

SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK 2

Week Ending: 14-04-2023	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: B8.2.1.2 Perform a variety of traditional dances and adaptations for inclusivity and cultural awareness (e.g., individual and group dance movements) for personal development and communication		Indicator: B8.2.1.2.1: Classify and perform individual and group traditional dance movements and adaptations in the different regions for personal development, communication, inclusivity, and cultural identity	Lesson: 1 of 1
Performance Indicator: Learners can identify individual and group traditional dance		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 25			
Keywords: rhythm, Variety, suggestive motions, slaughter , Pacification, symbolic, accentuated, subtle			
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>Brainstorm learners to come out the meaning of dance. Dance is a form of physical activity where people move their bodies to the rhythm of the music.</p> <p>Let learners list a variety of individual and group traditional dance movements from your own locality. Example: kpanlogo, wan tiadoone, nwemboaba,agbadza, Adowa, Kete, Bamaya, Borbor Patsa, Apatampa etc.</p> <p>Guide learners to perform a variety of individual and group traditional dance movements from your own locality</p> <p><u>KPANLOGO Dance</u> Kpanlogo is a Ghanaian dance form, associated with the Ga ethnic group, who are traditionally located in the Greater Accra Region, which is in the South of the country. The kpanlogo dance is often performed low to the ground, with bent knees and bent back, and frequently features sexually suggestive motions.</p> <p><u>ADOWA</u> Adowa is a traditional African dance by the people of Akan tribe in Ghana. The dance is said to have originated from the movement of antelope</p>	Picture/video	

	<p>(Adowa in the Twi language). slaughter an antelope and use its blood as pacification for the restoration of the health of the Queen Mother. The dancers use a symbolic language, the different movements of their hands telling their own story. This body language is accentuated by the use of a white linen cloth, which they hold in their hand. The short dance steps are very subtle, drawing attention to the upper part of the body.</p> <p>Record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity</p>	
<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? 	