good health.

Day 2: Sprinting

Lesson Objectives: Students will learn the correct sprinting technique

Fitness Components: Jogging warm up, sprints and stretching

Lesson focus: 80m dash on the track

Example Activities: Stride break down

-Single sprints

-relays

-Crouching start

Health Education: Nutrition - Goals and Objectives: Develop student ability to describe the relationship between food intake, physical activity, and good health.

Day 3: Kickball

Lesson Objectives: Students review the push pass and basic baseball formations. Students will play kickball games around 4 bases

Fitness Components: Running around the 2nd floor concentrating on breathing and pacing

Lesson focus: Kickball- A baseball lead-up game that emphasizes on base running and kicking the soccer ball into open spaces to score runs

Teamwork and encouragement of teammates is highly focused on.

Health Education: Nutrition - Goals and Objectives: Develop student ability to describe the relationship between food intake, physical activity, and good health.

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