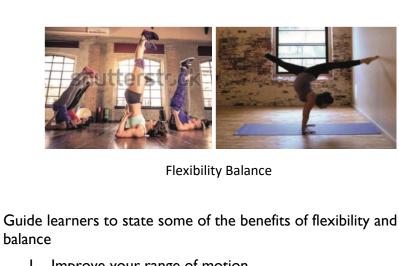
Fayol Inc. 0547824419

## THIRD TERM

## WEEKLY LESSON PLAN – B8 WEEK 8

Week Ending: 18-08-2023		Day:	Day:		Subject: Physical and Health Education			
<b>Duration:</b> 60mins				Strand: Physical Activity Education				
Class: B8	lass: B8 Class Siz		e: Sub Strand: Physical Fitnes		s			
Content Standard: B8.2.2.3 Demonstrate the ability to increase the level of participation in a variety of flexibility and balance activities  Indicator: B8.2.2.3.1: Participate in flexibility and balance a at varying levels of challenge or difficulty					-	rities	Lesson:	
Learners can identify and perform flexibility activities. CG5.3: CC9.2:					Core Compete CG5.3: CC9.2: C			
Reference: PHE Curr								
Keywords: enrich, skill	employment,	space awar	reness, Squat					
Phase/Duration	Learners Activities					Resources		
PHASE I: <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>	(Filida laarnare to come out the meaning of tlevibility and balance						Picture/video	
	Flexibility describes the range of motion available at a joint or group of joints.							
	Balance describes your body's ability to navigate obstacles and resist force that can cause fall.							
	Examples of flexibility endurance.							
	Backward walking, sideways walking, heel walking, toe walking, spoon and egg brisk walk and standing form a sitting position.							



## I. Improve your range of motion

- 2. Reduce aches and pains
- 3. Prevent falls and injury
- 4. Enjoy lifelong benefits

Learners record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity

## PHASE 3: REFLECTION

Ask learners to do the following by ways of reflecting on the lesson:

- 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?