
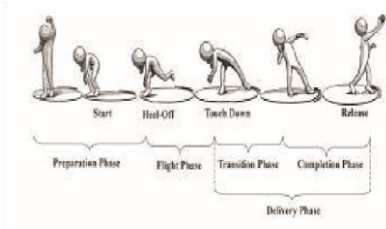


THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 7

Week Ending: 28 th 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. 2.3.1.2 Apply movement concepts, principles and strategies in performing beginning level athletics to develop communication and collaboration	
Performance Indicator: Learners can demonstrate Learners can apply principles and strategies in performing beginning level athletics		Lesson: 1 of 1	
Reference: P H E Curriculum P.g. 13		Core Competencies: CG5.3: CC9.2: CC9.3:	
Keywords: Horizontal plane, vertical plane, individualized instruction, task/station teaching pedagogy,			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Start the lesson with a recap of the previous lesson. Allow learners to reflect on what they learnt from the previous lesson relating to balance and flexibility.		
PHASE 2: NEW LEARNING	Engage learners in small groups for task teaching delivery. Let Learners work in their groups in pairs to explore and apply/practice beginning level skills in athletics E.g., in sprinting, jumping, and throwing etc. <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><i>Sprinting</i></p> </div> <div style="text-align: center;">  <p><i>Throwing</i></p> </div> </div> Help learners to explore various ways that contribute to mechanically appropriate movement patterns in a horizontal plane and how to transfer horizontal movement to a vertical upward movement. Learners to explore various ways of handling a throwing equipment and releasing it appropriately as a beginner. Have learners to practice making choices and opportunity for reflection about the choices made.	Picture/video	

	<p>Allow each learner to progress at their own pace and time using individualized instructional pedagogy.</p> <p>To practice personal and social responsibility all learners must be included. Inclusion not only means that all learners have an opportunity to participate, but that they are engaged at a level appropriate to their interests, skills and ability.</p> <p>Employ sports education pedagogical approach to develop literacy in learners. Truly literate learners understand and appreciate the rules, rituals and traditions that surround athletic events.</p>	
<p>PHASE 3: REFLECTION</p>	<p>Engage learners to reflect on what they have learnt and show how they use such knowledge in their communities to increase sports and physical activity participation, health, personal and social responsibility, respect for self and others, communication and critical thinking.</p> <p>Give learners information on what they will learn in the next lesson to prepare.</p>	