

EaD Comprehensive Lesson Plans

Strand:	Physical Activity Education	Sub-Strand:	Physical Fitness
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or



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<https://www.TeachersAvenue.net>

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BASIC 8

WEEKLY LESSON PLAN – WEEK 3

Content Standard:	B8.2.2.3 Demonstrate understanding of participating in a variety of flexibility fitness activities.				
Indicator (s)	B8.2.2.3.1: Participate in a variety of flexibility fitness activities		Performance Indicator Learners can explain the meaning of flexibility.		
Week Ending	26-01-2024				
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:	• Critical thinking Problem Solving	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
WEDNESDAY	Review Learners knowledge on the previous lesson.	<div>1. Assist Learners to identify the types of Flexibility in Physical education.</div> <div>2. Discuss the meanings of the types of Flexibility with the Learners.</div> <div>3. Learners brainstorm to mention examples of exercises to improve each type of Flexibility.</div> <div>Types of Flexibility;</div> <div><div>❖ Dynamic Flexibility</div><div>❖ Static-Active Flexibility</div><div>❖ Static-Passive Flexibility</div></div> <div><div>Types of Flexibility</div><div><div>■ Static</div><div>– Range of motion that is achieved through slow controlled stretching.</div><div>– Most commonly used and recommended type.</div><div>■ Dynamic</div><div>– Range of motion that is achieved through moving a limb to its limits in a ballistic fashion.</div><div>– Associated with increased muscle soreness and the stretch reflex.</div><div>– Used more in athletic competition. Not recommended for personal fitness programs due to risk of injury.</div></div><div>(</div><div>© 2013 McGraw-Hill Education. All rights reserved.</div></div>			Through questions and answers, conclude the lesson.

FRIDAY	Review Learners knowledge on the types of Flexibility.	<ol style="list-style-type: none"> 1. Assist Learners to explain the concept of stretching and flexibility. 2. Discuss types of Stretching with the Learners. 3. Demonstrate how the types of stretching are done. 4. Learners brainstorm to practice the types of stretching <p>Stretches are either dynamic (meaning they involve motion) or static (meaning they involve no motion). Dynamic stretches affect dynamic flexibility and static stretches affect static flexibility (and dynamic flexibility to some degree).</p> <p>The different types of stretching are:</p> <ol style="list-style-type: none"> 1. ballistic stretching 2. dynamic stretching 3. active stretching 4. passive (or relaxed) stretching 5. static stretching 6. isometric stretching 7. PNF stretching <div data-bbox="620 921 1170 1692"> <p>The infographic is divided into two main sections: 'STATIC STRETCHES' and 'DYNAMIC STRETCHES', both featuring the ATI logo. The static section includes ten illustrations of various stretches: Shoulder Stretch, Toe Touch, Samson Stretch, Butterfly Stretch, Backbends Stretch, Cobra Stretch, Knee to Chest, Cat Stretch/Cow Stretch, Side Bend, and Calf Stretch. The dynamic section includes ten illustrations of active movements: Squats, High Knees, Leg Swings, Lunges, Plank Walk-Outs, Arm Circles, Standing Toe Taps, Jumping Jacks, Butt Kicks, and Hip Circles.</p> </div>	Through questions and answers, conclude the lesson.
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School:

District: