


# SECOND TERM

## WEEKLY LESSON PLAN – B8

### WEEK 6

<b>Week Ending:</b> 12-05-2023	<b>Day:</b>	<b>Subject:</b> Physical and Health Education	
<b>Duration:</b> 60mins		<b>Strand:</b> Physical Activity Education	
<b>Class:</b> B8	<b>Class Size:</b>	<b>Sub Strand:</b> Physical Fitness	
<b>Content Standard:</b> B8.2.2.3 Demonstrate the ability to increase the level of participation in a variety of flexibility and balance activities		<b>Indicator:</b> B8.2.2.3.1: Participate in flexibility and balance activities at varying levels of challenge or difficulty	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can identify and perform flexibility activities.		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum P.g. 25			
<b>Keywords:</b> unrestricted, Motion, obstacle, force			
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>	
<b>PHASE 1: STARTER</b>	<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>		
<b>PHASE 2: NEW LEARNING</b>	<p>Guide learners to come out the meaning of flexibility and balance.</p> <p>Flexibility is the ability of joint or series of joints to move through an unrestricted, pain free range of motion.</p> <p>Flexibility describes the range of motion available at a joint or group of joints.</p> <p>Balance describes your body`s ability to navigate obstacles and resist force that can cause fall.</p> <p>Examples of flexibility endurance.</p> <p>Backward walking, sideways walking, heel walking, toe walking, spoon and egg brisk walk and standing form a sitting position.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Flexibility Balance</p>	Picture/video	

	<p>Guide learners to state some of the benefits of flexibility and balance</p> <ol style="list-style-type: none"> <li>1. Improve your range of motion</li> <li>2. Reduce aches and pains</li> <li>3. Prevent falls and injury</li> <li>4. Enjoy lifelong benefits</li> </ol> <p>Learners record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity</p>	
<p><b>PHASE 3:</b> <b>REFLECTION</b></p>	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"> <li>1. Tell the class what you learnt during the lesson.</li> <li>2. Tell the class how you will use the knowledge they acquire during the lesson.</li> <li>3. Which aspects of the lesson did you not understand?</li> </ol>	