

EaD Comprehensive Lesson Plans



or



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BASIC 8

WEEKLY LESSON PLAN – WEEK 7

Strand:	Physical Activity Education		Sub-Strand:	Traditional/global rhythmic gymnastics, games and dance	
Content Standard:	B8.2.1.3 Perform a variety of traditional/global rhythmic gymnastics and adaptations for inclusivity and cultural awareness.				
Indicator (s)	B8.2.1.3.1: Classify and perform traditional/global rhythmic gymnastics and adaptation by regions for inclusivity and cultural identity.		Performance Indicator Learners can perform rhythmic gymnastics.		
Week Ending	17-11-2023				
Class	B.S.8	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
Teaching / Learning Resources	Poster, Pictures and Video.		Core Competencies:	<ul style="list-style-type: none">• Critical thinking• Problem Solving	
DAYS/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Assist Learners to explain the meaning of rhythmic gymnastics.	<div><div>1. Discuss examples of rhythmic gymnastics with the Learners.</div><div>2. Learners brainstorm to identify the various traditional/global rhythmic gymnastics performed in the various regions of Ghana.</div><div>3. Demonstrate traditional rhythmic gymnastics performed in the region of the Learners.</div><div>4. In small groups, each group to create and perform a variety of traditional/global rhythmic gymnastics and adaptations from various region.</div></div> <div>Traditional Rhythmic Gymnastics; Rhythmic gymnastics is a sport in which gymnasts perform on a floor with an apparatus: hoop, ball, clubs, ribbon. The sport combines elements of gymnastics, dance and calisthenics; gymnasts must be strong, flexible, agile, dexterous and coordinated.</div>			Through questions and answers, conclude the lesson.

			
THURSDAY	Take Learners through rhythmic gymnastics for 10 minutes.	<ol style="list-style-type: none"> 1. Discuss the health benefits of rhythmic gymnastics with the Learners. 2. Learners brainstorm to differentiate between yoga and gymnastics. 3. Demonstrate how Yoga is performed for Learners to observe. <p>Health benefits of Rhythmic gymnastics;</p> <ul style="list-style-type: none"> • helps encourage a healthy lifestyle from the very beginning, including regular physical activity and eating a well-balanced diet. • Build confidence and high self-esteem. Rhythmic gymnastics involves graceful body movements, agility, flexibility and balance. • helps build physical proficiency abilities like static and explosive strength, passive and dynamic flexibility, as well as stamina. • build a child's co-ordination, in addition to developing poise, balance, agility and posture. • The sport provides the opportunity for gymnasts to express their own personality and expression, whilst learning new skills along the way, keeping them interested and active <p>Difference between Yoga and rhythmic Gymnastics</p> <p>Gymnastics is about athletics and aesthetics, while yoga is about the journey. While both are physical practices that involve some of the same movements and skills —</p>	Reflect on the benefits

		such as splits, handstands, deep backbends, etc. — yoga is all about the flow and working through a sequence to steadily arrive at each peak pose	
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Name of Teacher:

School:

District: