

**FIRST TERM**  
**WEEKLY LESSON PLAN – B8**  
**WEEK 10**  
**REVISION AND END OF TERM ASSESSMENT**

<b>Week Ending:</b> 17-03-2023	<b>Day:</b>	<b>Subject:</b> Physical and Health Education	
<b>Duration:</b> 60MINS		<b>Strand:</b> Strands for the term	
<b>Class:</b> B8	<b>Class Size:</b>	<b>Sub Strand:</b> Sub strands for the term	
<b>Content Standard:</b> Demonstrate knowledge and understanding in the topics treated so far.		<b>Indicator:</b> Recall and summarize all what they have learnt within the term	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can recall and summarize all what they have learnt within the term		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum P.g. 22			
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>	
<b>PHASE 1: STARTER</b>	<p>Start the lesson with a recap of the previous lesson. Allow learners to reflect on what they learnt from the previous lesson.</p> <p>Share performance indicators and introduce the lesson.</p>		
<b>PHASE 2: NEW LEARNING</b>	<p>Brainstorm learners to come out the meaning of movement concept. <i>Movement concepts are the ideas used to modify the range and effectiveness of skill employment. This include space awareness, effort and relationship.</i></p> <p>Apply movement concepts, principles and strategies in learning beginning intermediate level ball and racket sports based on individual adaptation and pacing.</p> <p>Use adapted rules and equipment to foster inclusion.</p> <p>Create and organize small-group competitions to develop confidence, empowerment and collaboration.</p> <p>Record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity</p>	Pictures and charts	



*Footwork in tennis*

**PHASE 3:  
REFLECTION**

- Ask learners to do the following by ways of reflecting on the lesson:
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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<b>Performance Indicator:</b> Learners can answer all end of term assessment questions in their exercise books.		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum			
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>	
<b>PHASE 1: STARTER</b>	<p>Ask learners to bring and display all the materials needed for the assessment.</p> <p>Educate them on the consequences of examination mal practice.</p>	<p>Exercise books, pen, pencils, erasers, Answer sheets.</p>	
<b>PHASE 2: NEW LEARNING</b>	<p>Engage learners to arrange themselves properly to sit for the assessment test.</p> <p>Mark learners answer sheets or exercise books.</p> <p>Fill in learner's SBA books and report cards.</p> <p>Distribute learners answer sheets or exercise books for feedback.</p>	<p>SBA, Assessment Questions and exercise books.</p>	