

EaD Comprehensive Lesson Plans



or



0248043888

<https://www.TeachersAvenue.net>

Strand:	Physical Activity Education	Sub-Strand:	Traditional/Global Rhythmic Gymnastics, Game and Dance
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<https://TrendingGhana.net>

BASIC 9

WEEKLY LESSON PLAN – WEEK 13

Content Standard:	B9.2.1.1 Demonstrate understanding of performing a variety of traditional games and adaptations for inclusivity and cultural identity.				
Indicator (s)	B9.2.1.1.1:Create and classify a variety of traditional games and adaptation according to levels of intensity (low, moderate and vigorous intensity).		Performance Indicator: Learners can measure exercise intensity.		
Week Ending	06-12-2024				
Class	B.S.9	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	Poster, Pictures, Video, word chart.		Core Competencies:	<ul style="list-style-type: none">• Critical thinking• Problem Solving	
DAYS/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Demonstrate on how to apply intensity level to fitness routine.	<div>1. Discuss with the Learners about the maximum heart rate and workout intensity during physical activities.</div> <div>2. Learners brainstorm to identify examples of vigorous activities.</div> <div>3. Assist Learners to measure exercise intensity.</div> <div>Measuring exercise intensity</div> <div>There are various ways to measure your exercise intensity to make sure your body is getting the most out of every workout. You may need to experiment to find out which method of measuring exercise intensity suits you best. Three different measurement methods include:</div> <div><ul style="list-style-type: none">• target heart rate• talk test• exertion rating scale.</div> <div>Measuring exercise intensity using your target heart rate</div> <div>The human body has an in-built system to measure its exercise intensity – the heart. Your heart rate will increase in proportion to the intensity of your exercise. You can track and guide your exercise intensity by calculating your Target Heart Rate (THR) range.</div> <div>For moderate-intensity physical activity, a person's THR should be 50 to 70 per cent of their maximum heart rate. The maximum rate is based on a person's age. An estimate of a person's maximum heart rate can be</div>			<div>Learners to practice measuring exercise intensity using target heart rate.</div> <div>Exercise;</div> <div>1. Explain the 3 ways of measuring exercise intensity.</div>

		<p>calculated as 220 beats per minute (bpm) minus your age. Because it is an estimate, use it with caution.</p> <p>Keep your heart rate at the lower end of your recommended range if you are just starting regular exercise. Gradually increase the intensity of your workouts as your fitness improves. Also, your heart rate should stay in the lower ranges during warm-up and cool-down periods.</p>																						
THURSDAY	Discuss an example of a target heart rate chart with the Learners.	<div><div><div>1. Engage Learners in physical activities like running, jogging and playing football for about 10 minutes.</div><div>2. Assist Learners to measure their heart rates by taking their pulses.</div><div>3. Learners brainstorm to identify 5 factors that influence heart rate.</div></div><div><div>Target heart rate chart</div><table><tr><th>Age (years)</th><th>Target range (50 – 70% of maxHR) heart beats per minute</th></tr><tr><td>20</td><td>100 – 140</td></tr><tr><td>25</td><td>98 – 137</td></tr><tr><td>30</td><td>95 – 133</td></tr><tr><td>35</td><td>93 – 130</td></tr><tr><td>40</td><td>90 – 126</td></tr><tr><td>45</td><td>88 – 123</td></tr><tr><td>50</td><td>85 – 119</td></tr><tr><td>55</td><td>83 – 116</td></tr><tr><td>60</td><td>80 – 112</td></tr><tr><td>65</td><td>78 – 109</td></tr></table></div><div><div>Measuring your heart rate by taking your pulse</div><p>Taking your pulse at regular intervals lets you know whether you are exercising within your target heart rate range. Some tips include:</p><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div>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		<p>measure it, you should:</p> <ul style="list-style-type: none"> • Put the first three fingers of one hand against the inner wrist of the other hand just below the thumb. • Lightly press your fingers into the hollow next to the tendon on the thumb-side – your artery lies just beneath the skin. • Using a watch with a second hand, count your pulse for 15 seconds. Multiply this figure by four to get your beats per minute. (For example, 31 pulse beats over 15 seconds equals a pulse rate of 124 beats per minute.) <p>You can also take your pulse by pressing your fingers lightly against one of your carotid arteries, located on either side of your windpipe.</p> <p>Factors known to influence heart rate</p> <p>It's not just exercise that affects your heart rate. Your beats per minute could be raised by a number of internal and external factors including:</p> <ul style="list-style-type: none"> • hot weather • caffeine intake • time of day • hormone fluctuations • stress or anxiety • cigarette smoking • medications. <p>Measuring exercise intensity using the talk test</p> <p>The talk test is a simple and reliable way to measure intensity. As a rule of thumb:</p> <ul style="list-style-type: none"> • If you can talk and sing without puffing at all, you're exercising at a low level. • If you can comfortably talk, but not sing, you're doing moderate intensity activity. • If you can't say more than a few words without gasping for breath, you're exercising at a vigorous intensity. 	
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Name of Teacher:

School:

District: