



| Unit | Week No. | Content | Detail /Vocab. | Activities / Graded Assignments | Exam Content | Government Objectives |
|--|----------|---|--|---|--|---|
| Warm Up | 1 | ORIENTATION | | | | |
| | | Classroom Rules / Induction | N/A | N/A | N/A | N/A |
| | | | | | | |
| 1: Body Management and Movement Skills | | STATIC MOVEMENTS WHILE STANDING STILL | | | | Strand 3: Standard H3.1Control body movements while standing still. Moving and using equipment. |
| | 2 | Body movements while standing still | Body twisting, jumping jacks, rotation, jumping | Pair-up and do the body movements while standing still | N/A | |
| | 3 | Benefits of body movements while standing still | | | | |
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| | 4 | BODY MOVEMENTS | walking, two-step walking, running, hopping, sliding, galloping | Performs series of movement using various movement skills | N/A | |
| | 5 | Movement skills | | | | |
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| | 6 | BODY MOVEMENTS WITH EQUIPMENT | Pitching, gripping, throwing, hitting, rolling, hurling, tossing | Executes the different body movements using equipments | | |
| | 7 | Movements with equipment | | | | |
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| 2. Fun Games | | MISCELLANEOUS GAMES | | Engage in a simple fun games involving pitching | Mid Term Test: Body Movements and Pitching | Strand 3: Standard H3.1 Play miscellaneous games and participate in physical activities requiring movements while standing still moving and using equipment |
| | 8 | Relay ball throwing | Ball Throwing Relay | | | |
| | 9 | Gripping the ball around the pole | Gripping the Ball | | | |
| | 10 | Pitching the ball into the target | Pitching the Ball | | | |
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| 3. Posture and Body Mechanics | 11 | POSTURE AND BODY MECHANICS | Posture, body mechanics | Practice correct posture while sitting, standing, walking, picking up things, pulling and pushing objects. | N/A | Demonstrate understanding of improving posture and related activities |
| | 12 | Posture and body mechanics | | | | |
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| 4.Relays and Races | 13 | RELAYS AND RACES | | | | Enjoy and show interest while engaging in playing relays and races |
| | 14 | Egg relay | Relays, races | N/A | N/A | |
| | 15 | Over and under | | | | |
| | 16 | Mary went to market | | | | |
| | | | | | | |
| | | RELAYS AND RACES CONT./ | Group games | Participate and engage in a simple competition of relays and races | N/A | Play group games and participate in physical activities requiring movements while standing still moving and using equipment |
| | 17 | Chimp race | Chimp race | | | |
| | 18 | Sack race | Sack race | | | |
| | 19 | Kangaroo hop race | Kangaroo hop race | | | |
| | | | | | | |
| Final Test | 20 | Practical Test: End of Tern | The students will play games to test their balance, speed and flexibility. | | | |
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