

EaD Comprehensive Lesson Plans



or



0248043888

<https://www.TeachersAvenue.net>


<https://TrendingGhana.net>

<https://www.mcgregorinriis.com>

BASIC 8

WEEKLY LESSON PLAN – WEEK 6

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)	B8.2.3.1.2- Apply movement concepts, principles and strategies to perform beginning-intermediate level individual and target physical activity.			Performance Indicator: Learners can apply movement concepts in performing physical activities.		
Week Ending	12-05-2023					
Class	B.S.8	Class Size:		Duration:		
Subject	Physical Education					
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.					
Teaching / Learning Resources	Ball, skipping rope, Poster, Pictures, Video showing ball and racket physical activities.			Core Competencies:	<ul style="list-style-type: none">• Critical thinking• Problem Solving	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION	
WEDNESDAY 10-05-2023	Review Learners knowledge on the movement concepts or elements of movement.	<div>1. Learners brainstorm to apply movement concepts in in performing physical activities.</div> <div>2. Discuss with Learners on the principles and strategies in learning individual and target physical activities.</div> <div>3. Assist Learners to practice variety of skills in individual and target physical activities using concepts, principles and strategies for individual adaptation.</div> <div>Examples of Physical Activities;</div> <ul style="list-style-type: none">• Walking.• Dancing.• Swimming.• Water aerobics.• Jogging and running.• Aerobic exercise classes.• Bicycle riding (stationary or on a path)• Some gardening activities, such as raking and pushing a lawn mower.			Through questions and answers, conclude the lesson.	

			
FRIDAY 12-05-2023	Engage Learners in performing physical activities like walking, jogging, running, skipping, playing football, volley ball and volley ball.	<ol style="list-style-type: none"> 1. Organize a competition with variety of individual and target physical activities among small groups of Learners. 2. Assist Learners to use adapted rules and equipment for inclusion. <p>Rules</p> <p>Making changes to the rules that govern games and activities can enable greater inclusion. You can remove or simplifying rules then as skill and understanding increase reintroduce them. Here are some suggestions:</p> <ul style="list-style-type: none"> • allow for more bounces in games like tennis, more steps in basketball or more hits in volleyball • reduce the number of players on a team to increase the chances of getting involved • increase the number of players on a team to decrease the amount of activity required by each player • more frequent substitutions • allow rolls, bounces, or underarm in cricket, baseball or softball • modify the distances for pitching or defending • reduce or remove competitive elements such as scoring 	Through questions and answers, conclude the lesson.

Name of Teacher:

School:

District: