



# THIRD TERM

## WEEKLY LESSON PLAN – B7

### WEEK 5

<b>Week Ending:</b> 14 <sup>TH</sup> OCT, 2022		<b>Day:</b>	<b>Subject:</b> Physical and Health Education
<b>Duration:</b> 60mins		<b>Strand:</b> Physical Activity Education	
<b>Class:</b> B7	<b>Class Size:</b>	<b>Sub Strand:</b> Physical Fitness	
<b>Content Standard:</b> B7.2.2.4 Demonstrate the ability to participate in a variety of flexibility and balance activities		<b>Indicator:</b> B7.2.2.4.1: Perform a variety of flexibility and balance activities for personal fitness	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can perform a variety of flexibility and balance activities for personal fitness.		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum P.g. 11			
<b>Keywords:</b> Skipping, brisk walking, jogging, running, cycling, aerobic dance			
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>	
PHASE 1: <b>STARTER</b>	<p>Take learners through general and specific warm ups. Show learners pictures or video depicting people training. Let them relate to the pictures or video and encourage to imitate the trainers.</p> <p>Start the lesson with a recap of the previous lesson. Allow learners to reflect on what they learnt from the previous lesson relating to muscular strength and endurance.</p>		
PHASE 2: <b>NEW LEARNING</b>	<p>Let learners explore in small groups a variety of balance and flexibility activities.</p> <p>Help them perform a variety of activities such as sit and reach on the floor (with/without a box), carrying a book on top of the head while going to school, all other carrying activities that keep the body in a good balance, reaching high to pick an object as in house chores, various stretching activities at home and school, etc.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><i>Touch your toes in long sitting position</i></p> </div> <div style="text-align: center;">  <p><i>Sit-and-reach alternative leg without a box</i></p> </div> </div>	Picture/video	



*Balance on one leg*

Guide learners to ensure free movement of joints, relax muscles as well as good body balance.

Assessment

Organize a mini game for learners to practice and compete on activities like sit ups, press ups, touch your toes, etc.

End the lesson with a cool down.

**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.