

THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK I

Date: 16 th SEPT, 2022	Period:	Subject: Physical and Health Education
Duration:		Strand: Physical Activity Education
Class: B7	Class Size:	Sub Strand: Physical Fitness
Content Standard: B7.2.2.1 Demonstrate the ability to participate in a variety of internationally benchmarked physical fitness indicators		Indicator: B7.2.2.1.1: Participate in internationally benchmarked fitness indicators for personal fitness development, decision-making and goal setting
		Lesson: 1 of 1
Performance Indicator: Learners can identify various activity to develop benchmarked physical fitness		Core Competencies: CG5.3: CC9.2: CC9.3:
Reference: PHE Curriculum P.g. 9		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Revise with learners to review their understanding in the previous lesson.</p> <p>State learner expectations for this lesson and Indicate what the lesson will address and how learning will occur.</p>	
PHASE 2: NEW LEARNING	<p>Put learners in small groups to explore various activities they can do to develop cardiorespiratory strength and endurance, muscular strength and endurance and flexibility/balance.</p> <p><i>Example: walking, running, swimming, bicycling, jogging, etc.</i></p> <p>Direct learners to identify the everyday tasks, home chores, games and dance movements that use muscles, bones, joints to elevate heartbeat.</p> <p>Help learners to also identify those that place some pressure/force/weight on muscle and bones.</p> <p>Guide learners to find those activities that help with body management. (balance or flexibility).</p>	Picture/video
PHASE 3: REFLECTION	Ask learners to tell what they have learnt today.	