

FIRST TERM

WEEKLY LESSON PLAN – B9

WEEK 8

Week Ending: 24-11-2023	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Physical Activity Education	
Class: B9	Class Size:	Sub Strand: Organized Sports And Physical Activity Participation	
Content Standard: B9.2.3.1. Demonstrate the ability to apply movement concepts, principles and strategies in performing non-contact sports		Indicator: B9.2.3.1.1: Apply movement concepts, principles and strategies to perform intermediate level ball and racket sports	Lesson: 1 of 1
Performance Indicator: Learners can apply movement concepts, principles and strategies in learning intermediate level ball and racket sports.		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 45			
New words: R.I.C.E (Rest, Ice, Compression, Elevation), First-Aid, Injury Prevention, Rehabilitation			
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 explain the movement concept in learning intermediate level ball and racket sports</p> <p><i><u>Movement concepts:</u> These are the fundamental concepts that underpin movement and include body awareness, space awareness, effort, and relationships. In learning intermediate level ball and racket sports, it is important to develop a strong understanding of these concepts to effectively execute skills in a game situation.</i></p> <p>Help learners to explain movement principles in learning intermediate level ball and racket sports</p> <p><i><u>Movement principles:</u> These are the underlying principles that govern how movement occurs and includes balance, coordination, agility, and power. In learning intermediate level ball and racket sports, it is important to develop these principles to execute complex movements and skills.</i></p> <p>Engage learners to understand movement strategies in learning intermediate level ball and racket sports.</p> <p><i><u>Movement strategies:</u> These are the various techniques and tactics used to achieve success in a game situation. In learning intermediate level ball and</i></p>	Pictures and Charts	

	<p><i>racket sports, it is important to develop strategies that cater to individual strengths and weaknesses.</i></p> <p>In group discussion, help learners to explain the use of the adapted rules and equipment to foster inclusion</p> <p>This involves the following:</p> <p>a. <u>Modified rules</u>: <i>Modifying the rules of ball and racket sports can make them more inclusive and accessible to a wider range of individuals. This can include reducing the size of the playing surface or the number of players on a team.</i></p> <p>b. <u>Adapted equipment</u>: <i>Using adapted equipment can also make ball and racket sports more inclusive. This can include using larger or softer balls, lighter rackets, or modified playing surfaces.</i></p> <p>c. <u>Inclusive coaching</u>: <i>Coaches can foster inclusion by adapting their coaching style to cater to the individual needs of their athletes. This can include using different teaching methods, providing extra support, and building a positive and inclusive team culture.</i></p> <p>Create and organise 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? 	