

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

A SAMPLE LESSON PLAN

ADMINISTRATIVE DETAILS				
School	Bora Primary School	Date		
Learning Area	Creative Arts and Sports	Time	8:00 – 8:40am	
Year		Grade	2	
Term	2	Roll	30	
Teacher's Details	Name: Mrs. Finix		TSC No:	Gender: Female
Strand: Fundamental Movement Skills				
Sub strand: Locomotor Skills- Jumping				
Specific Learning outcomes:				
By the end of the lesson the learner should be able to:				
a) Identify locomotor skill of jumping for movement.				
b) Perform jumping skill for skill acquisition.				
c) Appreciate performing the locomotor skill of jumping for enjoyment.				
Key Inquiry Question:				
How can a teacher enhance the skill of jumping in young learners?				
learning Resources				
<ul style="list-style-type: none">Assorted equipmentMarkerswhistledigital devices				
Organisation of Learning				
In groups, in the field or playground				
INTRODUCTION				
Review previous lessons and link to the current lesson as they discuss and reflect to promote pedagogical content knowledge .				
Guide the teacher trainee to watch a video clips on execution of locomotor skill of jumping using the provided link:				
https://www.youtube.com/watch?v=6XFXyQbrfj4				
They will work together while manipulating digital gadgets to access the video and content on jumping. This will promote competency in digital literacy .				

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LESSON DEVELOPMENT

STEP 1

Perform warm- up activities:

- **general warm up** – play catch and catch /call out the previously learnt skills as learners perform i.e walking, matching running.
- **Specific warm up** - Banana jump, play Apart together exercise (Freely spaced).

STEP 2

Lesson skill

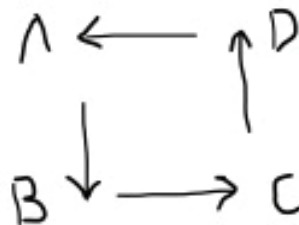
How is locomotor skill of jumping executed? jump up and down, jump forwards , jump backwards and sideways)

- **Stance:** Stand with feet together. Arms beside the body.
- **Execution:** Lift feet, jump forwards and land on both feet (horizontal jump). Jump upwards and land on two feet (vertical jump).
- **Have one learner demonstrate both vertical and horizontal jump.**

STEP 3

GROUP ACTIVITIES

- JUMPING
- RUNNING
- MATCHING
- WALKING



- Learners in groups demonstrate jumping up and landing on two feet.
(values of unity and social justice are enhanced while learners are executing jumping with peers).
- Practice jumping and previously learnt skills (walking, matching and running) in small groups for mastery of the skill.

STEP 5:

- Play a mini game that involves jumping for further practice and enjoyment. For example, Sea /Beach game that requires learners to jump over a rope or line into the sea or beach.
- Record video and take photos for future reference.



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CONCLUSION:

Perform cool down activities while observing **safety** of self and others'

Static stretches

- *Stretching tall like a giraffe*
- *Bending stretch like a rabbit*
- *Walking around looking for 'lost coin'*

EXTENDED ACTIVITY

Practice jumping with peers during games time. This will enhance **self-efficacy**.

REFLECTION

Learners enjoyed the lesson.