



THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 11

Week Ending: 25 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		Indicator: B7.2.3.3.1: Apply movement concepts, principles, and strategies in performing beginning level invasion sports.	Lesson: 1 of 1
Performance Indicator: Learners can learners can perform invasion sports		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 16			
Keywords: Invasion sports, traditional wrestling, full contact, beginning level, communication, and collaboration,			
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>Organize learners in small groups for task teaching delivery.</p> <p>Learners work in their groups in pairs to explore and practice beginning level skills in hand and ball sports.</p> <p>Example: maintaining a rally as in volleyball and team ball possession as in netball, and playing competitive game and setting up to attack, etc.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Netball</p> </div> <div style="text-align: center;">  <p>Volleyball</p> </div> </div> <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 a target (netball) with beginning accuracy and/or power that opponent cannot hit back/return before it bounces once (as in volleyball, etc.).</p>	Picture/video	

	<p>To prevent scoring, learners must return the ball before it bounces once as in volleyball Note 3: 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.</p> <p>Give learners information on what they will learn in the next lesson to prepare in advance.</p>	