



THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 4

Week Ending: 7 TH OCT, 2022	Day:	Subject: Physical and Health Education
Duration:		Strand: Physical Activity Education
Class: B7	Class Size:	Sub Strand: Physical Fitness
Content Standard: B7.2.2.3 Demonstrate the ability to participate in a variety of muscular strength and endurance activities		Indicator: B7.2.2.3.1: Perform a variety of muscular strength and endurance activities for personal fitness development/improvement, muscular fitness, decision-making and goal setting
Performance Indicator: Learners can perform a variety of muscular strength and endurance activities for personal fitness		Lesson: 1 of 1
Reference: PHE Curriculum P.g. 10		Core Competencies: CG5.3: CC9.2: CC9.3:
Keywords: Skipping, brisk walking, jogging, running, cycling, aerobic dance		
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 cardiorespiratory strength and endurance.</p> <p>Specifically focus on:</p> <ol style="list-style-type: none"> 1. Community engagement. 2. Adaptation and creative ways to develop cardiorespiratory strength and endurance. 	
PHASE 2: NEW LEARNING	<p>Let learners explore in small groups a variety of muscular strength and endurance activities.</p> <p>They perform a variety of activities including push-ups, pull-ups, leg press, pulling fishing rope at the seashore, cutting wood from the forest, lifting buckets and all the daily chores that challenge muscles.</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Pulling fishing rope at the shore</p> </div> <div style="text-align: center;">  <p>Arm Wrestling</p> </div> </div>	Picture/video

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 physical activity participation, fitness and decision making.	
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