

## EaD Comprehensive Lesson Plans

<b>Strand:</b>	Physical Activity Education	<b>Sub-Strand:</b>	Organized Sports Participation
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or



0248043888

<https://www.TeachersAvenue.net>

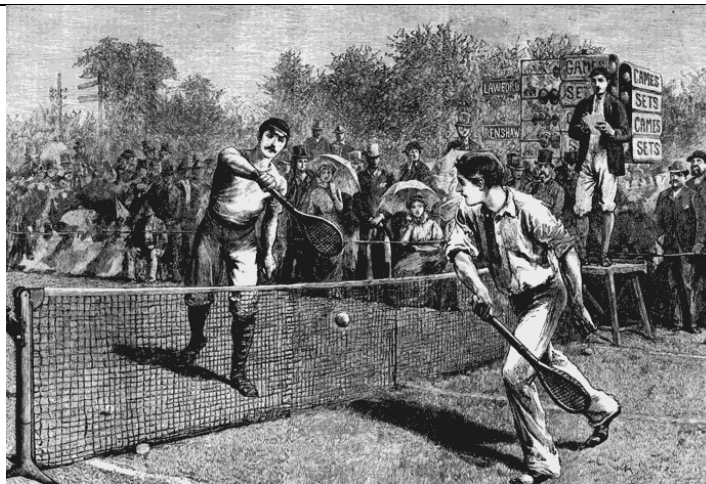
<https://TrendingGhana.net>

<https://www.mcgregorinriis.com>

**BASIC 9**

**WEEKLY LESSON PLAN – WEEK 4**

<b>Content Standard:</b>	B9.2.3.1 Demonstrate ability to apply movement concepts, principles and strategies in performing non–contact physical activity (e.g., athletics, ball and racket, individual and target activities)				
<b>Indicator (s)</b>	B9.2.3.1.1: Apply movement concepts, principles and strategies to perform intermediate level ball and racket physical activities		<b>Performance Indicator:</b> Learners can play examples of ball and racket activities.		
<b>Week Ending</b>	02-02-2024				
<b>Class</b>	B.S.9	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Physical Edu. & Health				
<b>Reference</b>	Physical Edu. & Health Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
<b>Teaching / Learning Resources</b>	Poster, Chart, Pictures and Video.		<b>Core Competencies:</b>	<ul style="list-style-type: none"><li>• Critical Thinking and Problem Solving</li><li>• Communication and Collaboration.</li></ul>	
<b>DAY/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
<b>TUESDAY</b>	Learners brainstorm to explain the concept “Movement”.	<div>1. Assist learners to identify the principles of movement and explain.</div> <div>2. Show Learners pictures and video displaying examples of ball and racket physical activities.</div> <div>3. Assist Learners to identify examples of ball and racket physical activities.</div> <div>4. Demonstrate on playing examples of ball and racket activities.</div> <div><b>Examples of Ball and Racket Physical Activities;</b></div> <div>1. Tennis</div> <div>2. Badminton</div> <div>3. Squash</div> <div>4. Paddle</div> <div>5. Beach Tennis</div> <div>6. Table Tennis</div> <div>7. Racquetball</div> <div>8. Pickleball</div> <div>9. Matkot</div> <div>10. Gym racket</div>			Learners brainstorm to play ball and racket activities.  <b>Exercise;</b>  Write 5 examples of ball and racket physical activities.



## WEDNESDAY

Learners brainstorm to describe the characteristics of playing ball and racket activities.

1. Discuss with the Learners about the rules for playing ball and racket activities.
2. Show Learners pictures and video displaying tools and equipment for playing ball and racket activities.
3. Organize a competition between groups of Learners to play ball and racket activities.

### Table tennis

Check out our full article especially for table tennis, the famous ping pong: Table tennis: History, rules, equipment, grips, strategies and much more

### Racquetball

Racquetball is a racket sport that resembles squash. The court is closed between walls, just like squash, but it's a bit longer. Another difference between both sports is the ball. The size of the ball in racquetball is much larger than squash's ball, in addition to being more resistant.

Racquetball is one of the most practiced racket sports in the

Through questions and answers, conclude the lesson.

### Exercise;

State 5 rules for playing ball and racket activities.

		<p>United States.</p> <p><b>Pickle ball</b></p> <p>Pickle ball is a sport that combines similar characteristics from badminton, tennis, table tennis and paddle tennis. The pickle ball racket is shaped like a paddle, is usually made of wood or graphite. And the ball is a hollow plastic ball with holes.</p> <p>Pickeball's court is similar to the tennis court, has a slightly smaller size and uses the same net.</p> <p>The sport has become popular all over the world in recent years, especially in the United States.</p> <p><b>Matkot</b></p> <p>Matkot is a racket sport played on beaches, usually with two people. The sport was created in the 1940s, in Rio de Janeiro, Brazil, between the years 1945 and 1946. Today it is practiced in several countries, very common on Israel beaches, for example. In portuguese, matkot is called frescobol. Italians call it Racchettoni.</p> <p>Matkot is played with a wooden racket and a rubber ball. It's the only one of these racket sports on this list that collaboration between players prevails over competition. The goal is to volley the ball to the teammate and keep the it in play for as long as possible, without letting it fall to the ground.</p> <p><b>Gym racket</b></p> <p>Gym racket is a racket sport generally practiced between 4 people, in doubles. It was created in Italy and has been part of IFBT since 1997. The sport can be played on both indoor and open courts.</p> <p>Gym racket rackets resemble beach tennis rackets, have no strings and the surface is flat with a few holes. Its length, from the cable to the head, cannot exceed 50 centimeters, while the width limit is 30 centimeters.</p> <p>It's played with a rubber ball, with an external surface in red and yellow colors. Diameter measurements should be between 6.35 and 6.50, with a weight between 38 and 40 grams.</p>	
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School:

District: