

# THIRD TERM

## WEEKLY LESSON PLAN – B8

### WEEK 10

<b>Week Ending:</b> 01-09-2023		<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> B8.2.3.3 Demonstrate the ability to apply movement principles and strategies in performing full– contact sports (e.g. invasion sports, martial art and traditional wrestling)		<b>Indicator:</b> B8.2.3.3.2: Apply movement concepts, principles, and strategies in performing beginning-intermediate level martial art	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can perform movement concept and strategies in karate, judo, taekwondo.		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum P.g. 34			
<b>Keywords:</b> unrestricted, Motion, obstacle, force			
Phase/Duration	Learners Activities	Resources	
PHASE 1: <b>STARTER</b>	Revise with learners through questions and answers to review learners understanding in the previous lesson.  Share performance indicators and introduce the lesson		
PHASE 2: <b>NEW LEARNING</b>	Help learners to understand the meaning of martial art. <i>Martial art are codified systems and traditions of combat practiced for number of reasons such as self-defense.</i> Examples: Karate, judo, taekwondo  Guide learners to identify some technique in performing martial arts. <ol style="list-style-type: none"> <li>a. Kicking</li> <li>b. Striking with the open hand</li> <li>c. Legs sweeps</li> <li>d. Parries</li> <li>e. Elbow and knee strikes</li> <li>f. Punches</li> </ol> Assist learners to come out the benefits of martial arts. <ol style="list-style-type: none"> <li>1. Cardiovascular health</li> <li>2. Confidence and self-esteem</li> <li>3. Increase in focus</li> <li>4. Memory improvement</li> </ol>	First aid kits, bandages, splints	

	<ol style="list-style-type: none"> <li>5. Peace and calmness of mind</li> <li>6. Improve in self- defense</li> <li>7. Weight loss and muscle gain</li> </ol> <p>Organize small-group competitions to develop confidence, empowerment and collaboration.</p> <p>Record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity.</p>	
<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>	