

SECOND TERM LESSON PLAN  
PHYSICAL AND HEALTH EDUCATION – B7  
WEEK 9

<b>Date:</b> 8 <sup>th</sup> JULY, 2022	<b>Period:</b>	<b>Subject:</b> Physical and Health Education
<b>Duration:</b>		<b>Strand:</b> Physical Activity Education
<b>Class:</b> B7	<b>Class Size:</b>	<b>Sub Strand:</b> Traditional Rhythmic Gymnastics, Games And Dance
<b>Content Standard:</b> 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).		<b>Indicator:</b> B7.2.1.2.1 Explore and perform a variety of individual and group traditional dance movements and adaptation for the recognition and appreciation of culture
<b>Performance Indicator:</b> Learners can perform a variety of traditional dance movements and appreciate of culture		<b>Lesson:</b> 1 of 1
<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:		
<b>Reference:</b> PHE Curriculum P.g. 7		
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>
<b>PHASE 1: STARTER</b>	<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>	
<b>PHASE 2: NEW LEARNING</b>	<p>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></p> <p>Let learners give some examples of traditional dance in Ghana. E.g., adowa, kpo dada, dugu, takai, apatampa, etc..</p> <p>Have learners watch video/picture on <i>Borborbo, and Apatampa</i> dance.</p> <p>Engage learners to discuss how the Borborbor and <u>Apatampa</u> dance is performed.</p> <p><u>Borborbor Dance</u> <i>Borborbor is an African tribal dance of the “Ewedome” community in Ghana. The dance is originated from the mid volta region in Ghana. Borborbor I s often played at celebrations and funerals. The drummers weave moderate beats while women dancers and singers revolve around them. Women singers carry two white handkerchiefs that they twirl in the air at the end of a drumming period</i></p>	Picture/video



### Apatampa

*Apatampa is a dance performed by Fanti's in Ghana. It is believed that the name of the dance was derived from an incident that happened a long time ago where a giant used to attack and kill the Fante man at night. One night, when the giant was fighting the last man, a woman appeared and danced gracefully to distract the fight which gained the attention of everyone. She was praised for separating the fight (apata ampa in Fante)*



### Assessment

In groups, learners research on other named traditional dances in Ghana.

**PHASE 3:  
REFLECTION**

Ask learners to tell what they have learnt today.