

LML Lesson plan 2

By Ms Roberta Micallef

Class: 3.4 (PE Option students)

Subject: PE

Topic: Revision of skeleton, muscles and joints

Time: 45 minutes

Aim: To revise skeleton and muscles.

Materials needed: Laptop with powerpoint, student LCIs, handouts on muscular system, pieces of skeleton, 4 soft balls.

** Taking into consideration that the majority have a high score in sequence I will ask them to perform the task of putting together the skeleton provided as a group so that they can be of help to each other. Since they have chosen PE as an option they will surely find this useful and relevant to real life and will serve to intensify their technical pattern for the majority.

Cognitive Objective: Students will be able to solidify and internalise parts of the skeleton by piecing it all together. The exercise will serve as a revision of concepts previously taught. It will also serve as an example of drawing on each other's skills and diversity to complete a task successfully.

Psychomotor objective: This exercise will serve to provide agility and dexterity and the skill of working together to consolidate material which has been taught already.

Affective objective: As already mentioned students will work as a whole group towards putting a task together, therefore will involve listening to each other and providing each other with feedback.

Objectives analysis:

Students will piece together parts of the skeleton. (Sequence and Technical)

Students will have to know proper way of piecing skeleton together and fill in handout with right word. (Precision)

Students will have to work together and listen to each other to solve final activity. (Confluence)

Lesson Procedure:

Introduction: Quick re-cap of different patterns of individuals and the potential this fact entails.

Main activity: Will introduce topic of lesson (revision of skeleton, muscles and joints and will ask them to put together pieces of skeleton as a group. Will emphasize that all must pitch in and give their input. Will elicit what pattern/s is/are being used through this activity. Will elicit how working as a team implies pooling in resources to complete a task successfully. (15-20 minutes)

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Secondary activity: Handout will be given out and students will be paired intentionally with partners of different patterns to ensure success. (Michaela-Nicole, Julia-Shannon, Nichola-Emma) (5 minutes)

Review through powerpoint of different muscles and their function. (10 minutes)

Closure: Juggling activity whereby each individual will have to work as a team for activity to be successful. (10 minutes)