

THIRD TERM

WEEKLY LESSON PLAN – B8

WEEK 6

Week Ending: 04-08-2023		Day:	Subject: Physical and Health Education
Duration: 60mins		Strand: Health Education	
Class: B8	Class Size:	Sub Strand: Traditional Rhythmic Gymnastics, Games And Dance	
Content Standard: B8.2.1.2 Perform a variety of traditional dances and adaptations for inclusivity and cultural awareness (e.g., individual and group dance movements) for personal development and communication		Indicator: B8.2.1.2.1: Classify and perform individual and group traditional dance movements and adaptations in the different regions for personal development, communication, inclusivity, and cultural identity.	Lesson: 1 of 1
Performance Indicator: Learners can identify individual and group traditional dance		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 25			
Keywords: rhythm, Variety, suggestive motions,			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Revise with learners through questions and answers to review learners understanding in the previous lesson. Share performance indicators and introduce the lesson.		
PHASE 2: NEW LEARNING	Let learners explain the meaning of dance. Dance is a form of physical activity where people move their bodies to the rhythm of the music. Let learners list a variety of individual and group traditional dance movements from your own locality. Example: kpanlogo, wan tiadoone, nwemboaba, agbadza, Adowa, Kete, Bamaya, Borbor Patsa, Apatampa etc. Guide learners to perform a variety of individual and group traditional dance movements from your own locality. APATAMPA Dance Apatampa is a dance performed by the Fante`s in Ghana. Apatampa is a dance which start with the individual making a beat by hitting both tight with both hands twice and clapping the hands on the third beat. Then after, beats the chest twice to make the fourth and fifth beat. This is being done with a smile and cheerful face while moving.	First aid kits, bandages, splints	

	<p>BORBORBO DANCE</p> <p>Borborbor dance is an African tribal dance of the Ewedome community in Ghana, Africa. This tribal dance is said to have originated from the mid Volta Region in Ghana. This dance is generally performed during festive occasions. In addition, this dance style essentially consists of music that involves the use of drum.</p> <p>Record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity</p>	
<p>PHASE 3: REFLECTION</p>	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"> 1. Tell the class what you learnt during the lesson. 2. Tell the class how you will use the knowledge they acquire during the lesson. 3. Which aspects of the lesson did you not understand? 	