

THIRD TERM

WEEKLY LESSON PLAN – B8

WEEK 9

Week Ending: 25-08-2023		Day:	Subject: Physical and Health Education
Duration: 60mins		Strand: Physical Activity Education	
Class: B8	Class Size:		Sub Strand: Organized Sports And Physical Activity Participation
Content Standard: 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)		Indicator: B8.2.3.3.2: Apply movement concepts, principles, and strategies in performing beginning-intermediate level martial art	Lesson: 1 of 1
Performance Indicator: Learners can perform movement concept and strategies in karate, judo, taekwondo.		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>Let learners explain the meaning of movement concept and movement strategies.</p> <p>Movement concepts are the ideas used to modify or enrich the range and effectiveness of skill employment.</p> <p>Examples are body, space awareness, effort and relationship.</p> <p>Movement strategies refers to a variety of approaches that will help a player or team to successfully achieve a movement outcome or goal.</p> <p>Guide learners to identify the principles of good movement</p> <ol style="list-style-type: none"> 1. Hinge 2. Plank 3. Push and pull 4. Squat, lunge, and rotate 	First aid kits, bandages, splints	

Create and organize small-group competitions like karate, judo, taekwondo to develop confidence, empowerment and collaboration.



Taekwondo



judo



Karate

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:

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?