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## Develop lesson plans in the direction of developing the quality and capacity of students in physical education for grade 10, Thai Nguyen High School, Thai Nguyen Province

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### **Abstract**

By the method of analyzing and synthesizing relevant documents, the topic identifies the appropriate steps to design a lesson plan for 10th grade physical education subject to the orientation of quality development. resources on that basis as a reference for the development of lesson plans for Physical Education for grade 10 at Thai Nguyen High School, Thai Nguyen Province.

**Keywords:** Students, graduate, solutions, education program, physical education

### **Introduction**

In teaching and education to develop quality, competence, this requirement requires teachers to be able to design, organize, and guide students' learning activities so that students actively participate in and perform learning tasks, thereby learning new knowledge and skills, and learning methods to form such knowledge and skills. Learning tasks can be done in class or at home, not encapsulated within a lesson. In order to achieve the goal of PC & human resource development set out in the lesson, in each learning activity, it is necessary to clearly define the following factors: activity objectives, activity content, student learning products (Students), the method of conducting, the test plan to assess the extent to which students achieve the goals set forth by the teacher <sup>[1, 2]</sup>. Based on Official Letter No. 5512/BGDĐT-GDTrH dated December 18, 2020 <sup>[3]</sup>, the topic has identified the steps to build and illustrate a lesson plan for 10th grade PE subject to the orientation of developing competency quality students, contributing to improving the quality of teaching PE for 10th grade students at Thai Nguyen High School, Thai Nguyen province.

### **Research Methods**

To solve the research objectives and tasks, the research method has been used throughout the research process, referring to scientific works and related documents. The method of interviewing is in the form of an interview form to collect information about employment issues. Statistical mathematical methods analyze and process the data collected during the research process.

### **Research Results and Discussion**

#### **1. The role of lesson plan**

The lesson plan is developed by the teacher during the preparatory stage and greatly determines the success of the lesson. The same lesson, with different students and with different teachers, can build different business plans. Therefore, lesson plan is a personal product, this is not only reflected in the idea of teaching, but also in the presentation of lesson plan. Therefore, there is not a single lesson plan, nor is there a single pattern of presentation <sup>[3, 4]</sup>.

#### **2. Requirements when developing lesson plans to develop students' quality and capacity** Based on appendix IV of Official Dispatch 5512/BGDĐT-GDTrH dated December 18,

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2020 of the Minister of Education and Training, guiding the development of the lesson plan, it is necessary to ensure the following requirements <sup>[3]</sup>:

**Requirements for preparation:** The project plan is therefore a blueprint to be used as a guide rather than a fixed formula to be rigidly followed. of students, consider the conditions of the school's physical education, the availability or not of teaching aids, and at the same time pay attention to the diversity of activities, to prevent arising situations.

**Requirements for meeting the goals of the 2018 PE program:** The training plan needs to meet the requirements that the overall PE program and the PE curriculum have issued <sup>[1]</sup>.

**Requirements on ensuring the process of organizing teaching activities:** The teaching plan needs to ensure the suitability of the sequence of learning activities and the suitability of the elements in each learning activity organized for students. This sequence of activities should be consistent with the objectives and content of the lesson.

**Requirements on diversity in forms, methods, teaching techniques and assessment:** Teachers can use many different teaching methods and techniques to organize effective teaching activities, simultaneously It is necessary to determine forms and methods of examination and

evaluation, and to develop an assessment tool suitable for the set quality and capacity assessment objectives.

**Requirements on showing the leading role of teachers and active learning of students:** Teachers need to design learning activities in the direction of using active teaching methods, emphasizing the organization of teaching activities. create conditions for students to experience, practice, explore and discover knowledge; focus on combining individual activities with group and collective activities; ensure multi-way interaction.

**Requirements on the suitability of equipment and learning materials and in accordance with the conditions of the school:** The School of Education needs to ensure the suitability of teaching aids, equipment, and learning materials with the process of organizing their learning activities of pupil. The teaching plan needs to be suitable with the conditions of the school, the target audience and the professional and professional capacity of the teacher.

### 3. The process of developing lesson plans

Based on the study of the general education program in 2018, referencing textbooks and the results of developing a teaching plan for physical education of the specialized group, teachers can develop lesson plans according to the following process. It is summarized in Figure 1 <sup>[1]</sup>.

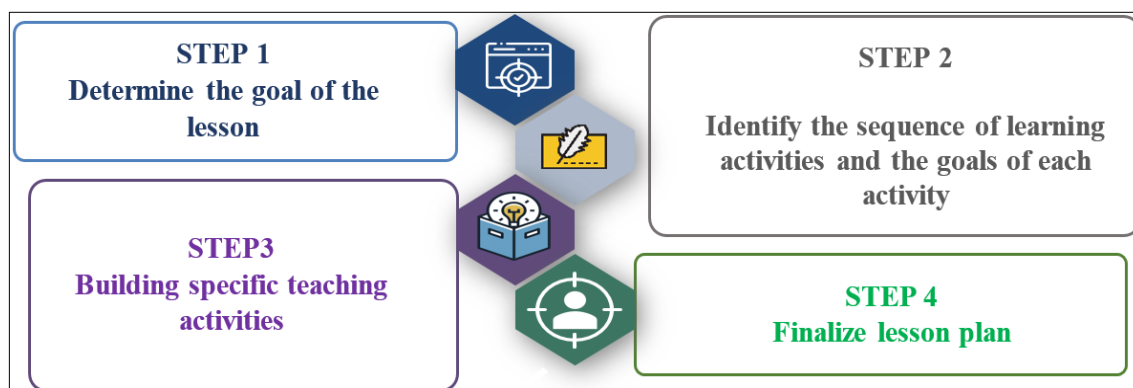


Fig 1: The process of developing the lesson plan

#### Step 1: Determine the goal of the lesson

- Based on established standards of quality and capacity. Specify what ability it is? Formed to what extent? From which activity?)
- Forming and developing what qualities? (Can be a quality or more than a product to be achieved in the lesson)
- Forming and developing what capabilities? (Specify specific capacity, capacity shared).

#### Step 2. Determine the sequence of learning activities of the lesson plan and the objectives of each activity

The sequence of teaching activities should show the process of organizing teaching, including: Introduction/defining learning problems/tasks; Forming new knowledge/ solving problems/ performing tasks; Practice; Application (Refer to Appendix 4 – Official Letter 5512/BGDĐT-GDTrH). Depending on the type of lesson, teachers can be flexible in determining the sequence of teaching activities.

#### Step 3. Develop specific teaching activities

On the basis of the sequence of activities, objectives, duration and orientation of teaching methods, testing and evaluation of each activity, teachers proceed to develop specific teaching activities. The construction of specific teaching activities is based on the identified teaching objectives, the sequence of teaching activities; form orientation, teaching methods and techniques; evaluation plan.

#### Step 4. Finalize the lesson plan

After the lesson plan has been compiled, the teacher needs to review whether the lesson objectives have fully covered the requirements to be achieved, the distribution of time for each activity and the total time is reasonable. Teachers also need to review the appropriateness between the objectives and the sequence of teaching activities, the appropriateness between the teaching methods, the teaching means in each activity, the appropriateness of the assessment options, the

connection between the teaching methods and the teaching methods. between activities in the teaching plan, the variety of activities and contingency plans in cases of need.

**4. Building an illustration lesson plan for 10th grade physical education with the theme of Football**

According to the 2018 GDPT Program, the textbooks will have a thematic structure (eg: Football, Volleyball, etc.). Therefore, the curriculum can be prepared for each individual lesson, or for a whole topic consisting of many lessons combined. About the form of presentation, the teaching process can be presented in a columnar way or not. Based on the theoretical and practical basis, the teaching content of 10th grade physical education subject, and the guidance of Official Letter 5512/BGDĐT-GDTrH [3], the author's team proceeds to build an illustration of 01 teaching plan with the following topics as:

**Selected Sports Theme: Football**

**Subject: Physical Education, grade 10**

(Time taken: 24 hours)

**Knowledge content**

- Practice techniques: Kicking the ball with the outside of the foot, dribbling with the outside of the foot, stopping the ball with the outside of the foot, header technique, technique of kicking the ball with the right instep, some points football rules and practice matches.
- Sports games to support soccer technique and physical development.

**I. Objective**

**1. Level/requirements to be achieved:** Be able to perform supplementary exercises and basic techniques of football.

**2. Capacity**

- Students actively explore and collect pictures to serve the lesson. Know how to flexibly apply training methods to develop physical fitness.
- Perform exercises to kick the ball with the outside of the foot, dribble the ball with the outside of the foot, stop the ball with the outside of the foot, header techniques, some rule points in mini football.
- Know how to adjust and correct movements through listening, observing and practicing, applying them to daily practice.
- Use a number of natural factors and nutrition to exercise health and develop physical qualities. Self-

monitor health to perform the amount of movement of the exercise.

**3. Quality:** Through the lesson, it contributes to fostering a sense of responsibility, being actively self-disciplined in training and collective activities, always trying to rise up to achieve good results in practice; Unite and help friends in practice.

**II. Teaching equipment and learning materials**

01 set of pictures illustrating football techniques (size A0), picture stand; pole sports whistles, goalposts, nets, flags, football (15 balls), plastic poles (15 pcs).

**III. Teaching process**

**Activity 1: Introductory activity (6-8 minutes)**

**a. Objective**

- Capture class situation and student health.
- Deploy content and learning objectives.
- Organize a warm-up to race the body from a static state to a dynamic state to create excitement and readiness for learning tasks for students.

**b. Active content**

- Gather and report class sizes
- General warm-up: run gently
- Professional warm-up: practice running to raise thighs, jogging slow and fast, running around, stretching knees and calves, straightening the body.
- Checking old lessons: Teacher asks questions or asks students to perform soccer techniques.

**c. Learning products**

- Teachers understand the class situation and students' health before teaching.
- Students know the content of the lesson and plan to organize activities
- The student's body is ready to switch from a static state to a state of motion, creating excitement and readiness for learning tasks through general warm-up exercises and professional warm-up.
- Through asking old lessons, students reinforce the knowledge and skills they have learned.

**d. Activities organization**

- The teacher sets the requirements and guides the lesson content.
- Students: students follow the instructions and instructions of the teacher.

**Table 1:** Organization of teaching and opening activities of the lesson

Contents	Teacher's activity	Student's activity
Get class	- Get classes, check attendance, inquire about students' health status. - Disseminate the required content of the lesson	- The class monitor gathers the class, reports the number of students in a 3-line formation. Students observe and listen.
Warm-up	State and ask for a sequence of warm-up contents	Perform the warm-up exercises sequentially according to the instructions of the teacher and class staff.
Lessons review	- Ask questions or technical content of Mini Football. - Comment and evaluate the results	- Teacher calls 1-3 students up to answer questions or perform techniques. - Observe the comments you make.

**2. Activity 2: Forming new knowledge (8-10 minutes)**

**a. Objective:** Help students practice football techniques such as: Kicking the ball with the outside of the foot,

dribbling with the outside of the foot, stopping the ball with the outside of the foot, header technique, some rules in mini football and practice.

**b. Activity content:** Do some complementary exercises, motor games to develop leg strength; Kicking techniques such as: Kicking with the outside of the foot, dribbling with the outside of the foot, stopping the ball with the outside of the foot, header techniques, some rules in mini football and scrimms.

**c. Learning product:** Students recognize and perform football exercises and techniques such as: Kicking with the outside of the foot, dribbling with the outside of the foot, stopping the ball with the outside of the foot, heading technique, some rules in the game. mini football and practice games through pictures or modeling.

#### d. Implementation organization

- **Teacher's activities:** Guide students to observe pictures in groups and analyze suggested questions; Introduce, model supplementary exercises, games; Football techniques: Kicking with the outside of the foot, dribbling with the outside of the foot, stopping the ball with the outside of the foot, header techniques, some rules in mini football and scrimms.
- **Students' activities:** Observe, listen and analyze according to suggested questions; Recognizing and implementing soccer techniques: Kicking the ball with the outside of the foot, dribbling with the outside of the foot, stopping the ball with the outside of the foot, header techniques, some rules in mini football and practice fight.

**Table 2:** Organizing teaching activities to form new knowledge

Contents	Teacher's activity	Student's activity
Some complementary exercises, motor games to support technique and physical development (Depending on the content of each lesson, the teacher chooses specifically to suit)	- Guide students to observe pictures in groups and analyze according to the suggested questions - Introduce and model supplementary exercises	Observe the pictures, model and analyze the content according to the suggested questions
Mini football techniques.	- Guide students to observe pictures in groups, name and simulate some mini football techniques. - Technical analysis and modeling	Observe the pictures, model and recognize the techniques of the stages of mini football.
Some basic rules of mini football.	Guide, introduce some laws	Observe, listen, discuss, ask questions

### 3. Activity 3: Practice (10-12 minutes)

**a. Objectives:** Students understand and practice football techniques: Kick the ball with the outside of the foot, dribble with the outside of the foot, stop the ball with the outside of the foot, header technique, some rules in the ball Mini kicks and scrimms.

#### b. Active content

- Some supplementary exercises, games to support football technique and physical development.
- Practice Kicking the ball with the outside of the foot.
- Practice dribbling with the outside of the foot.
- Practice stopping the ball with the outside of your foot.
- Practice hitting techniques.

#### c. Learning products

- Students understand and perform basic football techniques correctly: Kick the ball with the outside of

the foot, dribble with the outside of the foot, stop the ball with the outside of the foot, header techniques, some rules in the ball Mini kicks and drills.

- Identify some common mistakes and how to correct them.

#### d. Activities organization

- **Teacher's activities:** Name the techniques, analyze and model football techniques, guide the dissemination of training requirements. Observe, remind and correct students.
- **Students' activities:** Listening and observing the teacher analyze and demonstrate football techniques; Perform exercises as directed by the teacher. Observe and comment on your practice, self-correcting football techniques.

**Table 3:** Organizing practice of the lesson's contents

Contents	Teacher's activity	Student's activity
Some supplementary exercises, sports games to support football technique and physical development.	- Model instructions or name and ask for additional exercises - Observe, remind, correct mistakes (if any)	- Listen and observe the teacher modeling, disseminating assignment requirements. - Organize group and individual exercise
Practice mini soccer techniques.	- Popular tutorials require workouts. - Observe error correction reminders (if any)	- Prepare the yard with training equipment + Additional training tools. - Observing and guiding the teacher. - Organize group exercises, according to the content requested by the teacher. - Observe and comment on the groups you practice. - Self-correction of movements through observation.

### 4. Activity 4: Applying (8-10 minutes)

**a. Objective:** To use football techniques in learning and practicing to improve health. Know how to apply the techniques and rules learned in daily practice and participate in movement tournaments.

**b. Contents of activities:** Organizing practice of football techniques; handle situations during practice and practice matches.c. Sản phẩm học tập: Học sinh tham gia thi đấu tích cực, đúng luật.

**d. Implementation organization**

- **Teacher's activities:** Guiding the organization of competitions, observing and reminding students when necessary, suggesting relevant situations to use techniques.

- **Students' activities:** Participate in competitions with good results. Observe, listen, analyze the situation; Share the applied situations for you to know.

**Table 4:** Organizing activities to apply knowledge into practice

Contents	Teacher's activity	Student's activity
Organize Football practice	- Guide to organizing practice competitions. - Observe and reinforce students when necessary.	- Prepare the yard to organize practice matches. - Participate actively in competition, achieve good results. - Observing reminders to motivate you to play. - Acting as a match referee
Dealing with life situations	Suggesting situations related to the need to use football techniques	- Observe, listen and analyze the situation. - Share the situations that they have used for you to know.

**5. Activity 5: Ending (3-5 minutes)****a. Objective**

- Help students relax and recover quickly after exercise.
- Assess the student's performance against the lesson's objectives.

**b. Activity content**

- Perform relaxation exercises.
- Evaluation of learning sense and training results.

- Guide exercises and self-practice methods.

**c. Learning products**

- Students recover quickly after exercise.
- Experience in teaching and learning for the next lessons.
- Create a habit of exercising regularly and actively.

**d. Organize activities****Table 5: Organization of teaching and ending activities of the lesson**

Content	Teacher's activity	Student's activity
Exercises to relax and calm	- Instruct students to do	Observe and follow instructions
Comment	Comment on the class' consciousness, attitude, and training results	Observe and listen
Instructions for exercises and self-practice methods	Introduce, guide exercises, training methods to develop speed, leg strength.	

**Conclude**

The research results have built a process of designing the pedagogical plan for 10th grade PE subject to the orientation of developing student's capacity, including 04 steps with detailed contents and structure of each step. The steps include:

**Step 1:** Determine the lesson objectives

**Step 2:** Determine the sequence of learning activities of the plan and the objectives of each activity

**Step 3:** Develop specific teaching forms.

**Step 4:** Finalize the lesson plan.

Applying the developed process, the project has conducted to design 01 elective sports topic of 6th grade physical education in the direction of developing student's capacity.

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