

# SECOND TERM

## WEEKLY LESSON PLAN – B8

### WEEK 9

<b>Week Ending:</b> 02-06-2023		<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> Organized Sports And Physical Activity Participation
<b>Content Standard:</b> B8.2.3.2 Demonstrate the ability to apply movement concepts, principles and strategies in performing limited-contact sports (e.g. stick and ball sports and hand and ball sports)		<b>Indicator:</b> B8.2.3.2.1: Apply movement concepts, principles and strategies to perform beginning-intermediate level stick and ball sports	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can identify movement concept, principles to perform in stick and ball sports			<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:
<b>Reference:</b> P H E Curriculum P.g. 32			
<b>Keywords:</b> enrich, skill employment, space awareness, Squat			
<b>Phase/Duration</b>	<b>Learners Activities</b>		<b>Resources</b>
<b>PHASE 1: STARTER</b>	<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>		
<b>PHASE 2: NEW LEARNING</b>	<p>Let learners explain the meaning of movement concept and movement strategies.</p> <p>Movement concepts are the ideas used to modify or enrich the range and effectiveness of skill employment.</p> <p>Examples are body, space awareness, effort and relationship.</p> <p>Guide learners to use hands and ball sports.</p> <p>Practice should include the following loco-motor skills which are directly related to team: running, jumping, changing direction, pushing, dynamic balance, etc</p> <p>Examples of hand and ball sports include volleyball, netball etc.</p> <p>Assist learners to come out the benefit of hand and ball sports.</p> <ol style="list-style-type: none"> <li>1. Increasing stability</li> <li>2. Building strong muscles, heart and bones</li> <li>3. Enhancing their thinking and problem solving skills</li> </ol> <p>Organize small-group competitions to develop confidence, empowerment and collaboration</p>		Picture/video

<p>PHASE 3: <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>	
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