EaD Comprehensive Lesson Plans



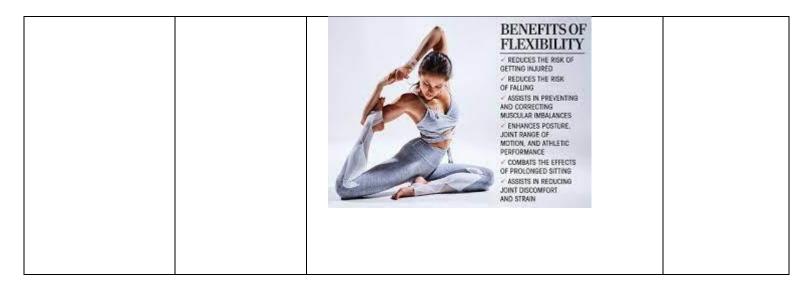
or 0248043888

https://www.TeachersAvenue.net https://TrendingGhana.net https://www.mcgregorinriis.com

BASIC 8 WEEKLY LESSON PLAN – WEEK 2

Strand:	Physical Activity Edu	ication	Sub-Stra	nd: Ph	ysical Fitnes	SS	
	B8.2.2.3 Demonstrate	e understanding of	participa	ting in a variet	y of flexibili	ity fitn	ess activities.
Content Standard:							
Indicator (s)	B8.2.2.3.1: Participat fitness activities.	Performance Indicator Learner meaning of flexibility.				ers can explain the	
Week Ending	19-01-2024						
Class	B.S.8	Class Size:		Du	ration:		
Subject	Physical Education						
Reference	Physical Education C	urriculum, Teach	ers Resou	rce Pack, Learn	ners Resourc	ce Pacl	k, Textbook.
Teaching / Learning Resources	Poster, Pictures and V				l thinking m Solving		
DAY/DATE	PHASE 1 : STARTER	PHASE 2: M	AIN				PHASE 3: REFLECTION
WEDNESDAY	Learners brainstorm to explain the meaning of flexibility Fitness,	 Discuss examples of Flexibility fitness activities with the Learners. Show Learners video of Flexibility Fitness activities or exercises. Demonstrate Flexibility Fitness exercises for Learners to observe. Assist Leaners to practice Flexibility Fitness exercises. Flexibility Fitness; Flexibility Fitness; 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. Examples of Flexibility Fitness Exercises; Forward Lunges. Side Lunges. Cross-Over. 				Through questions and answers, conclude the lesson.	

		5. Seat Straddle Lotus.6. Seat Side Straddle.7. Seat Stretch.8. Knees to Chest.	
FRIDAY	Engage Learners in Flexibility exercises for 10 minutes.	 Discuss with Learners the benefits of Flexibility Fitness exercises. Learners brainstorm to identify changes they have realized as a result of regular participation in flexibility fitness activities. 	Reflect on the benefits of Flexibility Fitness activities.
		Benefits of Flexibility Fitness Exercises;	
		Improve your performance in physical activities.Decrease your risk of injuries.	
		 Decrease your risk of injuries. Help your joints move through their full range of motion. 	
		 Increase muscle blood flow. 	
		 Enable your muscles to work most effectively. 	
		 Improve your ability to do daily activities. 	



Name of Teacher: School: District: