



SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK 7

Week Ending: 19-05-2023	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Physical Activity Education	
Class: B8	Class Size:	Sub Strand: Physical Fitness	
Content Standard: B8.2.2.4 Demonstrate the ability to participate in a variety of flexibility and balance activities		Indicator: B8.2.2.4.1: Perform a variety of flexibility and balance activities for personal fitness and health development/improvement, decision making and goal setting	
Performance Indicator: Learners can demonstrate a variety of flexibility and balance activities for personal fitness.		Lesson: 1 of 1	
Core Competencies: CG5.3: CC9.2: CC9.3:			
Reference: P H E Curriculum P.g. 25			
Keywords: Sit-and-reach, side bend stretch, butterfly stretch, lunging stretch, triceps stretch			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Start the lesson with a recap of the previous lesson.</p> <p>Allow learners to reflect on what they learnt from the previous lesson relating to muscular strength and endurance</p>		
PHASE 2: NEW LEARNING	<p>Let learners explore in small groups a variety of balance and flexibility activities.</p> <p>Help them perform a variety of activities such as sit and reach on the floor (with/without a box), carrying a book on top of the head while going to school, all other carrying activities that keep the body in a good balance, reaching high to pick an object as in house chores, various stretching activities at home and school, etc</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p><i>Touch your toes in long sitting position without a</i></p> </div> <div style="text-align: center;">  <p><i>Sit-and-reach alternative leg box</i></p> </div> </div>	Picture/video	



Balance on one leg

Guide learners to ensure free movement of joints, relax muscles as well as good body balance.

**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?