THIRD TERM
WEEKLY LESSON PLAN – B8
WEEK 8

Week Ending: 18-08-2023	Day:		Subject: Physical and Health Education	
Duration: 60mins			Strand: Physical Activity Education	
Class: B8		Class Size:	Sub Strand: Physical Fitness	
Content Standard: B8.2.2.3 Demonstrate the ability to increase the level of participation in a variety of flexibility and balance activities		Indicator: B8.2.2.3.1: Participate in flexibility and balance activities at varying levels of challenge or difficulty		Lesson: 1 of 1
Performance Indicator: Learners can identify and perform flexibility activities.			Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 32				
Keywords: enrich, skill employment, space awareness, Squat				

Phase/Duration	Learners Activities	Resources
PHASE 1: **STARTER**	Revise with learners through questions and answers to review learners understanding in the previous lesson. Share performance indicators and introduce the lesson.	
PHASE 2: **NEW LEARNING**	Guide learners to come out the meaning of flexibility and balance. Flexibility is the ability of joint or series of joints to move through an unrestricted, pain free range of motion. Flexibility describes the range of motion available at a joint or group of joints. Balance describes your body`s ability to navigate obstacles and resist force that can cause fall. Examples of flexibility endurance. Backward walking, sideways walking, heel walking, toe walking, spoon and egg brisk walk and standing form a sitting position.	Picture/video

Flexibility Balance

Guide learners to state some of the benefits of flexibility and balance

1. Improve your range of motion
2. Reduce aches and pains
3. Prevent falls and injury
4. Enjoy lifelong benefits

Learners record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity

PHASE 3: **REFLECTION**	Ask learners to do the following by ways of reflecting on the lesson:	
	1. Tell the class what you learnt during the lesson.	
	2. Tell the class how you will use the knowledge they acquire during the lesson.	
	3. Which aspects of the lesson did you not understand?	