

SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK 4

Week Ending: 28-04-2023		Day:	Subject: Physical and Health Education	
Duration: 60mins			Strand: Physical Activity Education	
Class: B8		Class Size:	Sub Strand: Physical Fitness	
Content Standard: B8.2.2.1 Demonstrate the ability to increase the level of participation in a variety of muscular strength and endurance activities		Indicator: B8.2.2.1.1: Participate in muscular strength and endurance activities at varying levels of challenge/difficulty for leisure and personal development		Lesson: 1 of 1
Performance Indicator: Learners can set goals on muscular strength and endurance and pursue them through personal activities.			Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 25				
Keywords: pursue, frequency				
Phase/Duration	Learners Activities			Resources
PHASE 1: STARTER	<p>Welcome learners back from the holidays. Ask them how they spent their vacation holidays.</p> <p>Share performance indicators and introduce the lesson.</p>			
PHASE 2: NEW LEARNING	<p>Brainstorm learners to come out the meaning of muscular strength and muscular endurance.</p> <p>Muscular strength refers to the amount of force you can put out or the amount of weight you can lift.</p> <p>Muscular endurance refers to how many times you can move that weight without getting exhausted (very tired).</p> <p>Let learner list examples of muscular strength.</p> <p>Lifting weights</p> <p>Climbing stairs</p> <p>Cycling</p> <p>Push- ups, sit- ups and squats</p> <p>Skipping</p>			Picture/video



Bike riding



Push- ups



Lifting weights

Guide learners to mention the benefits of muscular strength and endurance

1. Reduce the risk of injury
2. Help you keep a healthy body
3. Lead to healthier, stronger muscles and bones.
4. Improve confidence and how you feel about yourself.
5. It gives you a sense of accomplishment

**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?