


SECOND TERM LESSON PLAN
PHYSICAL AND HEALTH EDUCATION – B7
WEEK 11

Date: 22 ND 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: B7.2.1.3.1 Explore and perform a variety of global and traditional rhythmic gymnastics and adaptation for creativity, communication, and cultural identity.	Lesson: 1 of 1
Performance Indicator: Let learners explain a variety of global and traditional rhythmic gymnastics		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: PHE Curriculum P.g. 7			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Revise with learners to review their understanding in the previous lesson.</p> <p>State learner expectations for this lesson and Indicate what the lesson will address and how learning will occur.</p>		
PHASE 2: NEW LEARNING	<p>Guide learners to explain the meaning of Rhythmic gymnastics.</p> <p><i>Rhythmic gymnastics: Is a form of activity involving movements using hand apparatus such as balls, hoops, and ribbons.</i></p>  <p>Assist learners to describe the history of gymnastics. <i>The word gymnastics was derived from the Greek word 'Gymnos' meaning "naked art". In ancient Greek, the word "Gymnastics" was used to denote the exercise done with the naked body.</i></p> <p>Guide learners to identify types of gymnastics.</p> <p>I. Basic Gymnastics</p>	Picture/video	



2. Sportive Gymnastics



3. Auxiliary Gymnastics



Help learners to mention some examples of global and traditional rhythmic gymnastics.

- i. Adowa
- ii. Agbadza
- iii. Cartwheel
- iv. Front Handspring
- v. Round-off
- vi. Leg swings
- vii. One Leg Circle

Assessment:

- 1. Write a short history of gymnastics.
- 2. Explain the term rhythmic gymnastics.

PHASE 3:
REFLECTION

Ask learners to tell what they have learnt today.