


THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 10

Week Ending: 18 th NOV, 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: B7.2.3.2 Demonstrate the ability to apply movement concepts, principles and strategies in performing limited-contact sports (e.g., stick and ball, hand and ball) to develop awareness, coordination, critical thinking and goal setting.		Indicator: B7.2.3.2.2: Apply movement concepts, principles, and strategies to perform beginning level hand and ball sports (e.g., volleyball, netball, etc.) to develop communication and collaboration	Lesson: 1 of 1
Performance Indicator: Learners can apply movement concepts to perform beginning level hand and ball sports		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 16			
Keywords: Limited contact sports stick and ball sports, hand and ball sports, awareness, coordination,			
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>Engage learners in small groups for task teaching delivery.</p> <p>Assist Learners to work in their groups in pairs to explore and practice beginning level skills in hand and ball sports.</p> <p><i>Example: maintaining a rally as in volleyball and team ball possession as in netball, and playing competitive game and setting up to attack, etc.</i></p>  <p><i>Volleyball</i></p> <p>Encouraged to employ a “teaching games for understanding pedagogical delivery mode” to help learners explore various ways of scoring by hitting/sending a ball into a court/space (volleyball) or into</p>	Picture/video	

	<p>a target (netball) with beginning accuracy and/or power that opponent cannot hit back/return before it bounces once (as in volleyball, etc.).</p> <p>To prevent scoring, learners must return the ball before it bounces once as in volleyball</p> <p>Allow each learner to progress at their own pace and time using individualized instructional pedagogy.</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 hand and ball sport within a safe and conducive learning environment.</p>	
<p>PHASE 3: REFLECTION</p>	<p>Engage learners to reflect on what they have learnt and show how they use such knowledge to increase sports and physical activity participation, health, safety, teamwork, personal and social responsibility, respect for self and others, communication and collaboration</p> <p>Give learners information on what they will learn in the next lesson to prepare in advance</p>	