

1ST WEEK LESSON PLAN

SUBJECT: PHYSICAL EDUCATION & HEALTH

CLASS: JHS ONE (B7)

Day	WEEK ENDING: 13 th May, 2022				CLASS SIZE:		
		Date		Period		Lesson	1 of 1
Strand			Sub-strand				
Physical Activity Education			Physical fitness				
Indicator (code)				Content standard (code)			
B7.2.2.1.1				B7.2.2.1			
Performance indicator							
Perform pre-test battery to determine their base fitness level.							
Core competencies				Key words/Vocabulary			
Critical Thinking and Problem Solving (CP), Communication and Collaboration (CC)				Test battery, physical fitness, physical activity, pre-test, baseline, sit-and-reach, push-ups, sit-ups			
T.L.R.(s): Seamstress tape, Bathroom scale, Stopwatch or smart phone with timing capabilities, Field				Ref.: PEH curriculum, teachers' resource pack, Learners' resource pack.			
Day	Phase 1: Starter (preparing the brain)		Phase 2: Main (new learning including assessment)			Phase 3: Plenary / reflection	
	<p>Set Induction:</p> <ul style="list-style-type: none"> - Discuss with learners the importance of what they are going to do. - Why the need for a physical fitness battery test? 		<p>ACTIVITY 1 Discuss potential misconceptions about physical activity and sports participation.</p> <p>ACTIVITY 2 Warm-up <u>HERE, THERE, WHERE</u> Learners in free standing formation facing teacher, walk, jog and run progressively from 05 –10 minutes. Keep eyes contact with partners while performing.</p> <p><u>CRAB STAND/MOVE</u> Learners place both hands in front, raise buttock slightly high with knees slightly bend. Move forward and gradually bend the knees at the knee level. Learners imitate how crab stands. This activity is repeated in pairs and in teams.</p>			<p>Pre-Test for Physical Education</p> <p>This is not a contest; it is to measure the physical ability of the learner coming into the school year.</p> <p>Objective of Pre-Test: The learner will have an idea of their physical ability and know what improvements will meet their needs.</p>	

		<p>Culminating/Assessment: Administer the pre-test to learners.</p> <ul style="list-style-type: none"> - Sit-ups, one minute - Push-ups, 30 seconds - Shuttle Run Test - Standing Broad Jump Test - 40 Yard Dash 	<p>Allow learners to reflect and assess their participation records.</p> <p>Independent Activity /Homework Ask learners to visit a local clinic, drug store or neighbor to obtain record of height, weight, blood pressure, resting pulse in their reflective journals</p>
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Vetted by: Signature: Date: