**LESSON PLAN FOR WEEK 2 ENDING 2OTH JANUARY, 2023.**

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| TERM | 2ND |
| WEEK | 2 |
| DATE | 15TH -20TH January, 2023. |
| SUBJECT | Physical And Health Education |
| TOPIC | Wrestling |
| SUB-TOPIC | Fundamental Skills in Wrestling |
| PERIOD | 4th |
| TIME | 10:30-11:10AM |
| CLASS | JSS1 |
| NO IN CLASS | 18 |
| DURATION | 35 Minutes |
| SEX | Mixed |
| AVERAGE AGE | 9-10 Years |
| LEARNING OBJECTIVES | By the end of the lesson, scholars should be able to:  i.Define Wrestling.  ii.Mention the fundamental skills in wrestling. |
| RATIONALE | To acquaint scholars with the meaning and fundamental skills in wrestling. |
| PREVIOUS KNOWLEDEG | The scholars can give some examples of contact and non-contact sport. |
| INSTRUCTIONAL RESOURCES | Charts from textbook explaining the topic. |
| REFERENCE MATERIAL | Physical and Health Education for Junior Secondary schools. Book 1.  Fadoju .A (2016). |

**LESSON DEVELOPMENT**

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| **STEPS** | **TEACHERS’S ACTIVITIES** | **SCHOLARS’ ACTIVITIES** | **LEARNING POINTS** |
| Introduction | The teacher introduces the lesson by asking the scholars to mention two examples of contact sport. | The scholars mention them as:  i.Wrestling  ii.Football | To ascertain what they learnt in the previous lesson. |
| Step 1 | The teacher defines wrestling. | The scholars pay attention. | To encourage proper understanding on the topic. |
| Step 2 | The teacher mentions the fundamental skills in wrestling. | The scholars listen and asks relevant questions on the topic. | To make room for critical thinking on the topic. |
| Board Summary | The teacher summerises the lesson thus:  Wrestling is a sport of physical engagement between two individuals, in which each wrestler strives to obtain a position of advantage over their opponent, within a given rule set. Wrestling involves different grappling techniques such as clinch fisting, throws and take downs, joint locks, pins and other grappling holds. Many different wrestling techniques have been incorporated into martial arts, combat sports and military systems. The sport can either be genuinely competitive or sportive entertainment.  **Fundamental Skills in Wrestling**  1.Position: Your ability to teach your wrestlers how to get into position will help them successfully execute a variety of wrestling maneuvers and score match points.  Key points to focus on positioning:  -The knees should be flexed and never positioned farther in front of the body than the chest.  -The feet should be shoulder-width apart and under the centre of gravity.  -the head should always be up.  2.Motion: After achieving good body positioning, wrestlers must be able to move around in all directions in a free and fluid manner. This means that the arms and the legs must be flexed or coiled inorder for wrestlers to have explosive movement.  How to move efficiently:  -Keep the arms and legs flexed.  -Use circling, spinning and lateral movements  -Take short, quick and choppy steps.  3.Penetration: In order to weaken their opponent’s stance and reduce their mobility, wrestlers must learn penetration skills:  -Movement should be through the opponent’s hips.  -Movement should be directed toward the opponent’s hips or the location where they will be.  4.Lifting: Lifting occurs from a number of positions including standing, top/bottom and side positions.  -Squeeze the opponent to your body using arms.  -Lower your hips into and under the opponent’s center of gravity.  -Lift primary with the legs, not the arms.  -Return the opponent safely to the mat.  5.Back step: The back step is a skill often used in lifting that requires the ability to make a quick rotation, change levels and penetrate the opponent.  -The step must be smooth and quick.  -Feet should be brought close together to create a small base.  -Wrestlers should change levels, penetrate and lift after the back step. | The scholars copy notes into their notebook. | For reference purposes. |
| Evaluation | The teacher evaluates the scholars thus:  i.What is wrestling?  ii.Mention three basic skills in wrestling. | The scholars attempt the questions. | To ascertain scholars understanding of the lesson. |
| Conclusion | The teacher check scholars notes and make corrections. | The scholars take corrections made by the teacher. | For reference purposes. |
| Assignment | The teacher gives the scholars assignment:  State five importance of Wrestling. | The scholars copy their assignment to do it at home. | To encourage continuity of learning. |



20TH JANUARY 2023

DEPUTY HEAD INSTRUCTOR ADMIN

NB: Approved!