



SECOND TERM LESSON PLAN
PHYSICAL AND HEALTH EDUCATION – B7
WEEK 10

Date: 8 th 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: B7.2.1.2.1 Explore and perform a variety of individual and group traditional dance movements and adaptation for the recognition and appreciation of culture
Performance Indicator: Learners can perform a variety of traditional dance movements and appreciate of culture		Lesson: 1 of 1
		Core Competencies: CG5.3: CC9.2: CC9.3:
Reference: PHE Curriculum P.g. 7		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	Revise with learners to review their understanding in the previous lesson. State learner expectations for this lesson and Indicate what the lesson will address and how learning will occur.	
PHASE 2: NEW LEARNING	Discuss with learners how music and dance/physical activity foster the communications. <i>It is used as a vehicle for expression. It can help tell a story, convey feelings and emotions, and connect with others and with ourselves. Where words are not necessary, the body does all the talking.</i> In their groups, let learners demonstrate traditional dance movements between groups (or inter-groups) using various adaptations. E.g.: by gender, space, etc.	Picture/video
	 <p style="text-align: center;">Adowa</p>	 <p style="text-align: center;">Takai</p>



Apatampa

Record performance of learners

Assessment

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

PHASE 3:
REFLECTION

Ask learners to tell what they have learnt today.