

FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 4

| Week Ending: 03- 02-2023 | Day: | Subject: Physical and Health Education | |
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| 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 mention how often they engage in physical activities. | | Core Competencies: CG5.3: CC9.2: CC9.3: | |
| Reference: P H E Curriculum P.g. 21 | | | |
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| 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>Let learners mention some of their interested physical activities at home, school and community. EXAMPLE: ampe, football, high jump, volleyball, basketball, etc.</p> <p>Engage learners to talk about how often they engage in variety of physical activities. Children and adolescent school should do 60 minutes or more of physical activity dairy.</p> <p>Guide learners to describe the benefit of performing variety of physical activities at home, school, and community. The school day, typically 8-9 hours long, traditionally provides a sedentary setting away from home. Adding physical activity during the school day can reduce the sedentary nature of classroom.</p> <ol style="list-style-type: none"> Builds healthy bones and muscle Decrease the likelihood of obesity and disease risk factors such as high blood pressure. Reduce anxiety and depression and promotes positive mental health. Improving grades and test score Encouraging better student behavior Enhancing social skills. Increasing physical activities | Pictures and charts | |

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| <p>PHASE 3: REFLECTION</p> | <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? | |
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