

Appendix 1: MSD Activity Plan Template

Activity Plan														
Title of Learning Experiences: Skip and Throw!	Date: 23 November 2023	Duration: 45 mins												
Age Group/ Level: 3 – 4 years old / N2														
Motor Skills (at least one)	Description of Movement Concepts (at least one for each skill)													
1) Hopping	Jumping on one foot from one point to another													
2) Underarm throwing	Backward-forward swing of the hand to release the object at any angle or level depending on the purpose of the throw.													
<p>Objectives (Integration with one other Learning area) (Maximum 4 objectives)</p> <p><i>Children will be able to</i></p> <p><u>MSD</u> (Include both motor skills and movement concepts in each objective)</p> <p>1) Hop forward on one foot from one hoop to another</p> <p>2) Bounce the ball while moving forward in a consistent pace</p> <p><u>Numeracy</u></p> <p>3) Count from 1 to 10 in one – to – one correspondence</p>														
<ul style="list-style-type: none"> • Space: Badminton Court • Equipment: <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 70%; text-align: center;">Equipment</th> <th style="width: 30%; text-align: center;">Quantity</th> </tr> </thead> <tbody> <tr> <td>Hoops</td> <td style="text-align: center;">8</td> </tr> <tr> <td>Balls</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Rope</td> <td style="text-align: center;">4</td> </tr> <tr> <td>Beanbag</td> <td style="text-align: center;">20</td> </tr> <tr> <td>Cone</td> <td style="text-align: center;">5</td> </tr> </tbody> </table>			Equipment	Quantity	Hoops	8	Balls	2	Rope	4	Beanbag	20	Cone	5
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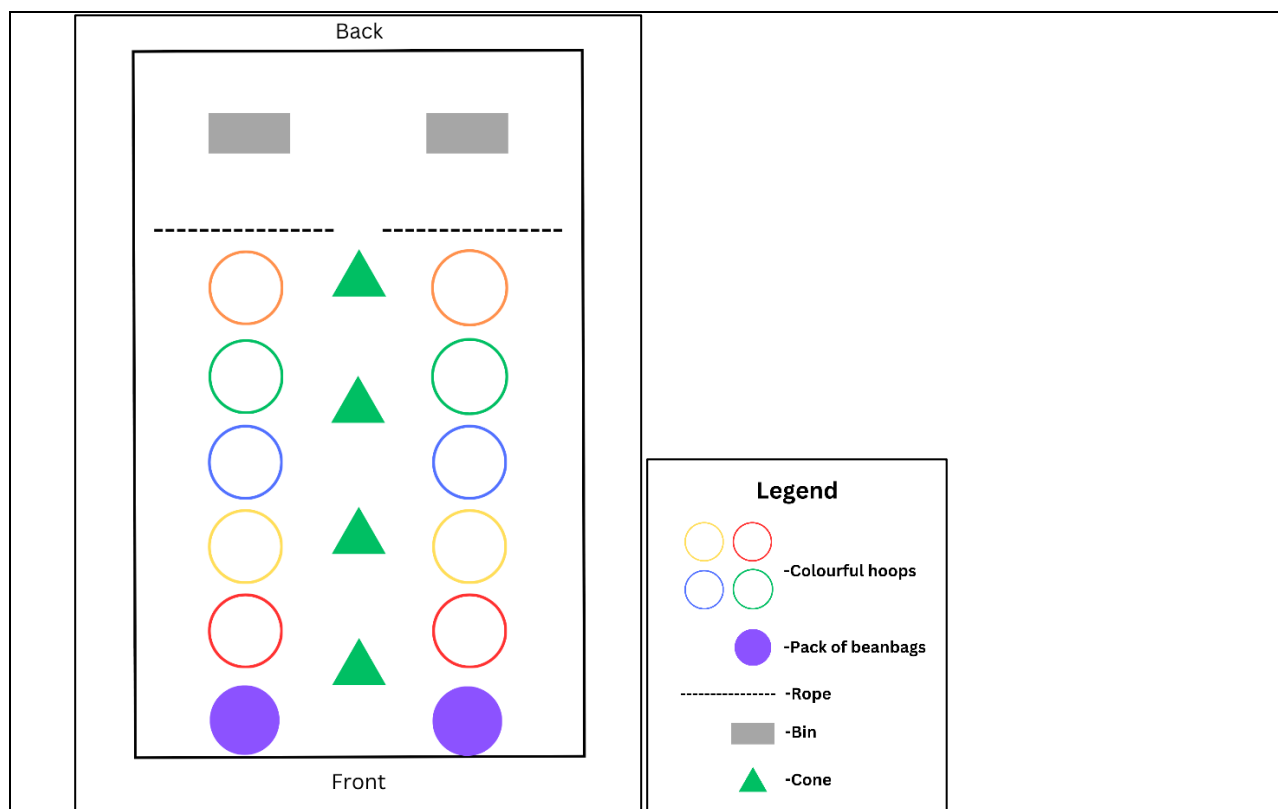


Rope, beanbags and two baskets



Hoops that children will hop on one foot.

- Set up



- Safety Consideration:
- Children may throw beanbags at each other.
- Children may push each other while waiting in line for their turn.

- **Warm up activity (duration): 10 minutes**

- ≤Provide instructions on how you as a teacher would carry out the lesson. Please cite if your warmup is from an online source (eg: YouTube)>
- Gather the children at the badminton court.
- Greet the children with warm enthusiasm.
- Allow the children to spread both arms wide to make sure they are one foot apart from each other.
- Ensure that children follow the warmup routine: head and arm stretch, shoulder and hip rotation, star jump, left and right lunges.

- **Main activity (duration): 30 minutes**

- Have children stand on the right side of the badminton court.
- Allow them to demonstrate hopping on one foot and bouncing of a ball.
- Split the children into two groups of three.
- Have the children stand in a line in their own group.
- Demonstrate to the children how to play the activity.
- Children will hop on one foot through hoops while holding one beanbag.
- The child will aim and throw the beanbag to the bin.
- If the beanbag missed the bin, the child will retrieve it and bring it back to the starting point.

- Repeat the process until all the beanbags at the starting point are gone. The team that has the most beanbags in the bin wins.

Differentiation for only ONE Motor Skill: Hopping

Variation for children at lower level of proficiency:

- The number of hoops will be reduced to three to strengthen their hopping skills.
- Children will also be able to grip their ankle while hopping on one foot for better support.

Variation for children at higher level of proficiency:

- The hoops will be separated wider apart for children to hop from one hoop to another over a longer distance.
- Children will also be putting both hands on their back when hopping from one hoop to another.

Cool down activity and closure (duration): 5 minutes

- Children will remain seated in their teams.
- The educator will bring both bins to the front and have the children count the number of beanbags they collected.
- Have the children help to keep the equipment.
- Have the children stand in line in pairs.
- Do a recap of the activity with the children.

Evaluation and suggestions for improvement

MOTOR SKILLS DEVELOPMENT LESSON

Opening

- Warm-up exercises/activities conducted before the main lesson.
- Music was played so the children were enjoying themselves.

Main lesson

- The lesson went well - children were grouped.
- She was very encouraging throughout and would guide the children when they faced any difficulties.

Closure

- Reviewed the objectives.
- Cool down activity was conducted.

Good class management. Activity was also planned well, and it was mentioned by class teacher that she had made use of familiar songs during warm up.

