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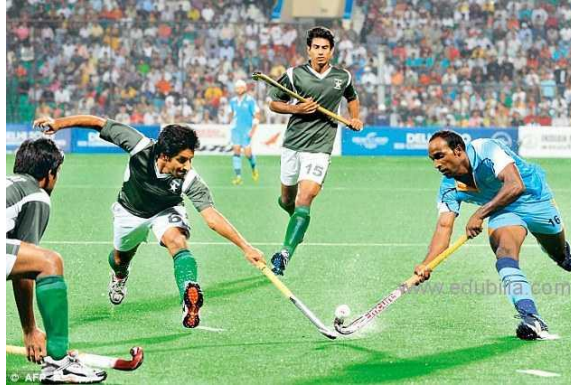
BASIC 9

WEEKLY LESSON PLAN – WEEK 6

Strand:	Physical Activity Education		Sub-Strand:	Organized Sports Participation	
Content Standard:	B9.2.3.2 Demonstrate ability to apply movement principles and strategies in performing limited–contact physical activity (e.g., ball and stick and hand and ball physical activities).				
Indicator (s)	B9.2.3.2.1: Apply movement concepts, principles and strategies to perform intermediate level stick and ball physical activity.		Performance Indicator: Learners can identify the strategies for playing stick and ball physical activities.		
Week Ending	16-02-2024				
Class	B.S.9	Class Size:		Duration:	
Subject	Physical Edu. & Health				
Reference	Physical Edu. & Health Curriculum, Teachers Resource Pack, Learners Resource Pack				
Teaching / Learning Resources	Poster, Chart, Pictures and Video.		Core Competencies:	<ul style="list-style-type: none">• Creativity and Innovation• Manipulative skills• Operational skills.	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
TUESDAY	Show Learners pictures and video displaying examples of “Stick and ball physical activities”	<div>1. Learners brainstorm to identify examples of stick and ball physical activities.</div> <div>2. Demonstrate on playing stick and ball physical activities.</div> <div>3. Discuss with the Learners about the rules for playing stick and ball physical activities.</div> <div>Examples of Stick and Ball Activities;</div> <div>Golf</div> <div>1. Golf is a club and ball sport in which players use various clubs to hit balls into a series of holes on a course in as few strokes as possible.Golf is one of the few ball games that do not require a standardised playing area. The game is played on a course with an arranged progression of either nine or 18 holes.</div> <div></div>			<div>Assist Learners to practice playing stick and ball activities.</div> <div>Exercise;</div> <div>State 5 examples of stick and ball activities.</div>

Hockey

2. Hockey is a family of sports in which two teams play against each other by trying to maneuver a ball or a puck into the opponent's goal using a hockey stick. In many areas, one sport (typically field hockey or ice hockey) is generally referred to simply as hockey. Hockey is a group of sports. There are three main ways that hockey.



Polo

3. Polo is a team sport played on horseback. The objective is to score goals against an opposing team. Players score by driving a small white plastic or wooden ball into the opposing team's goal using a long-handled mallet. The traditional sport of polo is played at speed on a large grass field up to 300 yards (274 meters) long.



4. Floorball, a type of floor hockey, is an indoor team sport which was developed in the 1970s in Sweden. Floorball is most popular in areas where the sport has developed the longest, such as the Czech Republic, Denmark, Estonia, Finland, Latvia, Norway, Sweden, and Switzerland.



Lacrosse

5. Lacrosse is a team sport of Iroquois origin played using a small rubber ball (62.7mm-64.77mm,140g-147g), and a long-handled stick called a crosse or lacrosse stick. It is often played as a contact sport. The head of the lacrosse stick is strung with loose mesh designed to catch and hold the lacrosse ball. Offensively, the objective.



WEDNESDAY

Assist Learners to identify 5 strategies for playing stick and ball activities.

1. Plan and practice variety of ball and stick physical activities using concepts, principles and strategies of for individual adaptation and pacing.
2. Discuss with the Learners about the health benefits of playing stick and ball physical activities.
3. Learners brainstorm to identify the functions of sticks used in stick and ball physical activities.

Health benefits of Golf, Hockey and Polo

Golf can be good for your health and your heart. Walking an average course for a round of golf can be between five to seven kilometres. If you walk 18 holes three to five times a week, you'll get an optimal amount of endurance exercise for your heart. If you pull your clubs or carry them, you'll burn even more calories each round and benefit even more.

Playing golf regularly can help you:

- stay fit
- improve muscle tone and endurance

Organize inter – group competitions on ball and stick physical activities to enhance skill mastery for development of confidence, empowerment, collaboration, talent identification and development.

Exercise;

State 5 benefits of playing stick and ball activities.

- lose weight and body fat.

Cardiovascular Exercise

Cardiovascular, or aerobic, exercise occurs when your movements cause your breathing and heart rate to increase, resulting in calorie burn, fat loss and improved cardiorespiratory health. This type of exercise also helps you maintain a healthy weight and keeps illness and disease at bay. Hockey is a form of cardiovascular exercise, and whether you're skating or running, your body benefits from the activity. Because of the start-stop nature of the game, where skating or running is broken up by periods of rest, you may get enjoy even greater cardio benefits. Alternating vigorous activity with moments of recovery, known as high intensity interval training, can burn more calories and boost your metabolism.

Enhanced Muscular Strength

Hockey also provides a strength-training workout, with the core and leg muscles being developed in particular. The sport can lead to enhanced muscular strength, as well as improvement in athletic performance. Strength-training activities have also been shown to reduce the risk of injury, improve bone strength, strengthen connective tissues and increase muscle mass. All of these contribute positively to a healthier, stronger body that is less prone to injury and has improved overall function.

Improved Coordination and Balance

Hockey requires players to develop speed, power and agility, and having quick reactions is a must during game play. In ice hockey, players must pass and receive pucks that are traveling quickly across the ice, and field hockey players must do the same with a ball. In either version, player must react quickly in order to accurately respond to or make a play. Developing these skills can lead to improved overall balance and agility, and hand-eye coordination is also positively affected.

Brain Boost

In addition to the physical gains associated with hockey, there is also something to be said for the mental health benefits that come with playing the game. Exercise itself can improve your mood because of the endorphins that are released, easing feelings of depression, stress and anxiety. As a form of exercise, hockey provides this

		<p>benefit, but there’s an added brain boost that comes with the sport as well. Hockey demands good decision-making, and honing these skills on the ice or field can also be transferred to everyday life.</p> <p>Risks and Precautions</p> <p>Even though hockey comes with a number of health benefits, there are also some risks associated with the sport that should also be noted. Like any physical activity, playing hockey can result in injury. To reap the full health benefits of hockey, you should practice safety tips to avoid getting hurt. These include wearing the appropriate protective gear, warming up and cooling down before and after playing and practicing good sportsmanship.</p>	
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School:

District: