

EaD Comprehensive Lesson Plans



or



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BASIC 8

WEEKLY LESSON PLAN – WEEK 4

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 identify factors that affect flexibility.		
Week Ending	02-02-2024				
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	Show Learners video and pictures of how to work out on flexibility.	1. Assist Learners to identify factors that affect flexibility. 2. Discuss with Learners on exercises that improve flexibility. 3. Engage Learners in practicing exercises that improve flexibility. factors that affect your flexibility • Joint structure. There are several different types of joints in the human body. • Age & Gender. ROM and flexibility naturally decreases as you get older. • Connective Tissue. Deep connective tissue such as fascia and tendons can limit ROM. • Muscle bulk. • Proprioceptors. Exercises to Improve Your Flexibility • Standing Quad Stretch. • Standing Side Stretch. • Seated Hamstring Stretch. • Standing Calf Stretch. • Shoulder Stretch.			Reflect on the exercises that improve flexibility.

		• The Forward Hang. • Back stretch. • Butterfly Groin Stretch. 	
FRIDAY	Discuss the meaning of flexibility skills with the Learners.	1. Assist Learners to identify the flexibility skills. 2. Demonstrate examples of flexibility skills. 3. Engage Learners in practicing flexibility skills. Flexibility Skills; ✚ adapting successfully to changing situations & environments. ✚ Keeping calm in the face of difficulties. ✚ Planning ahead, but having alternative options in case things go wrong. ✚ Thinking quickly to respond to sudden changes in circumstances. flexibility exercises • stretching. • yoga. • tai chi. • pilates.	Through questions and answers, conclude the lesson.

Name of Teacher:

School:

District: