




THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 3

Week Ending: 30 th SEPT, 2022		Day:	Subject: Physical and Health Education
Duration:		Strand: Physical Activity Education	
Class: B7	Class Size:	Sub Strand: Physical Fitness	
Content Standard: B7.2.2.1 Demonstrate the ability to participate in a variety of internationally benchmarked physical fitness indicators		Indicator: B7.2.2.1.1: Participate in internationally benchmarked fitness indicators for personal fitness development, decision-making and goal setting	Lesson: 1 of 1
Performance Indicator: Learners can demonstrate internationally benchmarked fitness indicators		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: PHE Curriculum P.g. 10			
Keywords: Skipping, brisk walking, jogging, running, cycling, aerobic dance			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Start the lesson with a recap of the previous lesson.</p> <p>Allow learners to reflect on what they learnt from the previous lesson.</p> <p>Set learners in self-space to practice detection of heartbeat, observe and count the frequency of heartbeat per minute.</p>  <p style="text-align: center;"><i>Reading Pulse</i></p>		
PHASE 2: NEW LEARNING	<p>Put learners in small groups to further research intra-disciplinary activities that can promote development of cardiorespiratory strength and endurance.</p> <p><i>Example: skipping, brisk walking, jogging, running, cycling, etc</i></p> <p>Let learners perform a variety of cardiorespiratory activities at home and school</p>  <p style="text-align: center;"><i>Aerobic dance</i></p>  <p style="text-align: center;"><i>Skipping</i></p>	Picture/video	
PHASE 3: REFLECTION	Engage learners to reflect on what they have learnt and show how they will use such knowledge in their communities to increase physical activity participation, fitness and decision making.		