EaD Comprehensive Lesson Flans

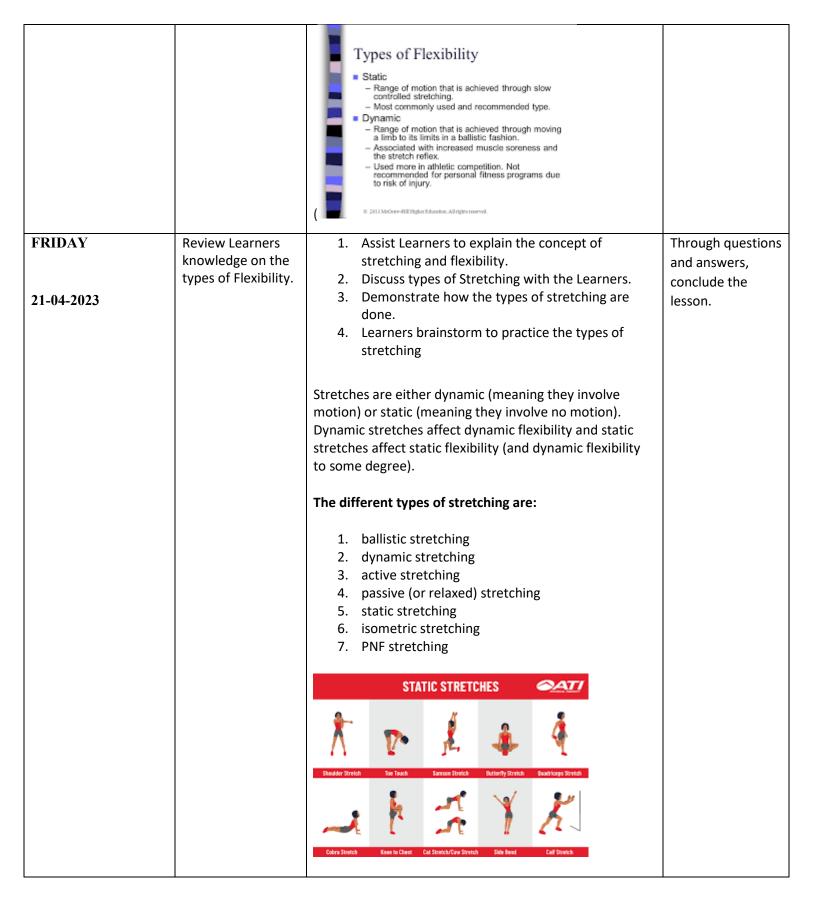


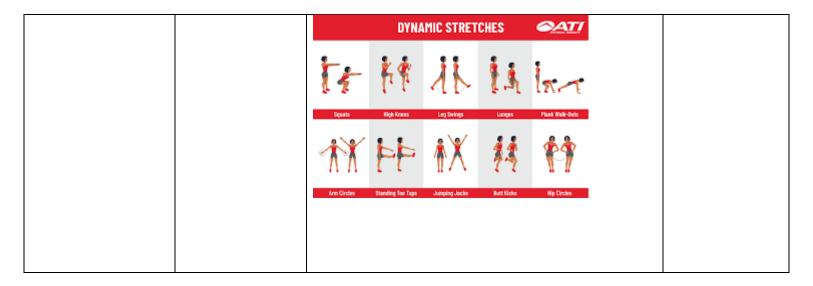
https://www.TeachersAvenue.net https://TrendingGhana.net https://www.mcgregorinriis.com

BASIC 8

WEEKLY LESSON PLAN – WEEK 3

Strand:	Physical Activity Edu	cation	Sub-Stra	ind: P	Physical Fitness			
Content Standard:	B8.2.2.3 Demonstrate understanding of participating in a variety of flexibility fitness activities.							
Indicator (s)	B8.2.2.3.1: Participate in a variety of flexibility fitness activities Performance Indicator Learners can meaning of flexibility.						ers can explain the	
Week Ending	21-04-2023							
Class	B.S.8	Class Size:		Duration:				
Subject	Physical Education							
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.							
Teaching / Learning Resources	Poster, Pictures and Video.			Core ompetencies: Problem Solvi			al thinking ing	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN					PHASE 3: REFLECTION	
WEDNESDAY 19-04-2023	Review Learners knowledge on the previous lesson.	 Assist Learners to identify the types of Flexibility in Physical education. Discuss the meanings of the types of Flexibility with the Learners. Learners brainstorm to mention examples of exercises to improve each type of Flexibility. Types of Flexibility; Dynamic Flexibility Static-Active Flexibility Static-Passive Flexibility 					Through questions and answers, conclude the lesson.	





Name of Teacher: School: District: