

SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK 5

Week Ending: 05-05-2023	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>Guide learners to come out the meaning of cardiorespiratory endurance.</p> <p>Cardiorespiratory endurance refers to the ability of the heart and lungs to deliver oxygen to working muscles during continuous physical activity.</p> <p>Let learners identify some examples of cardiorespiratory strength.</p> <ul style="list-style-type: none"> - Bike riding - Skipping - Swimming - Running - Walking, Skipping, Football game. 	Picture/video	



Walking and running

Assist learners to mention some of the common goals of performing cardiorespiratory training.

- To reduce mental anxiety
- Weight management
- To improve performance.

Let learners list the benefits of cardiorespiratory endurance.

1. Increase life span
2. Decrease risk of diabetes
3. Better born health
4. Reduced chance of metabolic syndrome
5. Promote weight loss

Learners record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity.

**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?