

EaD Comprehensive Lesson Plans



or



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BASIC 7

WEEKLY LESSON PLAN – WEEK 7

Strand:	Physical Activity Education		Sub-Strand:	Physical Fitness	
Content Standard:	B7.2.2.1 Demonstrate understanding of participating in a variety of physical fitness activities.				
Indicator (s)	B7.2.2.1.1 Participate in a variety of muscular strength/endurance activities		Performance Indicator: Learners can apply techniques to improve fitness level.		
Week Ending	23-02-2024				
Class	B.S.7	Class Size:		Duration:	
Subject	Physical Health Education				
Reference	Physical Health Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook				
Teaching / Learning Resources	Poster, Pictures, Video		Core Competencies:	<ul style="list-style-type: none">• Critical Thinking• Problem Solving	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
TUESDAY	Discuss with Learners on the meaning of “baseline fitness”.	<div>1. Perform pre-test and log result to assess self - baseline fitness level of the Learners.</div> <div>2. Discuss with Learners on examples of muscular strength and endurance activities.</div> <div>3. Demonstrate on performing muscular strength and endurance activity.</div> <div>4. Assist Learners to practice performing muscular strength and endurance activities.</div> <div>Baseline Fitness</div> <div>Baseline Fitness creates and coaches customized exercise programmes for individuals of all ages and activity levels to help them achieve their optimal fitness and a better quality of life.</div> <div></div> <div>Physical activities that build endurance include:</div> <ul style="list-style-type: none">• Brisk walking or jogging.• Yard work (mowing, raking)• Dancing.			Reflect on how to measure baseline fitness.

		<ul style="list-style-type: none"> • Swimming. • Biking. • Climbing stairs or hills. • Playing tennis or basketball. 	
FRIDAY	Through questions and answers, review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Learners brainstorm to perform strength and endurance activities. 2. Discuss with Learners on how to perform post-test using fitness battery to assess self-improvement of fitness level of the Learners. 3. Perform post-test using fitness battery to assess self-improvement of fitness level of the Learners. <p>Examples of Test Batteries</p> <ul style="list-style-type: none"> ○ flamingo test (balance) ○ plate tapping (upper-body speed) ○ sit and reach (flexibility) ○ standing broad jump (lower body power) <p>Texting Fitness level;</p> <ol style="list-style-type: none"> 1. A flexibility test, such as the sit and reach. 2. An endurance test, such as the Cooper test. 3. An upper body strength test, such as the push-up test. 4. A core strength test, such as the plank test. 5. A target heart rate test. 6. A body size calculation, such as weight. 	Assist Learners to compare the f the post-test with the pre-test of their fitness level.

Name of Teacher:

School:

District: