

EaD Comprehensive Lesson Plans



or



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BASIC 8

WEEKLY LESSON PLAN – WEEK 6

Strand:	Physical Activity Education		Sub-Strand:	Traditional/global rhythmic gymnastics, games and dance	
Content Standard:	B8.2.1.2 Perform a variety of traditional dances and adaptations for inclusivity and cultural awareness				
Indicator (s)	B8.2.1.2.1: Classify and perform traditional dances and adaptation by regions for inclusivity and cultural identity.		Performance Indicator Learners can identify examples of traditional dances.		
Week Ending	18-10-2024				
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, PowerPoint Presentation.		Core Competencies:	<ul style="list-style-type: none">• Critical thinking• Problem Solving	
DAYS	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Discuss the meaning of Traditional dance with the Learners.	<div>1. Assist Learners to identify examples of Traditional dances.</div> <div>2. Learners brainstorm to describe the Traditional dance performed in their region.</div> <div>3. Assist Learners to perform the dance or dances common in their region.</div> <div>4. Learners brainstorm to explore and evaluate various traditional dances and adaptation performed at the various regions in the country.</div> <div>List of Traditional Dances In Ghana;</div> <div>❖ The Adowa</div>			Through questions and answers, conclude the lesson.



The Akans perform the Adowa dance. They form part of the southern part of Ghana and speak Twi as their native language. It was named after the motions of the antelope (adowa).

❖ The Agbadza



The Ewe tribe of the Volta Region performs this traditional Dance. The Agbadza originated from an ancient war called Atrikpui, and it is usually performed during the Hogbestsotso festival.

❖ The Bamaya



The Bamaya dance is of the list of traditional dances in Ghana. The story behind Bamaya is that the Dance was first performed in the early 19th Century to mark an end to a protracted drought that hit most parts of the Dagbon states in the Northern Region.

❖ The Kple Dance




During the Homowo celebration in late August and early September, priestesses perform this ritual dance in shrines throughout Greater Accra.

❖ The Apatampa



The Fanti people of Ghana perform Apatampa, a dance. The name of the Dance is believed to have originated from a long-ago episode in which a giant attacked and killed the Fante men late at night.

		<p>❖ Borborbor Dance</p>  <p>This Dance is usually performed by people from the Central and northern parts of the Volta Region of Ghana, especially during the festival of the chiefs and the communities.</p>	
THURSDAY	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Using a PowerPoint Presentation, describe the origin and history of Traditional dances among the various regions. 2. Discuss the importance of Traditional dances including cultural identity with the Learners. 3. Learners brainstorm to explain the health benefits of Traditional dances. <p>Importance of Traditional Dances;</p> <ul style="list-style-type: none"> • The art of dance helps teach a child to focus, creativity, and discipline, all in which are mandatory in any area of education. • Social Benefits- Dance improves sensitivity, understanding, appreciation, and consideration for others, both for their similarities and differences. <p>Health benefits of Traditional Dance;</p> <ul style="list-style-type: none"> • dance helps reduce stress • enhances self-knowledge • self-esteem • well-being and positive mood while being a good type of exercise for improving and/ or maintaining physical fitness and health 	Reflect on the health benefits of Traditional dances.

Name of Teacher:

School:

District: