

SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK 7

Week Ending: 11-08-2023	Day:	Subject: Physical and Health Education
Duration: 60mins		Strand: Physical Activity Education
Class: B8	Class Size:	Sub Strand: Physical Fitness
Content Standard: B8.2.2.2 Demonstrate the ability to increase the level of participation in a variety of cardiorespiratory activities		Indicator: B8.2.2.2.1: Participate in cardiorespiratory activities at varying levels of challenge or difficulty for personal development and leisure
		Lesson: 1 of 1
Performance Indicator: Learners can identify and perform cardiorespiratory activities.		Core Competencies: CG5.3: CC9.2: CC9.3:
Reference: P H E Curriculum P.g. 28		
Keywords: cardiorespiratory , Oxygen, anxiety		
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 come out the meaning of cardiorespiratory endurance.</p> <p>Cardiorespiratory endurance refers to the ability of the heart and lungs to deliver oxygen to working muscles during continuous physical activity.</p> <p>Let learners identify some examples of cardiorespiratory strength.</p> <ul style="list-style-type: none"> - Bike riding - Skipping - Swimming - Running - Walking, Skipping, Football game. 	First aid kits, bandages, splints
 		

