

# *EaD Comprehensive Lesson Plans*



or



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**BASIC 8**

**WEEKLY LESSON PLAN – WEEK 8**

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)	B8.2.3.1.3- Apply movement concepts, principles and strategies to perform beginning-intermediate level of athletics.		Performance Indicator: Learners can apply movement concepts in athletics.		
Week Ending	26-05-2023				
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"><li>Critical thinking</li><li>Problem Solving</li></ul>	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
WEDNESDAY  24-05-2023	Learners brainstorm to explain the meaning of “Athletics”.	<div>1. Learners brainstorm to identify examples of athletics games.</div> <div>2. Discuss the differences between sport games and athletics.</div> <div>3. Demonstrate applying movement concepts in athletics.</div> <div>4. Assist individual Learners to practice applying movement concepts in athletics.</div> <div>Meaning of Athletics;</div> <div>athletics, also called track-and-field sports or track and field, a variety of competitions in running, walking, jumping, and throwing events.</div> <div>Difference between sports games and athletics;</div> <div>Sports are played by amateurs for the “love of the game”. There was a time when college athletics and the Olympics could be classified as sports. Athletics is competition that exists for the purpose of determining a winner. It involves a minimal set of rules, much like games.</div>			Through questions and answers, conclude the lesson.

### Athletics Games List

- Sprint
- Relay race
- High jump
- Long jump
- Pole Vault
- Shot put
- Discus Throw
- Javelin throw
- Hurdling
- Swimming
- Archery
- Cycling
- Gymnastics
- Taekwondo
- Shooting
- Wrestling



sprint



relay race.



High jump

**FRIDAY**  
**26-05-2023**

Discuss with Learners on the principles of learning athletics.

1. Assist Learners to apply strategies for learning athletics.
2. Engage Learners in practicing variety of skills in middle distance activities using concepts.
3. Learners brainstorm to identify the principles and strategies for performing middle distance activities for individual adaptation.

**Strategies for Learning Athletics;**

- Force
- Speed
- Endurance
- Coordination
- Flexibility

**Examples of middle-distance activities;**

- 🏃 800 metres run
- 🏃 1500 metres run
- 🏃 mile run



**skills involved in middle-distance race;**

- Stamina - Stamina: The capability of sustaining prolonged effort.
- Strength - Relevant to endurance running as it is closely related to stamina and conditioning. .
- Speed - Usually neglected out of the 5 S's.

Reflect on the importance of applying movement concepts in athletics.

		<ul style="list-style-type: none"><li>• Suppleness - Can be referred to as the flexibility in the body.</li></ul>	
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***Name of Teacher:***

***School:***

***District:***