

EaD Comprehensive Lesson Plans



or



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BASIC 8

WEEKLY LESSON PLAN – WEEK 5

Strand:	Physical Activity Education		Sub-Strand:	Organized Sports Participation	
Content Standard:	B8.2.3.1 Demonstrate ability to apply movement concepts, principles and strategies in performing non-contact physical activity (e.g., athletics, ball and racket, individual and target physical activity)				
Indicator (s)	B8.2.3.1.1- Apply movement concept, principles and strategies to perform beginning-intermediate level ball and racket physical activity.		Performance Indicator: Learners can identify the elements of movements in ball and racket physical activities.		
Week Ending	05-05-2023				
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">• Critical thinking• Problem Solving	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
WEDNESDAY 03-05-2023	Assist Learners to explain “elements of movement” or “movement concepts”	<div>1. Discuss with Learners on how to apply movement concepts in learning ball and racket physical activities.</div> <div>2. Assist Learners to identify the principles and strategies for learning ball and racket physical activities.</div> <div>3. Learners in small groups discuss, plan and practice variety of skills in ball and racket physical activities using concepts, principles and strategies for individual pacing and adaptation.</div> <div></div>			Reflect on the principles and strategies for learning ball and racket physical activities.

FRIDAY 05-05-2023	Through questions and answers, review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Organize ball and racket activities competition among small groups of learners using adapted rules and equipment for inclusion. 2. Discuss with Learners on how to develop confidence, empowerment, collaboration and talent identification. <p>What are movement concepts principles and strategies?</p> <p>Movement concepts (or elements of movement) explored in the curriculum include body awareness, spatial awareness, effort awareness, and relationship to/with objects, people and space. Movement strategies refer to a variety of approaches that will help a player or team to successfully achieve a movement outcome or goal.</p>	Learners in small group to practice playing ball and racket activities.
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Name of Teacher:

School:

District: