

SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK I

Week Ending: 06-04-2023		Day:	Subject: Physical and Health Education	
Duration: 60mins			Strand: Health Education	
Class: B8		Class Size:	Sub Strand: Traditional Rhythmic Gymnastics, Games And Dance	
Content Standard: B8.2.1.1 Perform a variety of traditional games and adaptations for inclusivity and cultural awareness, sensitivity, and appreciation of other cultures		Indicator: B8.2.1.1.1: Classify and perform socio-relational traditional games		Lesson: 1 of 1
Performance Indicator: Learners can perform socio –relational traditional games.			Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 24				
Keywords:				
Phase/Duration	Learners Activities			Resources
PHASE 1: STARTER	<p>Welcome learners back from the holidays. Ask them how they spent their vacation holidays.</p> <p>Share performance indicators and introduce the lesson.</p>			
PHASE 2: NEW LEARNING	<p>Help learners come out the meaning of culture games. They are games that kept children bust and active emotionally, mentally and physical in class and at home.</p> <p>Guide learners to explore and perform various socio-relational traditional games with adaptations, from various regions in the country Example: antoakyire, agblatsetse, kwanikwani, etc.</p> <p>Engage learners to prepare a schedule with a variety of socio-relational traditional games and adaptation and perform at school and home. ANTOAKYIRE</p> <p>She or he does so many revolution and the rule of the game is that for those children sitting, nobody should look back. In the process, the moderator run around secretly and quietly dumps the cloth behind one of those seated and continues to sing as if nothing has happened.</p> <p>Record estimate of duration of performance in your self-journal as your effort to increase involvement in physical activity</p>			Picture/video

<p>PHASE 3: REFLECTION</p>	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none">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?	
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