

SECOND TERM LESSON PLAN
PHYSICAL AND HEALTH EDUCATION – B7
WEEK 8

Date: 1 ST JULY, 2022	Period:	Subject: Physical and Health Education
Duration:		Strand: Physical Activity Education
Class: B7	Class Size:	Sub Strand: Traditional Rhythmic Gymnastics, Games And Dance
Content Standard: B7.2.1.2 Demonstrate understanding of the varieties of traditional dances and adaptations for inclusivity and cultural identity (e.g., individual and group dances, etc).		Indicator: B7.2.1.1.2 Explore and perform a variety of individual and group traditional dance movements and adaptation for the recognition and appreciation of culture
Performance Indicator: Learners can perform a variety of traditional dance movements and appreciate of culture		Lesson: 1 of 1
Core Competencies: CG5.3: CC9.2: CC9.3:		
Reference: PHE Curriculum P.g. 7		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	Revise with learners to review their understanding in the previous lesson. State learner expectations for this lesson and Indicate what the lesson will address and how learning will occur.	
PHASE 2: NEW LEARNING	Brainstorm learners to explain the meaning of traditional dance movements. <i>They are simple variation on walking, hopping, skipping and turning depending on the particular dance form.</i> In small groups, let learners research through available resources and list various traditional dance movements. E.g., adowa, kpo dada, dugu, takai, apatampa, etc.. Guide learners to mention the element in demonstrating creative art. Eg: dance – space, time, force, body, form vestibular Let learners identify some of the gestures in performing creative art. Example: singing, drumming, dancing.	Picture/video
PHASE 3: REFLECTION	Ask learners to tell what they have learnt today.	