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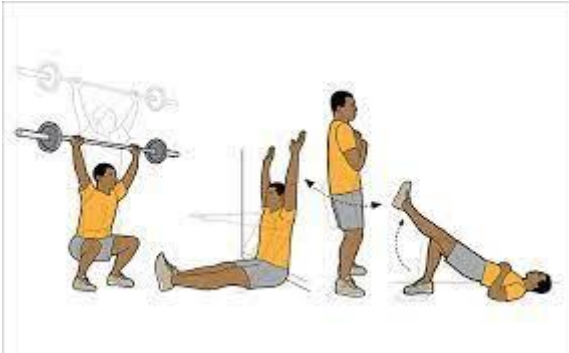
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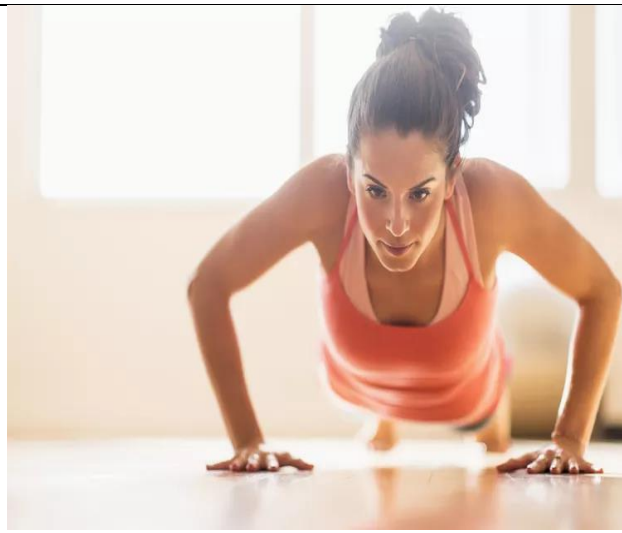
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BASIC 8

WEEKLY LESSON PLAN – WEEK 8

Strand:	Physical Activity Education		Sub-Strand:	Physical Fitness	
Content Standard:	B8.2.2.1 Demonstrate understanding of participating in a variety of muscular fitness activities				
Indicator (s)	B8.2.2.1.1: Participate in a variety of muscular strength/endurance activities.		Performance Indicator Learners can identify activities that develop muscular strength.		
Week Ending	24-11-2023				
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 thinkingProblem Solving	
DAYS/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Discuss the meaning of baseline fitness test with the Learners.	<div>1. Assist Learners to identify the activities involved in physical fitness baseline test.</div> <div>2. Demonstrate how to measure fitness level.</div> <div>3. Measure the fitness level of Learners using fitness baseline test.</div> <div>Physical Fitness Baseline Test;</div> <div>A basic fitness test includes exercises designed to test muscular strength as well as cardiovascular fitness.</div> <div>Ways To Test Your Fitness</div> <div><ul style="list-style-type: none">Resting heart rate – to assess aerobic fitness.Push-ups – to assess upper-body muscular endurance.Head turning – to assess neck flexibility.12-minute walk/run – to assess cardio capacity.Plank – to assess core stability.Loop-the-loop – to assess shoulder mobility.</div> <div>Testing health-related components of fitness</div> <div><ul style="list-style-type: none">Strength - Hand grip dynamometer.Strength – One rep max test.Cardiovascular endurance - Multi-stage fitness test.Cardiovascular endurance – Twelve minute</div>			Reflect on the importance of using fitness baseline test.

		<p>Cooper run or swim.</p> <ul style="list-style-type: none"> Flexibility - Sit and reach test. Speed - 30 metre sprint test  	
THURSDAY	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Assist Learners to differentiate between Muscular Strength and Cardiovascular fitness, 2. Discuss examples of Muscular strength activities and Cardiovascular fitness activities with the Learners. 3. Assist Learners to practice regular muscular strength/endurance fitness activities such as skipping, push-ups, sit-ups leg press, cycling, etc. at home and school and time / distance of performance in a diary. <p>Difference between Muscular strength and Cardiovascular fitness;</p> <p>Cardiovascular fitness the ability of your heart and lungs to fuel your body with oxygen. Muscular endurance or strength is the ability of your muscles to work continuously without getting tired</p> <p>Examples of Muscular strength Activities or Exercises;</p> <ul style="list-style-type: none"> lifting weights. working with resistance bands. heavy gardening, such as digging and shovelling. climbing stairs. hill walking. cycling. dance. push-ups, sit-ups and squats. 	Discus with Learners on how to assess self-improvement in muscular fitness level.



Push up test



12-Minute run test

common cardiovascular exercises

- Brisk walking.
- Running.
- Jogging or jogging in place.
- Burpees.
- Bear crawls.
- Swimming.
- Water aerobics.
- Cycling/bicycling.



Name of Teacher:

School:

District