**LESSON PLAN FOR WEEK 5 ENDING 19TH FEBRUARY, 2023**

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| TERM | 2ND |
| WEEK | 5 |
| DATE | 6TH -19TH February, 2023 |
| SUBJECT | Physical And Health Education |
| TOPIC | Recreation, Leisure and Dance Activities |
| SUB-TOPIC | Types of Recreational Activities |
| PERIOD | 5th |
| TIME | 11:10-11:50 |
| CLASS | JSS2 |
| NO IN CLASS | 12 |
| DURATION | 35 Minutes |
| SEX | Mixed |
| AVERAGE AGE | 9-10 Years |
| LEARNING OBJECTIVES | By the end of the lesson, scholars should be able to:  i.Define Recreation.  ii.List the types of recreational activities  iii.Define Indoor Recreational activities and list some examples |
| RATIONALE | To acquaint scholars with the meaning of recreational, leisure and dance activities |
| PREVIOUS KNOWLEDEG | The scholars can mention some solutions to human trafficking. |
| INSTRUCTIONAL RESOURCES | Charts from textbook explaining the topic. |
| REFERENCE MATERIAL | Physical and Health Education for Junior Secondary schools. Book 1.  Fadoju .A (2016). |

**LESSON DEVELOPMENT**

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| **STEPS** | **TEACHER’S ACTIVITIES** | **SCHOLARS’ ACTIVITIES** | **LEARNING POINTS** |
| Introduction | The teacher introduces the lesson by asking the scholars to mention two solutions to human trafficking. | The scholars mention them as:  i.Financial support  ii.Sex Education | To ascertain what they learnt in the previous lesson. |
| Step 1 | The teacher explains the meaning of recreation. | The scholars pay attention. | To encourage proper understanding on the topic. |
| Step 2 | The teacher lists the types of recreational activities. | The scholars listen carefully. | To keep them focused on the topic. |
| Step 2 | The teacher defines recreational activities and lists some examples. | The scholars’ asks relevant questions on the topic. | To make room for logical reasoning on the topic. |
| Board Summary | The teacher summarizes the lesson thus:  **Recreation, Leisure and Dance Activities**  Recreation is the physical activities which people carry out voluntarily during their free hours. Leisure is the period taken out of free time for recreation while dance is a form of recreational activity done during leisure.  **Types of Recreational Activities**  a.Indoor recreation  b.Outdoor recreation  c.Creativity/Arts  d.Music and dance  e.Folktales  **Meaning of Indoor Recreational Activities**  Indoor recreational activities are the act of involving in socially acceptable leisure time activities, within a limit of a building for enjoyment and fun without force. Examples are:  1.Viewing and pleasure reading  2.Indoor sports  3.Music and dance  4.Folktales | The scholars copy notes into their notebooks. | For reference purposes. |
| Evaluation | The teacher evaluates the scholars thus:  i.Define recreation  ii.Mention two examples of indoor recreational activities. | The scholars attempt the questions. | To ascertain scholars understanding of the lesson. |
| Conclusion | The teacher check scholars notes and make corrections. | The scholars take corrections made by the teacher. | For consolidation of the lesson. |
| Assignment | The teacher gives the scholars assignment:  Explain folktales as an indoor recreational activity. | The scholars copy their assignment to do it at home. | To encourage continuity of learning. |



19TH FEBRUARY 2023

DEPUTY HEAD ISNTRUCTOR ADMIN

NB: APPROVED!