

FIRST TERM

WEEKLY LESSON PLAN – B9

WEEK 9

Week Ending: 30-11-2023	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: B9.2.3.1.2 Apply movement concepts, principles and strategies to perform intermediate level athletics (e.g. throwing, jumping, etc.	Lesson: 1 of 1
Performance Indicator: Learners can apply movement concepts, principles, and strategies in learning intermediate level athletics		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 45			
New words: Accessible, Modified, Adapting			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Begin the lesson with a short video clip showcasing intermediate-level throwing and jumping performances in athletics.</p> <p>Ask learners to observe the techniques used and discuss what they notice. Guide a class discussion on the importance of proper form and technique in throwing and jumping.</p> <p>Share performance indicators and introduce the lesson.</p>		
PHASE 2: NEW LEARNING	<p>Discuss the importance of biomechanics in athletics, focusing on the principles of force, motion, and body mechanics.</p> <p>Highlight key concepts such as projection angle and force transfer in throwing and jumping.</p> <p>Divide the class into small groups. Provide throwing equipment (e.g., javelins, softballs).</p> <p>Guide learners in practicing proper throwing techniques, emphasizing force transfer and projection angle. Encourage peer observation and feedback.</p> <p>Set up jumping stations with cones marking takeoff points. Instruct learners on proper jumping techniques, including the takeoff phase.</p> <p>Allow learners to practice standing broad jumps or vertical jumps. Provide individualized feedback and encourage self-assessment.</p>	Pictures and Charts	

	<p>Optionally, use video recording equipment to capture learners' throwing and jumping performances.</p> <p>In pairs or small groups, review the videos, focusing on biomechanical principles and technique.</p> <p>Discuss observations and areas for improvement.</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? 	