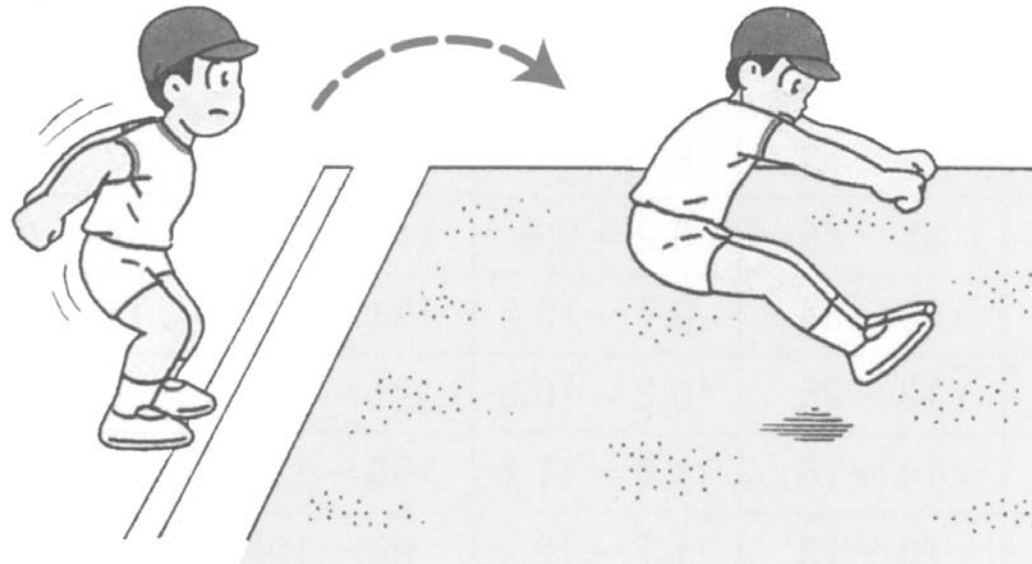
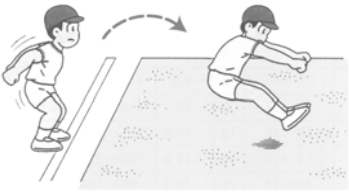


# Physical Education

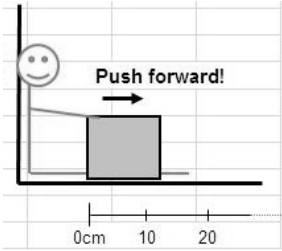





Scheme of Work 2008  
Grade 3 /1st Term  
H.Dh. Atoll Education Centre

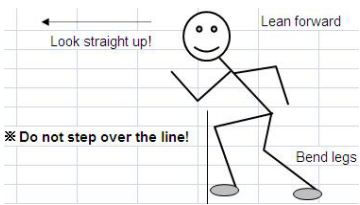
Week	Date	Topic	Objectives	Activities	Assessment	Material Needed
First Week	9 <sup>th</sup> January	Physical Fitness Activity	<ul style="list-style-type: none"> <li>• Build up physical strength while doing fun activities</li> <li>• Exercise whole body parts while doing fun activity</li> </ul>	<p>Introduce Teacher and the students                      Explain the rules of PE</p> <p>Recommended Warm up                      Catching Tails</p> <p>Formation Practice                      Ask the students make groups when teacher whistle number of times.                      And also practice making Circle, lines , etc                      Explain some teachers sign when teacher show that sign students follow that sign.</p> <p>Bare family Game</p> <ul style="list-style-type: none"> <li>- Make groups in 3s</li> <li>- Give the name ( mother bare , Father bare and baby bare)</li> <li>- Students form a big circle.</li> <li>- Keep some balls inside the circle. When Teacher calls any name then that particular child must run around the circle and go inside and collect balls.</li> </ul>		10 balls

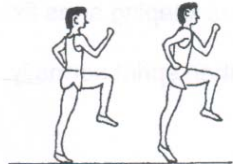
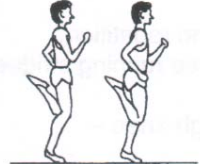

2 <sup>nd</sup> Week	Physical Strength Test (Standing Long Jump)	<p>Main Objectives of PST Assess students' running ability, agility, jumping ability, muscle tenacity</p> <ul style="list-style-type: none"> <li>Assess students' jumping ability</li> </ul> 	<p>Warm up Activity:</p> <p>Big jump Low walk Race Big Jump</p> <ol style="list-style-type: none"> <li>Make groups of 5-7.</li> <li>Each group makes lines with holding front person's shoulder.</li> <li>Jump together and move forward.</li> <li>Try to move as fast as possible.</li> </ol> <p>Low walk</p> <ol style="list-style-type: none"> <li>With the same groups as Big jump, squat down.</li> <li>Walk forward together while keeping a low position.</li> <li>Try to move as fast as possible.</li> </ol> <p>Standing Long Jump</p> <ol style="list-style-type: none"> <li>Stand on the take off line with legs apart comfortably</li> <li>Toes should line up at the front edge of the take off line</li> <li>Take off and land on with both feet</li> <li>Measure how far students can jump</li> <li>Measure 2 times and keep better record</li> </ol>	<p>Assess how far student can jump</p>	<ul style="list-style-type: none"> <li>Sand pit,</li> <li>Measuring tap</li> </ul>
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3rd Week	Physical Strength Test (Side Jump)	<ul style="list-style-type: none"> <li>Assess students agility</li> </ul>	<p>Warm up Activity Play be under water game</p> <ol style="list-style-type: none"> <li>Students make a big circle.</li> <li>Teacher stands in the middle of the circle.</li> <li>Demonstrate 4 different sea creatures.</li> <li>Students be the sea creatures when teacher calls the names. ( Corel , Star fish, Octopus and electric eel )</li> <li>Gradually call them faster.</li> </ol> <p>Side jump</p> <ol style="list-style-type: none"> <li>Make 3 lines with 1m apart</li> <li>Make pairs, student B counts for the partner</li> <li>Student A straddle the centre line</li> <li>Step to the right side and step on or over the right line, then come back to the centre</li> <li>Step to the left and do the same</li> <li>Repeat it for 20 seconds</li> <li>Student B counts how many times student A pass the line (1 line 1 point)</li> <li>If students didn't step on the outside line or straddle the centre line, don't count as a point</li> <li>Try 2 times and keep better record</li> </ol>	<p>Assess how many time students can do side steps in 20 seconds</p>	<ul style="list-style-type: none"> <li>Side jump Pit.</li> </ul>
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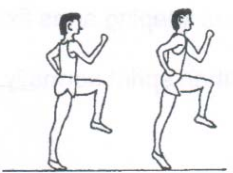


4 <sup>th</sup> Week	Physical Strength Test ( Flexibility and sit ups )	<ul style="list-style-type: none"> <li>• Assess students flexibility</li> <li>• Assess students muscle tenacity</li> </ul> 	<p>Warm up Activity Play ice water tag game.</p> <p>Flexibility</p> <ol style="list-style-type: none"> <li>1. A student sits near the wall (The back should touch the wall completely)</li> <li>2. Put both feet thorough a box and straighten knees (The box should be hollow)</li> <li>3. Place hands on the edge of the box</li> <li>4. While a student keeps his back straight, push the box straight forward</li> <li>5. Don't let them bend their knees</li> <li>6. Try 2 times and keep better record</li> </ol> <p>Sit ups</p> <ol style="list-style-type: none"> <li>1. Students make pairs.</li> <li>2. Student A get ready in sit-ups position</li> <li>3. Lay down on the mat, bend knees</li> <li>4. Link arms in front of chest</li> <li>5. Student B holds A's ankles by sitting down on it lightly</li> <li>6. At the signal, student A brings up his body until his elbows touch his thigh, then lay down until A's back touches to the mat</li> <li>7. Repeat it for 30 seconds; count how many times students could bring their bodies up.</li> </ol>	<p>Assess how far student can bring there hand without bending there knees.</p>	<ul style="list-style-type: none"> <li>• Hollow box</li> <li>• Wall</li> <li>• Measuring tape</li> </ul>
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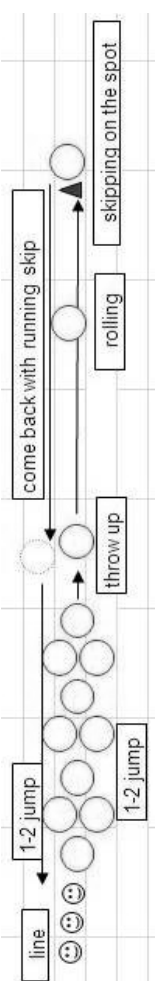
5 <sup>th</sup> Week	Running 1	<ul style="list-style-type: none"> <li>• Learn running techniques</li> <li>• Learn standing start</li> <li>• Be able to run as fast as possible from standing start</li> </ul>   	<p>Warm up Activity Some activities involving running Various steps (Skip, skip with hands, 2 steps, side steps, side cross, back run and Fita fita)</p> <p><b>ARM SWING PRACTICE</b></p> <ol style="list-style-type: none"> <li>1. Students spread keeping enough distance between and practice arm swinging on the spot.</li> <li>2. Make fist (Do not make it tense!) and bend both elbows about 90 degrees.</li> <li>3. Swing the arms back and forth in the straight line in big motion. Pull elbows backward.</li> </ol> <p><b>RUNNING DRILL</b> Running drill is the basic exercise to improve running technique. Develop the contents according to the grade.</p> <ol style="list-style-type: none"> <li>1. Skip --- Skip with big arm swing</li> <li>2. Back kick --- Place both hands on hip, kick backward and touch heels to the palms. ✘ Do not raise knees forward</li> <li>3. High-knee --- Run while raising knees high (Bend knees 90 degrees), swing arms properly</li> <li>4. Big stride running --- Run about 20m with as big stride as possible with arm swing Count with how many steps students can run (The less the better)</li> <li>5. Sprint --- Run in the straight line while swinging arms</li> </ol> <p><b>GAME: CAN KICKING SPRINT</b></p> <ol style="list-style-type: none"> <li>1. Make about 15~20m track and place less number of cans than runners.</li> <li>2. At the signal of " Go! ", start running and kick the can which is closer.</li> <li>3. Pick up the can and put it back to where it was. ✘ Make distance shorter than 20m, and make more than 3 students run at the same time. This will give slow runners the chance to kick the can.</li> </ol>	<ul style="list-style-type: none"> <li>• Marked area of 35 meters.</li> <li>• Device for starting signal,</li> <li>• Stop watch</li> </ul>
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6 <sup>th</sup> Week	Running 2	<ul style="list-style-type: none"> <li>• Improve running techniques and standing start</li> <li>• Be able to run as fast as possible from standing start</li> </ul> 	<p>Revise Running drills</p> <ol style="list-style-type: none"> <li>1. Skip --- Skip with big arm swing</li> <li>2. Back kick --- Place both hands on hip, kick backward and touch heels to the palms. ✘ Do not raise knees forward</li> <li>3. High-knee --- Run while raising knees high (Bend knees 90 degrees), swing arms properly</li> <li>4. Big stride running --- Run about 20m with as big stride as possible with arm swing Count with how many steps students can run (The less the better)</li> <li>5. Sprint --- Run in the straight line while swinging arms</li> </ol> <p>STANDING START PRACTICE (BASIC)</p> <ol style="list-style-type: none"> <li>1. Stand 1 meter behind from the starting line.</li> <li>2. At the command of " On your mark ", step forward and be ready with standing start position.</li> <li>3. At the command of " Ready ", lean slightly forward, bend front leg and put weight on it.</li> <li>4. At the command of " Go! ", kick the ground strongly and run.</li> </ol> <ol style="list-style-type: none"> <li>1. STANDING START PRACTICE ① (Lean forward)</li> <li>2. STANDING START PRACTICE ② (Chase from sitting)</li> <li>3. STANDING START PRACTICE ③ (Chase form lying)</li> <li>4. SPRINT FROM STANDING START</li> <li>5. 35 meter sprint</li> </ol> <p>Game</p> <p>TOUCH RELAY</p> <ul style="list-style-type: none"> <li>- Divide students into several equal teams.</li> <li>- Divide each team into 2 groups and let them stand facing each other, relay by touching hands.</li> </ul>		<ul style="list-style-type: none"> <li>• Whistle</li> <li>• Cones</li> </ul>
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7th Week	Running 3	<ul style="list-style-type: none"> <li>• Learn running techniques</li> <li>• Learn standing start</li> <li>• Learn baton pass technique and use it in a relay</li> <li>• Have fun while competing in relay</li> </ul>   	<p>Recommended Warm up Some activities involving running Tag game etc...</p> <p>Revise Running drills Skip, Back kick, High knee, Big stride running, and sprint</p> <p>Revise standing start</p> <ol style="list-style-type: none"> <li>1. STANDING START PRACTICE ① (Lean forward)</li> <li>2. STANDING START PRACTICE ② (Chase from sitting)</li> <li>3. STANDING START PRACTICE ③ (Chase form lying)</li> <li>4. SPRINT FROM STANDING START.</li> </ol> <p><b>TOUCH RELAY</b></p> <ul style="list-style-type: none"> <li>- Divide students into several equal teams.</li> <li>- Divide each team into 2 groups and let them stand facing each other, relay by touching hands.</li> </ul> <p><b>SUBSTITUTION RELAY</b></p> <ul style="list-style-type: none"> <li>- Relay with something easier to hold instead of baton</li> <li>✘ Use either both hands or one hand for passing, depends on students level</li> </ul> <p><b>SHUTTLE RELAY</b></p> <ul style="list-style-type: none"> <li>- Divide students into several equal teams.</li> <li>- Divide each team into 2 groups and let them stand facing each other.</li> <li>- Relay with baton using Hand over technique or Upsweep technique.</li> <li>- Receive the baton with right hand and pass it to the next runner with the same hand. (No hand change while running)</li> </ul>	<ul style="list-style-type: none"> <li>• Marked area of 35 meters.</li> <li>• Device for starting signal, Stop watch</li> </ul>
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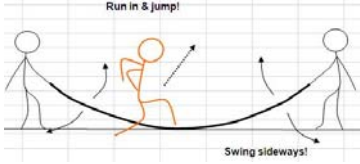
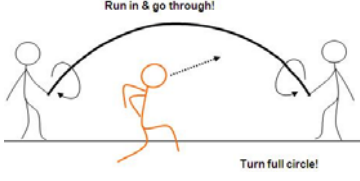
8th Week	Running 4	<ul style="list-style-type: none"> <li>• Be able to run as fast as possible from standing start</li> <li>• Time students for 35m sprint</li> <li>• Practice baton pass while having fun in a relay</li> </ul>   	<p>Recommended Warm up Some activities involving running Tag game etc...</p> <p>Revise Running drills Skip, Back kick, High knee, Big stride running, and sprint</p> <p>Revise starting practice</p> <ol style="list-style-type: none"> <li>1. STANDING START PRACTICE ① (Lean forward)</li> <li>2. STANDING START PRACTICE ② (Chase from sitting)</li> <li>3. STANDING START PRACTICE ③ (Chase form lying)</li> <li>4. SPRINT FROM STANDING START.</li> </ol> <p>Assess 35m Sprint</p> <ul style="list-style-type: none"> <li>- Arrange the student in register order</li> <li>- Check the 2 students running at a time ( 35 m )</li> <li>- Give 2 chance to each one</li> </ul> <p>SHUTTLE RELAY</p> <ul style="list-style-type: none"> <li>- Divide students into several equal teams.</li> <li>- Divide each team into 2 groups and let them stand facing each other.</li> <li>- Relay with baton using Hand over technique or Upsweep technique.</li> </ul> <p>Receive the baton with right hand and pass it to the next runner with the same hand. (No hand change while running)</p>	<p>Assess how many seconds students can run 35meters</p>	<ul style="list-style-type: none"> <li>• Marked area of 35 meters.</li> <li>• Device for starting signal, Stop watch</li> </ul>
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9th Week	Hoop 1	<ul style="list-style-type: none"> <li>Students will be able to do different task like skipping, jumping, rolling, spinning, turning etc using hoops.</li> </ul> 	<p>Warm up game: Hoop game</p> <p><b>JUMPING IN THE HOOP</b></p> <ol style="list-style-type: none"> <li>1) On the spot (Turn 180 &amp; 360 degrees)</li> <li>2) Sideways</li> <li>3) Front to back</li> <li>4) 1 – 1 Jump (Both legs &amp; 1 leg) &amp; Relay</li> <li>5) 1 – 2 Jump (Can be warm up from 2nd time) &amp; Relay</li> </ol> <p><b>TURNING HOOPS</b></p> <ol style="list-style-type: none"> <li>1) Turn or spin hoop around : * Hands/ wrists/ arms * Both hands / wrists / arms * Stomach * Neck * Leg</li> </ol> <p>* Turning hoops in pairs with holding hands * Link hands in small groups and turn hoop. * Turning hoops boys &amp; girls separately</p> <p><b>ROLLING HOOPS</b></p> <ol style="list-style-type: none"> <li>1) Rolling ( teacher)</li> <li>2) Rolling (Individual)</li> <li>3) Rolling ( Pair )</li> </ol> <p><b>THROWING HOOPS</b></p> <ol style="list-style-type: none"> <li>1) Throw and catch (Individual)</li> <li>2) 2) Throw and catch (Pair)</li> </ol> <p><b>SKIPPING HOOPS</b></p> <ol style="list-style-type: none"> <li>1) Skip on the spot</li> <li>2) Running skip</li> </ol> <p><b>COMBINATION RACE</b></p> <p>* Divide students into 2 groups ( boys &amp; girls mix, boys &amp; girls separately) * Line up one after other * When teacher whistled go with 1-2 jump and do throwing up 3 times and roll the hoop up to the cone and do skipping on the spot 5 times and come back with running skip and do 1-2 jump and touch the next one in the group. ( see the drawing left)</p>	<ul style="list-style-type: none"> <li>1 hoop per child</li> <li>Whistle</li> </ul>
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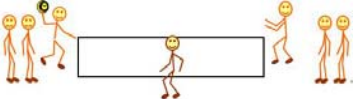
10th Week	Hoop 2	<ul style="list-style-type: none"> <li>Students will be able to do different task like skipping, jumping, rolling, spinning, turning etc using hoops.</li> </ul>	<p>Warm up game: Hoop game</p> <p><b>Revise Last Lesson</b></p> <p><b>JUMPING IN THE HOOP</b></p> <p>6) On the spot (Turn 180 &amp; 360 degrees)</p> <p>7) Sideways</p> <p>8) Front to back</p> <p>9) 1 – 1 Jump (Both legs &amp; 1 leg) &amp; Relay</p> <p>10) 1 – 2 Jump (Can be warm up from 2nd time) &amp; Relay</p> <p><b>TURNING HOOPS</b></p> <p>1) Turn or spin hoop around : * Hands/ wrists/ arms * Both hands / wrists / arms * Stomach * Neck * Leg</p> <p>* Turning hoops in pairs with holding hands</p> <p>* Link hands in small groups and turn hoop.</p> <p>* Turning hoops boys &amp; girls separately</p> <p><b>ROLLING HOOPS</b></p> <p>4) Rolling ( teacher)</p> <p>5) Rolling (Individual)</p> <p>6) Rolling ( Pair )</p> <p><b>THROWING HOOPS</b></p> <p>3) Throw and catch (Individual)</p> <p>4) 2) Throw and catch (Pair)</p> <p><b>SKIPPING HOOPS</b></p> <p>3) Skip on the spot</p> <p>4) Running skip</p> <p><b>COMBINATION RACE</b></p> <p>* Divide students into 2 groups ( boys &amp; girls mix, boys &amp; girls separately)</p> <p>* Line up one after other</p> <p>* When teacher whistled go with 1-2 jump and do throwing up 3 times and roll the hoop up to the cone and do skipping on the spot 5 times and come back with running skip and do 1-2 jump and touch the next one in the group. ( see the drawing left)</p>		<ul style="list-style-type: none"> <li>Whistle</li> <li>1 hoop per child</li> </ul>
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11th Week	Hoop 3	<ul style="list-style-type: none"> <li>Students will be able to do different task like skipping, jumping, rolling, spinning, turning etc using hoops.</li> </ul>	<p>Warm up game: Hoop tag game</p> <p><b>Revise Last Lesson</b></p> <p><b>JUMPING IN THE HOOP</b></p> <p>11) On the spot (Turn 180 &amp; 360 degrees)</p> <p>12) Sideways</p> <p>13) Front to back</p> <p>14) 1 – 1 Jump (Both legs &amp; 1 leg) &amp; Relay</p> <p>15) 1 – 2 Jump (Can be warm up from 2nd time) &amp; Relay</p> <p><b>TURNING HOOPS</b></p> <p>1) Turn or spin hoop around : * Hands/ wrists/ arms * Both hands / wrists / arms * Stomach * Neck * Leg</p> <p>* Turning hoops in pairs with holding hands * Link hands in small groups and turn hoop. * Turning hoops boys &amp; girls separately</p> <p><b>ROLLING HOOPS</b></p> <p>7) Rolling ( teacher)</p> <p>8) Rolling (Individual)</p> <p>9) Rolling ( Pair )</p> <p><b>THROWING HOOPS</b></p> <p>5) Throw and catch (Individual)</p> <p>6) 2) Throw and catch (Pair)</p> <p>SKIPPING HOOPS</p> <p>5) Skip on the spot</p> <p>6) Running skip</p> <p><b>COMBINATION RACE</b></p> <p>* Divide students into 2 groups ( boys &amp; girls mix, boys &amp; girls separately)</p> <p>* Line up one after other</p> <p>* When teacher whistled go with 1-2 jump and do throwing up 3 times and roll the hoop up to the cone and do skipping on the spot 5 times and come back with running skip and do 1-2 jump and touch the next one in the group.</p>	<p>Hoop Assessment</p> <p>Assess students ability of</p> <p>Jumping</p> <p>Turning</p> <p>Rolling</p> <p>Throwing</p> <p>Spinning</p> <p>Hoop.</p>	<ul style="list-style-type: none"> <li>Whistle</li> <li>1 hoop per child</li> </ul>
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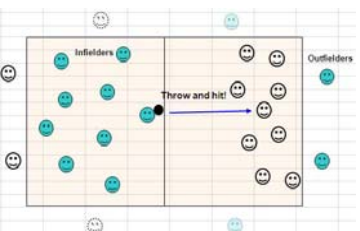
<p>12th Week</p>	<p>Long Rope 1</p>	<ul style="list-style-type: none"> <li>To develop the skills of jumping over a moving rope.</li> <li>To learn the various ways of jumping long rope.</li> </ul>	<p><b>RECOMMENDED WARM UP</b>  <b>Circle Rope game</b>  <b>Long Rope Activities</b></p> <ol style="list-style-type: none"> <li>River jump ( keep 2 rope on the ground as a river)             <ul style="list-style-type: none"> <li>Arm swing practice on the spot</li> <li>Jump with both feet and land on with both feet</li> <li>Jump and clap hands in the air</li> <li>Jump and turn in the air (Turn right, left, 180 or 360 degrees)</li> <li>Jump with one foot and land on with both feet or one foot</li> <li>Challenge the limit!</li> </ul> </li> <li>Snake jump                      Two students hold the rope and move the rope on the ground like a snake. Then students jump over the rope without touching it.</li> </ol> <ol style="list-style-type: none"> <li>Ocean waves                      Two students hold the rope and move the rope up &amp; down on the ground. When the rope is moving like a ocean waves jump and go other side.</li> </ol>	<ul style="list-style-type: none"> <li>Long ropes,</li> <li>Whistle.</li> </ul>
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<p>13th Week</p>	<p>Long Rope 2</p>	<ul style="list-style-type: none"> <li>To develop the skills of jumping over a moving rope.</li> <li>To learn the various ways of jumping long rope.</li> <li>Develop the jumping skills over stationary ropes</li> </ul>  	<p>RECOMMENDED WARM UP Circle Rope game</p> <p>Revise last week lesson</p> <ol style="list-style-type: none"> <li>River jump</li> <li>Snake jump</li> <li>Ocean waves</li> <li>PENDULUM SWING             <ul style="list-style-type: none"> <li>- 2 students hold the rope and swing it sideways.</li> <li>- Other students form 2 lines.</li> <li>- When students improve, make the distance to the rope longer.</li> <li>- At the end, run into the rope and try to jump many times, then run out.</li> <li>✂ Change the students who hold the rope frequently.</li> </ul> </li> <li>GO THROUGH             <ul style="list-style-type: none"> <li>- 2 students hold the rope and turn full circle toward the students who jump.</li> <li>- Other students form 2 lines.</li> <li>- Run into the rope and go through without touching the rope, 1 student at a time.</li> </ul> </li> </ol> <p>Game: Tag game</p>		<ul style="list-style-type: none"> <li>Long ropes,</li> <li>Whistle.</li> </ul>
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14th Week	Ball Throwing and Catching Dodge ball 1	<ul style="list-style-type: none"> <li>• Students will be able to catch, throw, dodge and do the team play accurately.</li> <li>• Follow the rules and cooperate with others while playing fun game.</li> </ul>	<p>Recommended Warm up Line up Race</p> <p>Ball Throwing</p> <ol style="list-style-type: none"> <li>1. Ball rolling with both hands             <ul style="list-style-type: none"> <li>- Hold the ball between the legs</li> <li>- Roll the ball to the partners legs</li> </ul> </li> <li>2. Ball rolling with one hand             <ul style="list-style-type: none"> <li>- Hold the ball in right hand</li> <li>- Put weight on right leg and bring hand back.</li> <li>- Step on to left foot, bring right hand forward and roll the ball</li> </ul> </li> <li>3. Ball throwing with both hands             <ol style="list-style-type: none"> <li>a. Under hand throw                 <ul style="list-style-type: none"> <li>- Hold the ball between the legs</li> <li>- Throw the ball up to the partners chest</li> </ul> </li> <li>b. Over head throw                 <ul style="list-style-type: none"> <li>- Hold the ball above the head.</li> <li>- Throw the ball down to the partners chest</li> </ul> </li> </ol> </li> <li>4. Ball throwing with one hand             <ol style="list-style-type: none"> <li>1. Stand sideways with your right foot behind your left foot Hold the ball over your right shoulder with your right hand Support it with your left hand. Put your weight on your right foot.</li> <li>2. Bring your weight onto your left foot and step forward at the same time bring your right hand forward over your head to throw the ball.</li> </ol> </li> </ol> <p><b>DODGE BALL</b> <b><u>BALL THROWING</u></b></p> <ul style="list-style-type: none"> <li>- Make pairs. And explain to throw the ball faster and faster. Practice it for several times.</li> </ul>		<ul style="list-style-type: none"> <li>• Dodge ball or Volley ball</li> <li>• Whistle</li> <li>• Bibs</li> </ul>
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Week 14 continue	Ball Throwing and Catching Dodge ball 1	<ul style="list-style-type: none"> <li>• Students will be able to catch, throw, dodge and do the team play accurately.</li> <li>• Follow the rules and cooperate with others while playing fun game.</li> </ul> 	<p><b><u>BALL CATCHING</u></b></p> <ul style="list-style-type: none"> <li>- Make Pairs and practice ball throw and catching</li> </ul> <p>Explain easy and safe way of catching ball</p> <p><b>Step1- Ball hitting 1</b> Extend your arm arms forward and hit the ball on your palm</p> <p><b>Step2-</b></p> <ul style="list-style-type: none"> <li>• Extend your arms forward</li> <li>• At the same time bend the arms and hit the ball on your palm in front of the chest</li> </ul> <p><b>Step3- Ball catching</b></p> <ul style="list-style-type: none"> <li>• Stand your legs front and back. Extend your arms forward. Make triangle your thumb and index finger.</li> <li>• Hit the ball on the palm. At the same time, bend your arms and catch the ball in front of chest.</li> </ul> <p><b><u>Line game</u></b></p> <ol style="list-style-type: none"> <li>1. Make group of three</li> <li>2. One will be in between the 2 throwers.</li> <li>3. Throwers try to hit to hit the mid person and make him out to throw the ball.</li> <li>4. Mid person try to catch the ball to score points</li> <li>5. Practice it for several times</li> </ol> <p><b><u>Rectangle Dodge ball</u></b></p> <ol style="list-style-type: none"> <li>1. Half of the student have to go into the rectangle</li> <li>2. Others stand two of the short parallel side. And try to hit them to make them out.</li> </ol>	<ul style="list-style-type: none"> <li>• Dodge ball or Volley ball</li> <li>• Whistle</li> <li>• Bibs</li> <li>• cones</li> </ul>
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15th Week	Ball Throwing and Catching Dodge ball 2	<ul style="list-style-type: none"> <li>• Students will be able to catch, throw, dodge and do the team play accurately.</li> <li>• Follow the rules and cooperate with others while playing fun game</li> </ul> 	<p><b><u>Revise ball throwing and catching ( last week lesson)</u></b></p> <p><b><u>Play Line dodge ball</u></b></p> <ol style="list-style-type: none"> <li>1. Make group of three</li> <li>2. One will be in between the 2 throwers.</li> <li>3. Throwers try to hit to hit the mid person and make him out to throw the ball.</li> <li>4. Mid person try to catch the ball to score points</li> <li>5. Practice it for several times</li> </ol> <p><b><u>Circle dodge ball</u></b></p> <ol style="list-style-type: none"> <li>1. Make 2 group of 6/7</li> <li>2. Make a circle and 6/7 students should be inside the circle.</li> <li>3. Others try to hit to them to make them out.</li> <li>4. The 6/7 students inside try to catch the ball to score points.</li> </ol> <p><b><u>Dodge ball</u></b></p> <ol style="list-style-type: none"> <li>1. Explain the rules of dodge ball</li> <li>2. Divide the students into 2 groups.</li> <li>3. Each team has ½ out fielder on opposite side of the court.</li> <li>4. Try to hit the ball to the opponent’s teams infielder and infielder who is hit the ball, must go out of opposite side of the court.</li> <li>5. If the out fielder hit the ball to the opponent infielder, that outfielder can come into the own court.</li> <li>6. If all infielder are hit and the court gets empty, the opponent team will be winners.</li> <li>7. Assess while the students are playing the game dodge ball.</li> </ol>	<ul style="list-style-type: none"> <li>• Dodge ball or Volley ball</li> <li>• Whistle</li> <li>• Bibs</li> <li>• Cones</li> </ul>
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16th Week	Ball Throwing and Catching Dodge ball 3	<ul style="list-style-type: none"> <li>• Students will be able to catch, throw, dodge and do the team play accurately.</li> <li>• Follow the rules and cooperate with others while playing fun game</li> </ul>	<p><b><u>Recommended warm up</u></b> Pass ball game</p> <p>Ball throwing And Catching</p> <ol style="list-style-type: none"> <li>1. Make pairs stand face to face about 6/7 ft distance</li> <li>2. Throw ball each other and catch.</li> <li>3. Observe the students work and give marks</li> </ol> <p><b>Line Dodge ball</b></p> <ol style="list-style-type: none"> <li>1. Make group of three</li> <li>2. One will be in between the 2 throwers.</li> <li>3. Throwers try to hit to hit the mid person and make him out to throw the ball.</li> <li>4. Mid person try to catch the ball to score points</li> <li>5. Observe them</li> </ol> <p><b>Circle dodge ball</b></p> <ol style="list-style-type: none"> <li>1. Make 2 group of 6/7</li> <li>2. Make a circle and 6/7 students should be inside the circle.</li> <li>3. Others try to hit to them to make them out.</li> <li>4. The 6/7 students inside try to catch the ball to score points.</li> <li>5. Observe them</li> </ol> <p><b>Dodge ball</b></p> <ol style="list-style-type: none"> <li>1. Explain the rules of dodge ball</li> <li>2. Divide the students into 2 groups.</li> <li>3. Each team has ½ out fielder on opposite side of the court.</li> <li>4. Try to hit the ball to the opponent’s teams infielder and infielder who is hit the ball, must go out of opposite side of the court.</li> <li>5. If the out fielder hit the ball to the opponent infielder, that outfielder can come into the own court.</li> <li>6. If all infielder are hit and the court gets empty, the opponent team will be winners.</li> </ol> <p>Assess while the students are playing the game dodge ball.</p>	<p>Assess the students throwing and ball catching</p> <p>Assess while they play dodge ball.</p>	<ul style="list-style-type: none"> <li>• Dodge ball or Volley ball</li> <li>• Whistle</li> <li>• Bibs</li> <li>• Cones</li> </ul>
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Assessments topics 2008 ( 1<sup>st</sup> Term )

1. Physical Strength Tests 30 marks
2. Running 20 marks
3. Hoop 20 marks
4. Long rope 10karks
5. Dodge ball 10 marks
6. Attitude 10 marks