

## **EaD Comprehensive Lesson Plans**



or



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### **BASIC 8**

### **WEEKLY LESSON PLAN – WEEK 2**

Strand:	Physical Activity Education		Sub-Strand:	Physical Fitness	
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	19-01-2024				
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:	<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	Learners brainstorm to explain the meaning of flexibility Fitness,	<div>1. Discuss examples of Flexibility fitness activities with the Learners.</div> <div>2. Show Learners video of Flexibility Fitness activities or exercises.</div> <div>3. Demonstrate Flexibility Fitness exercises for Learners to observe.</div> <div>4. Assist Leaners to practice Flexibility Fitness exercises.</div> <div>Flexibility Fitness;</div> <div>Flexibility is the ability of a joint or series of joints to move through an unrestricted, pain free range of motion. Although flexibility varies widely from person to person, minimum ranges are necessary for maintaining joint and total body health.</div> <div>Examples of Flexibility Fitness Exercises;</div> <div>1. Forward Lunges.</div> <div>2. Side Lunges.</div> <div>3. Cross-Over.</div> <div>4. Standing Quad Stretch.</div>			Through questions and answers, conclude the lesson.

		<div>5. Seat Straddle Lotus.</div> <div>6. Seat Side Straddle.</div> <div>7. Seat Stretch.</div> <div>8. Knees to Chest.</div> <div></div>	
<b>FRIDAY</b>	Engage Learners in Flexibility exercises for 10 minutes.	<div>1. Discuss with Learners the benefits of Flexibility Fitness exercises.</div> <div>2. Learners brainstorm to identify changes they have realized as a result of regular participation in flexibility fitness activities.</div> <div><b>Benefits of Flexibility Fitness Exercises;</b><ul style="list-style-type: none"><li>• Improve your performance in physical activities.</li><li>• Decrease your risk of injuries.</li><li>• Help your joints move through their full range of motion.</li><li>• Increase muscle blood flow.</li><li>• Enable your muscles to work most effectively.</li><li>• Improve your ability to do daily activities.</li></ul></div>	Reflect on the benefits of Flexibility Fitness activities.

		 <p><b>BENEFITS OF FLEXIBILITY</b></p> <ul style="list-style-type: none"> <li>✓ REDUCES THE RISK OF GETTING INJURED</li> <li>✓ REDUCES THE RISK OF FALLING</li> <li>✓ ASSISTS IN PREVENTING AND CORRECTING MUSCULAR IMBALANCES</li> <li>✓ ENHANCES POSTURE, JOINT RANGE OF MOTION, AND ATHLETIC PERFORMANCE</li> <li>✓ COMBATS THE EFFECTS OF PROLONGED SITTING</li> <li>✓ ASSISTS IN REDUCING JOINT DISCOMFORT AND STRAIN</li> </ul>	
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School:

District: