

THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 2

Date: 23 rd SEPT, 2022	Period:	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. 9																												
Phase/Duration	Learners Activities	Resources																										
PHASE 1: STARTER	Revise with learners to review their understanding in the previous lesson.																											
	State learner expectations for this lesson and Indicate what the lesson will address and how learning will occur.																											
PHASE 2: NEW LEARNING	Allow learners, in small groups, to practice the variety of activities they have researched including home chores, games and dance movements that use muscles, bones, joints to elevate heartbeat.	Picture/video																										
	Example: <i>walking, running, swimming, bicycling, jogging etc</i>																											
	Help learners to demonstrate some activities that place some pressure/force/weight on muscle and bones																											
	Assist learners to also perform those activities that help with body management (balance or flexibility).																											
	Let learners practice the physical fitness indicators and vital signs in their small groups.																											
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Indicator</th> <th style="width: 15%;">Score</th> <th style="width: 15%;">Date of Test</th> <th style="width: 15%;">Notes</th> </tr> </thead> <tbody> <tr> <td>Body Mass Index (BMI)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sit-n-Reach</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Push-ups</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Curl-ups</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Mile Run</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>			Indicator	Score	Date of Test	Notes	Body Mass Index (BMI)				Sit-n-Reach				Push-ups				Curl-ups				Mile Run				
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PHASE 3: REFLECTION	Ask learners to tell what they have learnt today.					