Fayol Inc. 0547824419

## SECOND TERM

## WEEKLY LESSON PLAN – B8 WEEK 7

Week Ending: 11-08-2023		Day:		Subject: Physical and Health Education			
<b>Duration:</b> 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 diff for personal development and leisure			iculty	Lesson:
Performance Indicator: Learners can identify and perform cardiorespiratory act Reference: P H E Curriculum P.g. 28			tivities.	Core Competencies: CG5.3: CC9.2: CC9.3:			
Keywords: cardioresp							
Phase/Duration PHASE I: <b>STARTER</b>					eview learners	Resou	irces
PHASE 2: NEW LEARNING	Guide learn Cardiorespi deliver oxyg  Let learners - Bike - Skip - Swii - Run	ers to come out t ratory endurance gen to working m	the meaning of card refers to the ability uscles during continuamples of cardiores ootball game.	iorespira of the l	neart and lungs to ysical activity.	First a banda; splints	•

	Skipping swimming				
	Assist learners to mention some of the common goals of performing cardiorespiratory training.				
	- To reduce mental anxiety				
	- Weight management				
	- To improve performance.				
	Let learners list the benefits of cardiorespiratory endurance.				
	1. Increase life span				
	2. Decrease risk of diabetes				
	3. Better born health				
	4. Reduced chance of metabolic syndrome				
	5. Promote weight loss				
	Learners record estimate of duration/measure of performance in your				
	self-journal as your effort to increase involvement in physical activity				
PHASE 3:	Ask learners to do the following by ways of reflecting on the lesson:				
REFLECTION	I. 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?				