

FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 9

Week Ending: 10-03-2023	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Health Education	
Class: B8	Class Size:	Sub Strand: Organized Sports And Physical Activity Participation	
Content Standard: B8.2.3.1 Demonstrate the ability to apply movement concepts, principles, and strategies in performing non–contact sports (e.g., ball and racket, athletics, and, individual and target sport		Indicator: B8.2.3.1.1: Apply movement concepts, principles, and strategies to perform beginning-intermediate level ball and racket sports	Lesson: 1 of 1
Performance Indicator: Learners can apply movement concept, , principles and strategies.		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 22			
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.</p> <p>Share performance indicators and introduce the lesson.</p>		
PHASE 2: NEW LEARNING	<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?