**BASIC 9**

**WEEKLY LESSON PLAN – WEEK 8**

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| **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)** | B9.2.3.2.2: Apply movement concepts, principles and strategies to perform intermediate level hand and ball physical activity. | **Performance Indicator;**  |
| **Week Ending** | 01-03-2024 |
| **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:** | * Operational skills
* Manipulative skills
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| **DAY/DATE** | **PHASE 1 : STARTER** | **PHASE 2: MAIN** | **PHASE 3: REFLECTION** |
| **TUESDAY** | Review Learners knowledge on the previous lesson. | 1. Assist Learners to identify and explain energy, fitness and training concepts and principles about specialized movement sequences and movement strategies.
2. Demonstrate on specialized movement sequences and movement strategies in authentic performance environments.
3. Learners brainstorm to apply concepts to specialized movement sequences and movement strategies in authentic performance environments.

https://media-temporary.preziusercontent.com/frames-public/6/f/d/c/2/127a1f44d85b4dab3edb40e29a51200.png | Through questions and answers, conclude the lesson. |
| **WEDNESDAY** | Engage Learners in performing physical activities. | 1. Analyze and synthesize data to devise a training strategy for optimizing performance of specialized movement sequences and one movement strategy.
2. Evaluate a training strategy and movement strategies relevant to the selected physical activity.
3. Discuss with the Learners about a training strategy and movement strategies relevant to the selected physical activity.

**Training Principles**Participating in regular physical activity and exercise throughout on a weekly basis may positively impact an individual’s overall health, and improve various components of physical fitness. However, an individual’s specific physical fitness goals may not be achieved if their physical activity program is not designed with respect to major exercise training principles. Adherence to specific principles of exercise training may aid in the development of an intentional and successful physical activity regimen. The core training principles which will be subsequently discussed include:* Specificity
* Overload
* Progression
* Reversibility
* FITT
* Individual Differences

**Specificity Principle**: Only the body parts, muscles, or systems involved in a workout will be experiencing training (American College of Sports Medicine, 2013). For example, upper body weight training will only facilitate improvements to muscles groups which were engaged (i.e. shoulders, arms, back muscles). Therefore, an individual must evaluate the specific type of workout that will provide the greatest likelihood of physical activity and fitness goal achievement.The exercise training principle which outlines how an individual may design and monitor their individualized exercise program (American College of Sports Medicine, 2013).1. **Frequency**: How often the individual performs the targeted exercise or physical activity.
2. **Intensity**: How much work or effort is exerted during a physical activity period (may be measured in a variety of ways such as heart rate, RPE, MET value, etc.).
3. **Time**: Duration of physical activity or exercise bout.
4. **Type**: Specific physical activity mode or exercise which an individual chooses to engage in (i.e. aerobic exercise, resistance training, sports-specific activity, etc.).

**Individual Differences Principle**: All individuals are unique in their exercise programming needs. Personal, environmental, and behavioral factors should be considered and assessed when planning to engage in a physical fitness training regimen (American College of Sports Medicine, 2013). | Reflect on the strategies adopted. |

**Name of Teacher: School: District:**