

## **EaD Comprehensive Lesson Plans**



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### **BASIC 8**

### **WEEKLY LESSON PLAN – WEEK 8**

Strand:	Physical Activity Education		Sub-Strand:	Organized Sports Participation	
Content Standard:	B8.2.3.1 Demonstrate ability to apply movement concepts, principles and strategies in performing non– contact physical activity (e.g., athletics, ball and racket, individual and target physical activity)				
Indicator (s)	B8.2.3.1.1- Apply movement concept, principles and strategies to perform beginning-intermediate level ball and racket physical activity.		Performance Indicator; Learners can identify the benefits of teamwork and collaboration.		
Week Ending	01-03-2024				
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"><li>• Critical thinking</li><li>• Problem Solving</li></ul>	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
WEDNESDAY	Review Learners knowledge on the meaning of “Collaborative teamwork”.	<div>1. Learners brainstorm to identify 5 importance of teamwork and collaboration.</div> <div>2. Discuss with the Learners about ways of improving teamwork and collaboration.</div> <div>3. Assist Leaners to identify 5 advantages and disadvantages of teamwork and collaboration.</div> <div>Benefits of teamwork and collaboration</div> <div>There are many benefits to promoting teamwork and collaboration in the workplace. Here are some reasons it's an excellent practice:</div> <div><ul style="list-style-type: none"><li>Increases productivity and efficiency: Collaboration allows individuals to focus on what they do best so that the entire team benefits. Each person has their own strengths and specialties that they bring to the team, creating efficiency and productivity.</li><li>Enhances social skills and communication: Individuals on a team grow social skills and communication by learning to relate to peers, improving decision-making skills, presenting results and strategies, sharing their knowledge and developing communication skills.</li><li>Common goals: An environment of teamwork and collaboration acknowledges that employees can achieve success not only individually but</li></ul></div>			<div>Engage Learners in performing physical activities in teams.</div> <div>Exercise;</div> <div>Explain 5 importance of teamwork and collaboration.</div>

		<p>through collaborative effort. These outcomes are often greater than what individuals can achieve by working independently.</p> <ul style="list-style-type: none"> <li>• <b>Individual style:</b> Teamwork provides the opportunity for employees to gain insight into their style, such as discovering whether they focus on the positive or the negative or whether they're reactive or proactive.</li> <li>• <b>Increases diversity:</b> Working together with different people and personalities, especially from different departments within a company, lets employees learn from each other and about other aspects of the business.</li> <li>• <b>Enables learning:</b> Informal learning naturally occurs when individuals take part in collaboration and teamwork, particularly when there is a safe environment that encourages learning from mistakes, friendly competition, debrief sessions and open conversations.</li> </ul>	
		<p><b>How to improve teamwork and collaboration</b></p> <p>There are many effective strategies for improving teamwork and collaboration within an organization. Here are some ways to accomplish collaborative teamwork:</p> <ol style="list-style-type: none"> <li>1. <b>Establish intentional leadership.</b> This type of leadership creates an environment for easy collaboration and purposefully considers and implements factors for good teamwork.</li> <li>2. <b>Make change a positive step.</b> Learn to embrace change positively and let go of the fear of the unknown. This includes learning to accept failures and criticism with a positive attitude.</li> <li>3. <b>Clarify roles.</b> Each team member needs clarification on their role in the group, their individual and group responsibilities and the group's expectations for them.</li> <li>4. <b>Create group problem-solving.</b> Bring your team together by encouraging open dialogue and productive problem-solving strategies.</li> <li>5. <b>Take advantage of project management tools.</b> There are a variety of online project management tools that can help track teams, organize projects, conceptualize ideas and improve communication. Try to find a program that works best for your team.</li> <li>6. <b>Let leadership change.</b> Allow leadership roles to naturally shift and change as the project matures and different needs develop.</li> <li>7. <b>Celebrate individuality.</b> Leaders should</li> </ol>	

		<p>recognize individual efforts and understand that everyone works with different methods, styles and schedules.</p> <p>8. <b>Be a model of behavior.</b> Instead of just talking about expectations, model for your team the integrity and accountability you want to see.</p> <p>9. <b>Stay curious.</b> Help the team consider and explore outside viewpoints, look for overarching themes or ask questions about data.</p> <p>10. <b>Be humble.</b> Show your humanity by being able to acknowledge when you're unsure of something. Asking for help is a natural part of collaboration and teamwork.</p> <p>11. <b>Create infrastructure.</b> Prevent struggles when organizing a project by reviewing potential bottlenecks and creating open channels of communication.</p> <p>12. <b>Invite healthy debate.</b> Turn discourse into a healthy debate with professional conduct and respectful communication.</p>	
<b>FRIDAY</b>	Learners brainstorm to identify the qualities of a teamwork leader.	<ol style="list-style-type: none"> <li>1. Discuss with the Learners about the characteristics of a good leader of teamwork.</li> <li>2. Assist Learners to explain the importance of teamwork and leadership.</li> <li>3. Learners brainstorm to describe ways leaders can adopt to manage their teams.</li> </ol> <p><b>ways leaders can help manage their teams</b></p> <p>Beyond these characteristics or traits of effective leaders, every leader can take actionable steps to lead teams better and encourage greater teamwork. Consider implementing one or more of these 10 ideas over the course of the next week.</p> <p>1) Foster open and honest communication</p> <p>Create an environment where openness and</p>	<p>Through questions and answers, conclude the lesson.</p> <p><b>Exercise;</b></p> <p>State 5 characteristics of a good leader of a teamwork.</p>

		<p>honesty in all aspects of communication are encouraged. Ask people to share their views and talk about the obstacles in their way. Ask for (and listen to) feedback. Don't be afraid to ask questions yourself. (Here are <u>five you should add</u> to your regular practice, in fact.) Most of all, ensure your team members have a clear path to your door if they need it.</p> <p><i><u>Related: Try these 5 quick wins to make your team more transparent.</u></i></p> <p><i>Helpful communication tools</i></p> <ul style="list-style-type: none"><li>• Slack or Teams: Channel-based open asynchronous communication and business chat</li><li>• <u>Teamwork.com</u>: A project management platform that helps teams understand and communicate about work and workflows</li></ul> <p>2) Create collaborative goals</p> <p>At the outset, goals should be clearly set and defined. Getting this right at the start may take a little extra time and planning, but it pays major dividends. For the best outcomes:</p> <ul style="list-style-type: none"><li>• The team needs to buy into the goals (so plan them together).</li><li>• Everyone involved needs to be aligned on what success looks like (so <u>outline detailed KPIs</u> right</li></ul>	
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		<p>at the beginning).</p> <ul style="list-style-type: none"><li>• Leaders need to acknowledge and support the team throughout the process (so check in frequently and offer guidance where needed).</li></ul>	
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Name of Teacher:

School:

District: