

THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 6

Week Ending: 21 st OCT, 2022	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Physical Activity Education	
Class: B7	Class Size:	Sub Strand: Organized Sports and Physical Activity Participation	
Content Standard: B7.2.3.1 Demonstrate the ability to apply movement concepts, principles and strategies in performing non-contact sports to develop creativity, innovation, communication and collaboration		Indicator: B7. 2.3.1.1: Apply movement concepts, principles and strategies in performing beginning level ball and racket sports to develop creativity, innovation, communication and collaboration	Lesson: 1 of 1
Performance Indicator: Learners can demonstrate principles and strategies in performing beginning level ball and racket sports.		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 12			
Keywords: Non-contact sports, ball and racket sports, creativity, innovation, individual skill development,			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Start the lesson with a recap of the previous lesson.</p> <p>Allow learners to reflect on what they learnt from the previous lesson relating to balance and flexibility.</p>		
PHASE 2: NEW LEARNING	<p>Organize learners in small groups.</p> <p>Let learners work in pairs to apply/practice beginning tactics and strategies in ball and racket sports. <i>E.g. maintaining a rally, playing competitive game, and setting up to attack etc.</i></p> <p>Help learners to explore various ways of scoring by hitting/sending a ball into a court/space with beginning accuracy and/or power that opponent cannot hit back/return it before it bounces once or twice (as in tennis or racquetball).</p> <p>How to play Table Tennis</p> <ul style="list-style-type: none"> • A player/team who wins the toss shall have a choice of service or receiving or side of the table to begin. • The server shall project the ball resting freely on the palm, toss the ball and strike the ball with the bat. The ball must first touchdown on the half of the table then it should pass over the net and land in the opponent's half without touching the net. • The ball, having been served or returned, shall be struck so that it passes over the net assembly and touches the opponent's half of the table, either directly or after touching the net assembly. 	Picture/video	

- In singles, the server shall first make a service, the receiver shall then make a return. Thereafter, each server and receiver shall alternately make a return.
- In doubles, the server shall first make a service, the receiver shall then make a return. The partner of the server shall then make a return, and the partner of the receiver shall then make a return and thereafter each player in turn, in that sequence, shall make a return.
- The service shall be a “LET” if the ball touches the net and goes to the opponent half of the table or if a ball is served when receiver is not ready.
- If a player fails to serve or receive the ball, point shall be awarded accordingly.
- A game is won by the player who first scores 11 points. If both players score 10 points, then the player who get 2 point lead is declared the winner.



Racket sport

Guide learners to note the following;

Note 1: *To prevent scoring, learners must return the ball before it bounces once or twice.*

Note 2: *For developing ability to rally at a beginning level, focus lessons on court spaces, etiquette, cooperative game.*

Note 3: *For ability to play beginning competitive game and setting up to attack, focus lessons on game rules and use of court spaces.*

Let learners understand and appreciate the rules, rituals, and traditions that surround sport activities.

**PHASE 3:
REFLECTION**

Engage learners to reflect on what they have learnt and show how they will use such knowledge in their communities to increase sports and physical activity participation.