

EaD Comprehensive Lesson Plans



or



0248043888

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BASIC 7

WEEKLY LESSON PLAN – WEEK 6

Strand:	Physical Activity Education		Sub-Strand:	Traditional/global rhythmic gymnastics, games and dance	
Content Standard:	B7.2.1.3 Demonstrate understanding of variety of traditional/global rhythmic gymnastics and adaptations for inclusivity and cultural awareness.				
Indicator (s)	B7.2.1.3.1- Explore and perform a variety of traditional/global rhythmic gymnastics and adaptation for skills acquisition and cultural identity.		Performance Indicator: Learners can perform rhythmic gymnastics.		
Week Ending	16-02-2024				
Class	B.S.7	Class Size:		Duration:	
Subject	Physical Health Education				
Reference	Physical Health Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook				
Teaching / Learning Resources	Poster, Pictures, Video		Core Competencies:	<ul style="list-style-type: none">• Critical Thinking• Problem Solving	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
TUESDAY	Discuss the meanings of keywords and terminologies in the lesson with the Learners	<div>1. Assist Learners to explain the concept of rhythmic gymnastics.</div> <div>2. Learners brainstorm to identify examples of traditional rhythmic gymnastics in their locality.</div> <div>3. Discuss with learners on examples of global rhythmic gymnastics.</div> <div>4. Show video and pictures of rhythmic gymnastics to the Learners.</div> <div>Rhythmic Gymnastics;</div> <div>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> <div>Examples of Rhythmic Gymnastics;</div> <div><ul style="list-style-type: none">• tumbling, execution of acrobatic movements such as rolls, twists, handsprings, or somersaults on floor mats or on the ground. Unlike most other disciplines in gymnastics, tumbling does not involve the use of apparatuses.• floor exercise, gymnastics event in which movements are performed on the floor in an area 12 metres (40 feet) square. This area is</div> <td>Through questions and answers, conclude the lesson.</td>			Through questions and answers, conclude the lesson.

		<p>covered by some type of cloth or mat, usually with some cushioning.</p> <ul style="list-style-type: none"> • trampoline, an elevated resilient webbed bed or canvas sheet supported by springs in a metal frame and used as a springboard for tumbling. Trampolining, or rebound tumbling, is an individual sport of acrobatic movements performed after rebounding into the air from the trampoline. • calisthenics, free body exercises performed with varying degrees of intensity and rhythm, which may or may not be done with light handheld apparatuses such as rings and wands. The exercises employ such motions as bending, stretching, twisting, swinging, kicking, and jumping, as well as such specialized movements as push-ups, sit-ups, and chin-ups. 	
FRIDAY	Demonstrate performing rhythmic gymnastics.	<ol style="list-style-type: none"> 1. Assist Learners to perform variety of traditional rhythmic gymnastics. 2. Discuss the difference between the features of traditional and global rhythmic gymnastics. 3. Learners in small groups to discuss about the importance of rhythmic gymnastics and report to the class. <div data-bbox="651 1043 1062 1409" data-label="Image"> </div> <p>Acrobatic gymnastic</p> <div data-bbox="651 1440 1170 1780" data-label="Image"> </div> <p>Floor exercise</p>	Reflect on the importance of rhythmic gymnastics.



Importance of rhythmic gymnastics;

- ✓ rhythmic gymnastics helps encourage a healthy lifestyle from the very beginning, including regular physical activity and eating a well-balanced diet.
- ✓ It builds confidence and high self-esteem.
- ✓ Rhythmic gymnastics involves graceful body movements, agility, flexibility and balance.
- ✓ Reduces Depression

Name of Teacher:

School:

District: