

THIRD TERM

WEEKLY LESSON PLAN – B8

WEEK 11

REVISION AND END OF TERM ASSESSMENT

Week Ending: 08-09-2023		Day:	Subject: Physical and Health Education
Duration: 60MINS		Strand: Strands for the term	
Class: B8	Class Size:		Sub Strand: Sub strands for the term
Content Standard: Demonstrate knowledge and understanding in the topics treated so far.		Indicator: Recall and summarize all what they have learnt within the term	Lesson: 1 of 1
Performance Indicator: Learners can recall and summarize all what they have learnt within the term		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 34			
Keywords: unrestricted, Motion, obstacle, force			
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>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></p> <p>Examples: Karate, judo, taekwondo</p> <p>Guide learners to identify some technique in performing martial arts.</p> <ol style="list-style-type: none"> a. Kicking b. Striking with the open hand c. Legs sweeps d. Parries e. Elbow and knee strikes f. Punches <p>Assist learners to come out the benefits of martial arts.</p> <ol style="list-style-type: none"> 1. Cardiovascular health 2. Confidence and self-esteem 3. Increase in focus 	First aid kits, bandages, splints	

	<ol style="list-style-type: none"> 4. Memory improvement 5. Peace and calmness of mind 6. Improve in self- defense 7. Weight loss and muscle gain <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: REFLECTION</p>	<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? 	