

SECOND TERM

WEEKLY LESSON PLAN – B9

WEEK 6

Week Ending:	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Physical Activity Education	
Class: B9	Class Size:	Sub Strand: Physical Fitness	
Content Standard: B9.2.2.2 Demonstrate ability to maintain or improve the level of participation in a variety of cardiorespiratory strength and endurance activities		Indicator: B9.2.2.2.1: Participate in cardiorespiratory strength and endurance activities at varying levels of challenge or difficulty	Lesson: 1 of 1
Performance Indicator: Learners can set cardiorespiratory strength and endurance goals and pursue them		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum Pg. 43			
New words: Physical activities, sedentary behaviors, risks, routines			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Revise with learners to review their understanding in cardiorespiratory strength and endurance activities in their previous lesson. Share performance indicators with learners.		
PHASE 2: NEW LEARNING	Let learners explain the meaning of cardiorespiratory strength and endurance activities <i>Cardiorespiratory strength and endurance activities referred to as cardiovascular exercises or cardio workouts, are forms of physical activity that specifically target the heart and circulatory system.</i> In groups, let learners demonstrate some muscular strength and endurance activities such as bike riding, skipping, skipping, small sided football games. Guide learners to set cardiorespiratory strength and endurance goals to maintain personal level of performance. <u>Setting realistic goals:</u> Start by setting achievable goals based on your current level of fitness and gradually increase the level of challenge as you progress. <i>Example: If you can currently run a mile in 10 minutes, set a goal to run it in 9 minutes within the next 4 weeks.</i> <u>Varying the level of difficulty:</u> Gradually increase the level of difficulty of your cardiorespiratory exercises. <i>Example: If you normally run at a steady pace, try adding intervals of high-intensity sprints to increase the level of challenge.</i>	Pictures, wall charts, etc	

	<p><u>Practicing regularly:</u> To maintain and improve your cardiorespiratory strength and endurance, it is important to practice regularly. Example: Set aside a specific time each day to perform your chosen exercises, such as every morning or after school.</p> <p><u>Tracking progress:</u> Keep track of your progress by using a stopwatch, Fitbit or similar devices. This will help you to monitor your improvement over time and adjust your goals accordingly.</p> <p><u>Incorporating variety:</u> Add variety to your exercises to keep your muscles challenged and prevent boredom. Example: Try alternating between running, biking, and jumping rope to work different muscle groups and keep things interesting.</p> <p><u>Seeking guidance:</u> Seek guidance from a coach or fitness professional to ensure proper form and technique when performing exercises. This will help to prevent injury and optimize your performance</p> <p><u>ASSESSMENT</u> State and explain and three way in pursuing cardiorespiratory strength and endurance goals</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? 	