

SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK 3

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| Week Ending: 21-04-2023 | 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: B8.2.1.3 Demonstrate understanding and apply skills and movement techniques in global and traditional rhythmic gymnastics movements and adaptations for coordination and appreciation of global cultures | | Indicator: B8.2.1.3.1: Classify and perform global and traditional rhythmic gymnastics movements and adaptation for creativity, communication and cultural identity | Lesson: 1 of 1 |
| Performance Indicator: Learners can perform both global and traditional rhythmic. | | 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>Help learners to come out the meaning of rhythmic gymnastics movements.</p> <p><i>The word gymnastics has been derived from the Greek word ‘Gymnos’ meaning “naked art.</i></p> <p><i>The gymnasts perform mills, rotations, circles, throws, and many asymmetric movements in combination with complex movements of the body. Club handling requires rhythmic work, coordination, and clockwork precision.</i></p> <p><i>Examples: group dance movements- nobabie, hoolondoreho.</i></p> <p>Let learners come out the meaning of rhythmic movement, Rhythmic movement means moving in a structure of patterns in time; a movement with a regular succession of strong and weak elements; the pattern produced by emphasis and duration of notes in music</p> <p>Help learners to identify traditional rhythmic movement, group dance movements and global rhythmic dance movements.</p> <p>group dance movement global rhythmic dance movements traditional rhythmic movement</p> <p>Engage learners to demonstrate rhythmic dance movements from the various regions.</p> | Picture/video | |

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| | <p>Example, The popular drum in Ghana is the Kpanlogo drum while there are many types of drums played with the sticks as well. The Ewe people of Ghana play a very complex and sophisticated drumming style on a set of drums that include three barrel shaped drums called Sogo, Kidi and Kanga. The lead drum is known as the Atsimevu</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? | |