

EaD Comprehensive Lesson Plans



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BASIC 9

WEEKLY LESSON PLAN – WEEK 11

Strand:	Physical Activity Education		Sub-Strand:	Traditional/Global Rhythmic Gymnastics, Game and Dance	
Content Standard:	B9.2.1.3 Demonstrate understanding of performing a variety of traditional gymnastics and adaptations for inclusivity and cultural identity				
Indicator (s)	B9.2.1.3.1: Create and classify a variety of traditional/global rhythmic gymnastics and adaptation according to levels of intensity. E.g. low, moderate and vigorous intensity.		Performance Indicator: Learners can create and classify a variety of traditional/global rhythmic gymnastics exercises and adapt them according to levels of intensity (low, moderate, and vigorous).		
Week Ending	22-11-2024				
Class	B.S.9	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	Poster, Pictures, 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	<p>Learners brainstorm to identify traditional and global rhythmic gymnastics exercises from various countries and cultures, such as:</p> <ul style="list-style-type: none">○ African: Adinkra cloth manipulation○ Afro-Caribbean: steel pan accompaniment○ Asian: fan dancing○ European: ribbon twirling○ Latin American: maraca shaking	<p>1. Assist Learners to create new exercises by combining elements from different cultures, incorporating props, and adapting movements to suit various levels of intensity:</p> <p>2. Discuss with the Learners about the categories of exercises.</p> <p>3. Assist Learners to modify exercises to suit different levels of intensity by adjusting:</p> <ul style="list-style-type: none">• Tempo and rhythm• Movement complexity• Prop size and material• Number of repetitions and sets <p>Example Exercise Adaptations</p> <ul style="list-style-type: none">• “River Flow” (Low Intensity):<ul style="list-style-type: none">○ Slow, gentle waves with ribbons○ 3 sets of 8 repetitions• “Desert Storm” (Moderate Intensity):<ul style="list-style-type: none">○ Rapid twirls with scarves○ 2 sets of 12 repetitions○ Increased tempo and dynamic movement• “Fiesta Frenzy” (Vigorous Intensity):<ul style="list-style-type: none">○ Rapid shaking and spinning with maracas○ 1 set of 16 repetitions○ High-energy, complex movements <p>Exercise Classification:</p>			<p>Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <p>Write 5 examples of exercise adaptations.</p>

		<ol style="list-style-type: none"> Traditional Exercises: <ul style="list-style-type: none"> Basic preparatory exercises (e.g., arm waves, leg swings, body isolations) Classic rhythmic gymnastics exercises (e.g., ribbon, hoop, ball, clubs) Global Exercises: <ul style="list-style-type: none"> Inspired by international folk dances and traditions (e.g., Korean fan dance, Brazilian samba, Indian Bharatanatyam) Incorporating props and costumes from diverse cultures 	
THURSDAY	Engage Learners in hoop exercises with moderate speed and dynamic movements	<ol style="list-style-type: none"> Adapt exercises for different age groups and skill levels by: <ul style="list-style-type: none"> Reducing or increasing tempo Simplifying or adding complexity to movements Using lighter or heavier props Modifying costumes and accessories Assist Learners to experiment with different props and costumes. Incorporate games and challenges to enhance engagement and motivation. <p>Hoop exercises with moderate speed and dynamic movements</p> <p>:</p> <ul style="list-style-type: none"> Rocking Motion: Spin the hoop around your waist and attempt to catch it with your front hip while changing the speed of the hoop by adjusting the speed of your hip movement. Shimmy: Perform rapid shaking movements with your knees bent and crouched down, allowing the hoop to be caught. This exercise requires coordination and dynamic movement. Speed Variations: Increase or decrease the speed of the hoop rotation by adjusting the force of your legs and feet. As you speed up, the hoop will naturally move upwards. 	<p>Observe Learners technique, execution, and musicality</p> <p>Exercise</p> <p>List 5 examples of hoop exercises.</p>

Name of Teacher:

School:

District: