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BASIC 7

WEEKLY LESSON PLAN – WEEK 7

Strand:	Physical Activity Education		Sub-Strand:	Physical Fitness	
Content Standard:	B7.2.2.1 Demonstrate understanding of participating in a variety of physical fitness activities.				
Indicator (s)	B7.2.2.1.1 Participate in a variety of muscular strength/endurance activities		Performance Indicator: Learners can apply techniques to improve fitness level.		
Week Ending	19-05-2023				
Class	B.S.7	Class Size:		Duration:	
Subject	Physical Health Education				
Reference	Physical Health Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook				
Teaching / Learning Resources	Poster, Pictures, Video		Core Competencies:	• Critical Thinking • Problem Solving	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
TUESDAY 16-05-2023	Discuss with Learners on the meaning of “baseline fitness”.	1. Perform pre-test and log result to assess self - baseline fitness level of the Learners. 2. Discuss with Learners on examples of muscular strength and endurance activities. 3. Demonstrate on performing muscular strength and endurance activity. 4. Assist Learners to practice performing muscular strength and endurance activities. Baseline Fitness Baseline Fitness creates and coaches customized exercise programmes for individuals of all ages and activity levels to help them achieve their optimal fitness and a better quality of life. 			Reflect on how to measure baseline fitness.

		Physical activities that build endurance include: • Brisk walking or jogging. • Yard work (mowing, raking) • Dancing. • Swimming. • Biking. • Climbing stairs or hills. • Playing tennis or basketball. 	
FRIDAY 19-05-2023	Through questions and answers, review Learners knowledge on the previous lesson.	1. Learners brainstorm to perform strength and endurance activities. 2. Discuss with Learners on how to perform post-test using fitness battery to assess self-improvement of fitness level of the Learners. 3. Perform post-test using fitness battery to assess self-improvement of fitness level of the Learners. Examples of Test Batteries ○ flamingo test (balance) ○ plate tapping (upper-body speed) ○ sit and reach (flexibility) ○ standing broad jump (lower body power) Texting Fitness level; 1. A flexibility test, such as the sit and reach. 2. An endurance test, such as the Cooper test. 3. An upper body strength test, such as the push-up test. 4. A core strength test, such as the plank test. 5. A target heart rate test. 6. A body size calculation, such as weight.	Assist Learners to compare the f the post-test with the pre-test of their fitness level.

Name of Teacher:

School:

District: