

FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 3

Week Ending: 27-01-2023		Day:	Subject: Physical and Health Education	
Duration: 60mins			Strand: Health Education	
Class: B8		Class Size:	Sub Strand: Disease Prevention And Management	
Content Standard: B8.1.2.1 Develop awareness of behaviors that promote regular participation in sports and physical activity		Indicator: B8.1.2.1.1: Explore and catalogue several ways of getting active in different contexts including home school, community, etc.		Lesson: 1 of 1
Performance Indicator: Learners can explore ways of getting active.			Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 21				
Phase/Duration	Learners Activities			Resources
PHASE 1: STARTER	<p>Start the lesson with a recap of the previous lesson. Allow learners to reflect on what they learnt from the previous lesson and the homework relating to the factors that influence the choice of food and eating habits in relation to participation in physical activity.</p> <p>Share performance indicators and introduce the lesson.</p>			
PHASE 2: NEW LEARNING	<p>Based on the estimates of performance in your reflective journal (as your effort to increase involvement in physical activity), self-assess how often you participate in a variety of physical activities.</p> <p>Guide learners to use tally to assess. Refer to mathematics curriculum for additional information on frequency of occurrence and tallying.</p> <p>Interview your peers in groups on how often they engage in a variety of physical activities at home, school, community, etc.</p> <p>Plan and practice individually and in groups a variety of physical activities (such as active transportation, group aerobics, active play, keep fit, etc.) at home, school, and community to enhance good health and active lifestyle</p>			Pictures and charts
PHASE 3: REFLECTION	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"> 1. Tell the class what you learnt during the lesson. 2. Tell the class how you will use the knowledge they acquire during the lesson. 3. Which aspects of the lesson did you not understand? 			