



## PE LESSON PLAN FORM

<b>Name of Teacher:</b> Wendy Siow					<b>School:</b> Greenview Secondary
<b>Unit:</b> NAPFA Test - Inclined Pull Up and Chin Up (Using Micro:bit)					<b>Lesson No:</b> 1
<b>Unit Objective:</b> 1) To execute the correct form when doing inclined pull up.					
<b>Class:</b>	<b>Class Size:</b> 40	<b>Venue:</b> Hall	<b>Duration:</b> 60 mins	<b>Equipment Required (Quantity):</b> 2-4 Inclined Pull Up equipment 2-4 Chin Up bar	<b>Date:</b> NA

<b>Lesson Objectives:</b>	Psychomotor	To execute inclined pull up (IPU) in the correct form: To straighten the elbow before an IPU is attempted, and elbow must bent at a certain angle for chin to clear the rod for the counter to count.
	Cognitive	To think of how the micro:bit works and how can it be improved
	Affective	To have the resilience to do the correct technique. To motivate others to do the correct technique.

<b>Assumptions on Student Learning:</b>	<ol style="list-style-type: none"> <li>1) Students know all the NAPFA test items and had been tested since primary school, except 2.4 km run.</li> <li>2) Students have seen the demonstration of the IPU done in the correct form.</li> </ol>
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Task No.	Objective	Activity	Teaching Cues	Routines and Organisation	Practice Time
<p>Start: Introduction (total of 10 mins)</p> <ul style="list-style-type: none"> <li>a) Change to PE attire. While students start assemble, teacher to mark attendance and students greet teachers. (5 mins)</li> <li>b) Group students into groups of 3 or 4, and teachers to distribute the equipment with Micro:bit attached to the groups and demonstrate how to wear them. (5 mins)</li> </ul>					
1.	Placement of the equipment	Students are to take turns to wear the equipment correctly.	Strap on your upper arm		5 mins
<p>Transition 1: Teacher demonstration (total of 5 mins)</p> <p>Teacher wears the equipment to demonstrate on an IPU bar, as well as TRX, on the correct IPU technique.</p> <p>Teacher to show how the equipment is counting the number of IPUs done.</p>					
2.	Students' practice	<ul style="list-style-type: none"> <li>- In their groups, 1 student will practise his/her IPU, while another student will observe if the smiley face appears on the micro:bit.</li> <li>- Students will take turn to practise and observe the micro:bit.</li> <li>- Each group should be doing 2 sets of IPU on the TRX and 1 set of IPU on the IPU bars.</li> </ul>	Look out for the smiley face	<ul style="list-style-type: none"> <li>- 4 IPU bars are used by 4 groups.</li> <li>- Other groups will use the TRX placed at an appropriate height.</li> <li>- Groups will take turns to do IPU at the IPU bars.</li> </ul>	35 mins
<p>Close: Conclusion (5 mins)</p> <ul style="list-style-type: none"> <li>- Assemble the students</li> <li>- Get the students to tell if the equipment is useful in IPU training.</li> <li>- Ask if they can think of any improvements to be made to the equipment, and discuss this in the next lesson.</li> <li>- Dismiss students.</li> </ul>					

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on button B pressed
do
  show number Count
  
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on button A pressed
do
  set Count to 0
  set Start to false
  set End to false
  show number Count
  
```

```

forever
  if acceleration (mg) z >= -800
  do
    set Start to true
  
```

```

forever
  if Start = true
  do
    if acceleration (mg) z <= -950
    do
      change Count by 1
      show leds
      0 1 2 3 4
      0  ✓  ✓  ✓  ✓
      1  ✓  ✓  ✓  ✓
      2  ✓  ✓  ✓  ✓
      3  ✓  ✓  ✓  ✓
      4  ✓  ✓  ✓  ✓
      set Start to false
    else
      show leds
      0 1 2 3 4
      0  ✓  ✓  ✓  ✓
      1  ✓  ✓  ✓  ✓
      2  ✓  ✓  ✓  ✓
      3  ✓  ✓  ✓  ✓
      4  ✓  ✓  ✓  ✓
  
```