

# *EaD Comprehensive Lesson Plans*



or



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**BASIC 8**

**WEEKLY LESSON PLAN – WEEK 4**

Strand:	Physical Activity Education		Sub-Strand:		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 identify factors that affect flexibility.		
Week Ending	28-04-2023					
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 Competencies:	<ul style="list-style-type: none"><li>• Critical thinking</li><li>• Problem Solving</li></ul>	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN				PHASE 3: REFLECTION
WEDNESDAY 26-04-2023	Show Learners video and pictures of how to work out on flexibility.	<div>1. Assist Learners to identify factors that affect flexibility.</div> <div>2. Discuss with Learners on exercises that improve flexibility.</div> <div>3. Engage Learners in practicing exercises that improve flexibility.</div> <div>factors that affect your flexibility<ul style="list-style-type: none"><li>• Joint structure. There are several different types of joints in the human body.</li><li>• Age &amp; Gender. ROM and flexibility naturally decreases as you get older.</li><li>• Connective Tissue. Deep connective tissue such as fascia and tendons can limit ROM.</li><li>• Muscle bulk.</li><li>• Proprioceptors.</li></ul></div> <div>Exercises to Improve Your Flexibility<ul style="list-style-type: none"><li>• Standing Quad Stretch.</li><li>• Standing Side Stretch.</li></ul></div>				Reflect on the exercises that improve flexibility.

		<ul style="list-style-type: none"> <li>• Seated Hamstring Stretch.</li> <li>• Standing Calf Stretch.</li> <li>• Shoulder Stretch.</li> <li>• The Forward Hang.</li> <li>• Back stretch.</li> <li>• Butterfly Groin Stretch.</li> </ul> 	
<b>FRIDAY</b>  <b>28-04-2023</b>	Discuss the meaning of flexibility skills with the Learners.	<ol style="list-style-type: none"> <li>1. Assist Learners to identify the flexibility skills.</li> <li>2. Demonstrate examples of flexibility skills.</li> <li>3. Engage Learners in practicing flexibility skills.</li> </ol> <p><b>Flexibility Skills;</b></p> <ul style="list-style-type: none"> <li>🧩 adapting successfully to changing situations &amp; environments.</li> <li>🧩 Keeping calm in the face of difficulties.</li> <li>🧩 Planning ahead, but having alternative options in case things go wrong.</li> <li>🧩 Thinking quickly to respond to sudden changes in circumstances.</li> </ul> <p><b>flexibility exercises</b></p> <ul style="list-style-type: none"> <li>• stretching.</li> <li>• yoga.</li> <li>• tai chi.</li> <li>• pilates.</li> </ul>	Through questions and answers, conclude the lesson.

**Name of Teacher:**

**School:**

**District:**