

SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK 10

Week Ending: 09-06-2023		Day:	Subject: Physical and Health Education
Duration: 60mins		Strand: Physical Activity Education	
Class: B8	Class Size:		Sub Strand: Organized Sports And Physical Activity Participation
Content Standard: B8.2.3.3 Demonstrate the ability to apply movement principles and strategies in performing full– contact sports		Indicator: B8.2.3.3.1: Apply movement concepts, principles and strategies in performing beginning-intermediate level of invasion sports	
Performance Indicator: Learners can perform movement concept and strategies in handball, basketball and football			Lesson: 1 of 1
Reference: P H E Curriculum P.g. 33		Core Competencies: CG5.3: CC9.2: CC9.3:	
Keywords: invasion, martial art, wrestling			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Revise with learners through questions and answers to review learners understanding in the previous lesson.</p> <p>Share performance indicators and introduce the lesson</p>		
PHASE 2: NEW LEARNING	<p>Guide learners to apply movement concept and strategies in handball, basketball and football as they have already learnt the meaning in their previous lessons.</p> <p>Assist learners to identify adapted rules and equipment to foster inclusion.</p> <p>Organise small-group competitions to develop confidence, empowerment and collaboration.</p> <p>Learners record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity</p>	Picture/video	
PHASE 3: REFLECTION	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"> 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? 		