

EaD Comprehensive Lesson Plans



or



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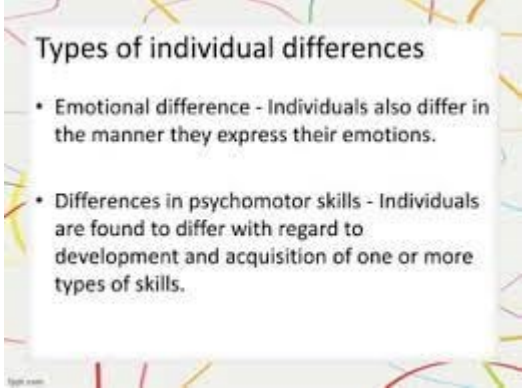
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BASIC 8

WEEKLY LESSON PLAN – WEEK 7

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 identify examples of target physical activities.			
Week Ending	19-05-2023				
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 17-05-2023	Assist learners to differentiate between individual and target physical activities.	<ol style="list-style-type: none"> 1. Discuss with Learners about the principle of individual difference in performing physical activities. 2. Learners brainstorm to identify physical differences in individuals. 3. Assist Learners to explain causes of individual differences in performing physical activities. 4. Learners in small groups to plan and practice variety of skills in individual physical activities using concepts, principles and strategies for individual adaptation. <p>The principles of individual differences;</p> <p>The Principle of Individual Differences is a principle that states that, because everyone is unique, each person experiences a different response to an exercise program. Some of these differences may be related to body size and shape, genetics, past experience, chronic conditions, injuries and gender.</p>			Reflect on the possible solution to causes of individual differences in performing physical activities.

		 <p>Types of individual differences</p> <ul style="list-style-type: none"> • Emotional difference - Individuals also differ in the manner they express their emotions. • Differences in psychomotor skills - Individuals are found to differ with regard to development and acquisition of one or more types of skills. <p>The primary causes of individual differences are-</p> <ul style="list-style-type: none"> • Age and heredity. • Sex and environment. • Environment and heredity. • Occupation and qualification 	
<p>FRIDAY</p> <p>19-05-2023</p>	<p>Through questions and answers, review Learners knowledge on the previous lesson.</p>	<ol style="list-style-type: none"> 1. Learners brainstorm to identify examples of target physical activities. 2. Plan and practice variety of skills in target physical activities using concepts, principles and strategies for individual adaptation. 3. Create and organize inter - group competitions with individual and target physical activities for development of confidence, empowerment, collaboration, talent identification. <p>Target Physical Activities;</p> <p>A range of levels of exercise intensity from the minimum required to improve physical fitness to a maximum amount above which exercise may be harmful.</p> <p>Examples of Target Physical Activities;</p> <ul style="list-style-type: none"> • Golf • Archery • Bowling • bocce ball • billiards. <p>Types of skills in physical activities;</p> <ul style="list-style-type: none"> ○ Cardiovascular/respiratory endurance ○ Stamina ○ Strength ○ Flexibility ○ Power ○ Coordination ○ Agility 	<p>Engage Learners in performing individual and target physical activities.</p>

- Balance
- accuracy.



Name of Teacher:

School:

District: