

## **EaD Comprehensive Lesson Plans**



or



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### **BASIC 7**

### **WEEKLY LESSON PLAN – WEEK 8**

Strand:	Physical Activity Education		Sub-Strand:	Physical Fitness	
Content Standard:	B7.2.2.2 Demonstrate ability to participate in a variety of cardio- respiratory/aerobic fitness activities				
Indicator (s)	B7.2.2.2.1: Perform a variety of cardiorespiratory activities and examine the factors that influence cardiorespiratory fitness.		Performance Indicator: Learners can identify cardiorespiratory activities.		
Week Ending	01-03-2024				
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"><li>• Critical Thinking</li><li>• Problem Solving</li></ul>	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
TUESDAY	Learners brainstorm to identify examples of cardiorespiratory activities	<div>1. Demonstrate performing examples of cardiorespiratory exercises.</div> <div>2. Assist Learners to practice performing cardiorespiratory exercises.</div> <div>3. Discuss with Learners on importance of cardiorespiratory exercise.</div> <div>Meaning of Cardiorespiratory Exercise;</div> <div>Also called aerobic or endurance exercise, cardiovascular exercise is any form of activity that uses aerobic metabolism. That is, during the activity, oxygen is heavily involved in the cellular reactions that produce the energy necessary to sustain the activity. Your heart rate increases and you breathe more deeply to maximize the amount of oxygen in your blood and help you to use more oxygen efficiently.</div> <div></div> <div>Examples of Cardiorespiratory Exercises;</div>			Through questions and answers, conclude the lesson.

		<ul style="list-style-type: none"><li>• Brisk walking</li><li>• Running</li><li>• Jogging or jogging in place</li><li>• Burpees</li><li>• Bear crawls</li><li>• Swimming</li><li>• Water aerobics</li><li>• Cycling/bicycling</li><li>• Dancing</li><li>• Cross-country skiing</li><li>• Race-walking Volleyball, basketball, soccer or racquetball</li><li>• Rowing</li><li>• Kayaking, paddling or canoeing</li><li>• Circuit training</li><li>• Jumping rope</li><li>• Stair climbing</li><li>• In-line skating</li><li>• Martial arts</li><li>• Golfing</li><li>• Hiking</li><li>• HIIT (High Intensity Interval Training)</li><li>• Mountain climbing</li><li>• Jumping jacks, squat jumps, split jumps</li><li>• Roller blading</li></ul>	
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<b>FRIDAY</b>	Engage Learners in performing Cardiorespiratory activities for 10 minutes.	<ol style="list-style-type: none"> <li>1. Assist Learners to identify 5 factors that influence cardiorespiratory fitness.</li> <li>2. Discuss with Learners on ways to improve cardiorespiratory fitness.</li> </ol> <p><b>Factors that influence cardiorespiratory fitness;</b></p> <ul style="list-style-type: none"> <li>• Oxygen diffusion capacity of the lungs.</li> <li>• Cardiac output.</li> <li>• Oxygen transport capacity of the blood.</li> <li>• Capillary density of the muscles.</li> <li>• Muscular mitochondria mass.</li> <li>• Physical factors, such as sex, age, genetics, body fat.</li> <li>• Medical conditions.</li> <li>• Smoking history.</li> </ul> <p><b>Improving Cardiorespiratory fitness;</b></p> <ul style="list-style-type: none"> <li>• walking</li> <li>• jogging</li> <li>• Running</li> <li>• Cycling</li> <li>• Swimming</li> <li>• Aerobics</li> <li>• Rowing</li> <li>• stair climbing</li> <li>• Hiking</li> <li>• Cross country skiing and many types of dancing are “pure” aerobic activities.</li> <li>• Sports such as soccer, basketball, squash and tennis may also improve your cardiovascular fitness.</li> </ul>	Through questions and answers, conclude the lesson.

Name of Teacher:

School:

District: