


THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 8

Week Ending: 4 th NOV, 2022	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Physical Activity Education	
Class: B7	Class Size:	Sub Strand: Organized Sports and Physical Activity Participation	
Content Standard: B7.2.3.1 Demonstrate the ability to apply movement concepts, principles and strategies in performing non–contact sports to develop creativity, innovation, communication and collaboration.		Indicator: B7. 2.3.1.3 Apply movement concepts, principles, and strategies in performing beginning level individual and target sports to develop ability to solve problems and set goals	
Performance Indicator: Learners can apply movement concepts to develop ability to solve problems and set goals		Lesson: 1 of 1	
Reference: P H E Curriculum P.g. 14		Core Competencies: CG5.3: CC9.2: CC9.3:	
Keywords: Individualized instruction, <i>Task/station teaching pedagogy</i> ,			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Start the lesson with a recap of the previous lesson. Allow learners to reflect on what they learnt from the previous lesson relating to balance and flexibility.		
PHASE 2: NEW LEARNING	Put learners in small groups for task teaching delivery. Learners work in their groups in pairs to explore and apply/practice beginning level skills in <i>individual and target sports</i> . <i>Example: atsallocal archery, golf or as applicable etc.</i>  Local Archery Where space permits, organize learners into stations to practice adapted tasks such as tsasikele (throwing and hitting practice), throwing at targets from varying distances and space (e.g., darts, hanging hoola hoop or available object/surface) Encouraged to employ a “teaching games for understanding pedagogical delivery mode” to help learners explore various ways that contribute to mechanically appropriate patterns in sending (throwing) different objects in a horizontal plane and how to send	Picture/video	

	<p>objects to a trajectory with adequate amount of force. Suggested activities may include, adaptive football-golf, Frisbee golf, darts, atsa or similar activities within the locality</p> <p>Allow learners to explore various ways of handling various objects for throwing or hitting to targets and releasing/hitting objects appropriately as a beginner. Also, allow learners to practice making choices and opportunity for reflection about the choices made.</p> <p>Allow each learner to progress at their own pace and time using individualized instructional pedagogy.</p> <p>To practice safety, personal and social responsibility, all learners must be included. Inclusion not only means that all learners have an opportunity to participate, but that they are engaged at a level appropriate to their interests, skills and ability.</p> <p>Employ sports education pedagogical approach to develop literacy in learners. Truly literate learners understand and appreciate the rules, rituals and traditions that surround individual and target sport within a safe and conducive learning environment.</p>	
<p>PHASE 3: REFLECTION</p>	<p>Engage learners to reflect on what they have learnt to increase sports and physical activity participation, health, safety, communication and critical thinking.</p> <p>Give learners information on what they will learn in the next lesson for them to prepare in advance.</p>	