

SECOND TERM

WEEKLY LESSON PLAN – B9

WEEK 9

Week Ending:	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: B9.2.3.2 Demonstrate the ability to apply movement principles and strategies in performing limited– contact sports (e.g., ball and stick and hand and ball sports		Indicator: B9.2.3.2.2: Apply movement concepts, principles, and strategies to perform intermediate level hand and ball sports (e.g., volleyball, netball, etc.)	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 flexibility and balance activities in their previous lesson. Share performance indicators with learners.		
PHASE 2: NEW LEARNING	Assist learners to explain how to apply movement concepts, principles, and strategies to perform intermediate level hand and ball sports 1. Understanding Movement Concepts: - Learn and understand the basic movement concepts such as body awareness, spatial awareness, effort, and relationships to apply them in the context of hand and ball sports. 2. Applying Principles and Strategies: - Apply principles and strategies such as teamwork, positioning, communication, and tactics specific to the sport you are learning. 3. Individual Adaptation and Pacing:	Pictures, wall charts, etc.	

	<p>- Adapt the techniques and skills to suit your individual abilities and pacing. Practice drills and exercises at a level that challenges you without overwhelming you.</p> <p>Create and organize small-group competitions to develop confidence, empowerment and collaboration</p> <p><u>Assessment</u></p> <p>Explain the following terms:</p> <ol style="list-style-type: none"> 1. Apply movement concepts 2. Applying Principles and Strategies 	
<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? 	