



THIRD TERM

WEEKLY LESSON PLAN – B7

WEEK 9

Week Ending: 11 th NOV, 2022	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Physical Activity Education	
Class: B7	Class Size:	Sub Strand: Organized Sports and Physical Activity Participation	
Content Standard: B7.2.3.2 Demonstrate the ability to apply movement concepts, principles and strategies in performing limited-contact sports (e.g., stick and ball, hand and ball) to develop awareness, coordination, critical thinking and goal setting.		Indicator: B7.2.3.2.1: Apply movement concepts, principles, and strategies in performing beginning level stick and ball sports	Lesson: 1 of 1
Performance Indicator: Learners can apply movement concepts, principles, and strategies in performing baseball		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 15			
Keywords: Individualized instruction, <i>Task/station teaching pedagogy</i> ,			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Start the lesson with a recap of the previous lesson. Allow learners to reflect on what they learnt from the previous lesson relating to balance and flexibility.		
PHASE 2: NEW LEARNING	Organize learners in small groups for task teaching delivery. Let Learners work in their groups in pairs to explore and practice beginning level skills in stick and ball sports. <i>Example: cricket, tsasikele, softball, baseball and rounders etc.</i> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Cricket</p> </div> <div style="text-align: center;">  <p>Baseball</p> </div> </div> Where space permits, organize learners into stations to practice adapted tasks such as; <ul style="list-style-type: none"> • tsasikele (throwing and hitting practice) • rounders (throwing-hitting, running and catching practice) Allow learners to explore various ways of handling various objects for throwing or hitting to targets and releasing/hitting objects appropriately as a beginner.	Picture/video	

	<p>Let learners to practice making choices and opportunity for reflection about the choices made.</p> <p>Have each learner to progress at their own pace and time using individualized instructional pedagogy.</p> <p>To practice safety, personal and social responsibility, all learners must be included. Inclusion not only means that all learners have an opportunity to participate, but that they are engaged at a level appropriate to their interests, skills, and ability.</p> <p>Employ sports education pedagogical approach to develop literacy in learners. Truly literate learners understand and appreciate the rules, rituals and traditions that surround individual and target sport within a safe and conducive learning environment.</p>	
<p>PHASE 3: REFLECTION</p>	<p>Engage learners to reflect on what they have learnt today.</p> <p>Give learners information on what they will learn in the next lesson to prepare in advance.</p>	