

SECOND TERM

WEEKLY LESSON PLAN – B9

WEEK 7

Week Ending:	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Physical Activity Education	
Class: B9	Class Size:	Sub Strand: Physical Fitness	
Content Standard: B9.2.2.3 Demonstrate the ability to maintain or improve the level of participation in a variety of flexibility and balance activities		Indicator: B9.2.2.3.1: Participate in flexibility and balance activities at varying personal levels of challenge or difficulty	Lesson: 1 of 1
Performance Indicator: Learners can participate in flexibility and balance activities at varying personal levels of challenge or difficulty.		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum Pg. 44			
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	Guide learners to set flexibility and balance goals. I. Practice regularly at home using instructional videos to improve flexibility and balance. II. Participate in dance classes that focus on movements requiring balance such as ballet or modern dance. III. Try new activities such as tai chi or Pilates to improve balance and flexibility. IV. Use exercise equipment such as a balance board or stability ball to challenge and improve balance and flexibility. V. Join a sports team or recreational league that incorporates agility drills and balance exercises.	Pictures, wall charts, etc	

	<p>VI. Work with a personal trainer or physical therapist to develop a customized program to improve flexibility and balance based on individual needs and goals.</p> <p>VII. Attend a workshop or retreat focusing on mindfulness and movement, incorporating practices such as meditation, yoga, and guided walks.</p> <p>VIII. Participate in group fitness classes such as Zumba or aerobics that incorporate dynamic movements and improve overall coordination and balance.</p> <p>IX. Incorporate stretches and balance exercises into daily routines, such as standing on one leg while brushing teeth or incorporating sun salutations into morning routines.</p> <p><u>ASSESSMENT</u></p> <p>State five ways to improve flexibility and balance 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? 	