

EaD Comprehensive Lesson Plans



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BASIC 8

WEEKLY LESSON PLAN – WEEK 7

Strand:	Physical Activity Education		Sub-Strand:	Organized Sports Participation	
Content Standard:	B8.2.3.1 Demonstrate ability to apply movement concepts, principles and strategies in performing non– contact physical activity (e.g., athletics, ball and racket, individual and target physical activity)				
Indicator (s)	B8.2.3.1.1- Apply movement concept, principles and strategies to perform beginning-intermediate level ball and racket physical activity.		Performance Indicator; Learners can identify the difference between teamwork and collaboration.		
Week Ending	23-02-2024				
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:	<ul style="list-style-type: none">Critical thinkingProblem Solving	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
WEDNESDAY	Learners brainstorm to identify examples of sports that uses netted rackets and those that uses non-netted rackets or paddles.	<div>1. Organize a competition between groups of Learners to ball and racket games.</div> <div>2. Learners brainstorm to apply the skills, techniques and principles to play racket games.</div> <div>3. Assist Learners to identify racquetball rules.</div> <div>Sports that use a netted racket</div> <div><ul style="list-style-type: none">BadmintonBall badmintonBattledore and shuttlecockCrossminton (previously "Speedminton")FrontenisQianballRacketlon (a series of other racket and paddle sports)RacketsRacquetballReal tennisSoft tennisSpeed-ballSquash<ul style="list-style-type: none">Hardball squashSquash tennisStickéTennisTennis polo</div>			<div>Through questions and answers, conclude the lesson.</div> <div>Exercise;</div> <div>Explain 5 rules of playing racquetball.</div>

		<ul style="list-style-type: none">• Touchtennis <div>Sports that use a non-netted racket, or paddle</div> <ul style="list-style-type: none">• Basque pelota• Beach tennis• Downside ball game• Four wall paddleball• Frescobol• Frescotennis• Jokari• Jombola• Matkot• Miniten• One wall paddleball• Paddle ball• POP tennis• Padel• Paleta Frontón• Pan Pong• Pelota mixteca• Pickleball• Pitton• Platform tennis• Road tennis• Sphairee• Stoolball• Table squash• Table tennis (Ping Pong)• Tamburello• Totem tennis• Paddle Tennis	
FRIDAY	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none">1. Learners brainstorm to differentiate between teamwork and collaboration.2. Discuss with the Learners about the ways of building collaborative teams in physical activities.3. Demonstrate on modeling collaborative behaviours.4. Assist Learners to identify the factors that support team collaboration. <div>What is collaboration? Collaboration is the action of working with one or more people who have different skill sets to produce something, such as finishing a project, developing a shared idea or completing a task. In business,</div>	Through questions and answers, conclude the lesson. Exercise; Explain the term collaborative teamwork.

		<p>collaboration refers to colleagues with varying areas of expertise working together on a common goal to accomplish a purpose or produce results. Workplace collaboration is a set of learned skills that can improve productivity, solve problems, foster healthy relationships and create teamwork.</p> <p>Examples of collaborative skills include:</p> <ul style="list-style-type: none"> • Self-awareness: Be clear about who you are, what you want and what you need from others. • Purpose-driven: Keep in mind the purpose of the project and its goals. • Resource management: Keep information organized and know how to share it. • Forgiveness: Be willing to apologize for mistakes and forgive those who make errors. • Collaboration tools: Communicate clearly and in a timely matter using collaborative tools. • Address problems: Be willing to find and discuss obstacles with an open mind. • Learning opportunities: Create team experiences to engage in learning, foster growth and be creative. • Soft skills: Build your mindset and character as it affects how you handle projects. • Encourage innovation: Face obstacles and overcome challenges with a positive attitude. • Share success: Expand your idea of success to include achieving big group goals and team wins. <p>What is teamwork?</p> <p>Teamwork is the qualities, abilities and processes of working well with one or more people to accomplish a common goal. Teamwork in the workplace is a group's ability to work together effectively, communicate well, define roles and leadership, share resources and actively listen to each other. Teamwork is a set of learned skills that can boost morale in the workplace, build rapport, increase the quality and quantity of output and improve retention rates.</p> <p>Examples of teamwork skills include:</p> <ul style="list-style-type: none"> • Interpersonal skills: Know how to interact and speak with others. • Conflict management: Help mediate between members and settle your own disputes fairly. • Communication: Be open to constructive criticism and sharing your ideas with others. • Listening: By actively listening, your teammates 	
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		<p>feel valued and you reduce miscommunications.</p> <ul style="list-style-type: none">• Enthusiasm: Have a positive outlook and be excited about working together.• Time management: Have good time-management skills as it can affect your team project.• Respectfulness: Make eye contact and listen actively.• Positivity: Be positive and help others to be positive, too.• Reliability: Complete your tasks, be mindful of deadlines and let other know they can count on you.	
		<p>What is collaborative teamwork?</p> <p>When you combine collaboration and teamwork, you get a team whose members have distinct skill sets and have the ability to productively work together. There is both individuality and a cohesive group. Each individual knows how to use their role, skills and expertise while also working as one with the entire group to accomplish a goal.</p> <p>Collaborative teamwork engages the group to combine expertise and problem-solve together, while also assigning individual tasks and roles for autonomy. This type of group work is an intentional coordination of how and when participants act to achieve efficiency</p>	

Name of Teacher:

School:

District: