

WEEK 1: LESSON 1

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	GRADE 1	CREATIVE ARTS			

Strand: Creating and Executing

Sub Strand: Jumping

Specific Learning Outcomes

- By the end of the lesson, students will be able to:

1. Identify different ways of jumping for body agility.
2. Watch a video clip on jumping activities.
3. Appreciate jumping for enjoyment while observing safety.

Key Inquiry Questions:

- What are different ways we can jump?
- Why is jumping important for our bodies?

Learning Resources:

- Grade 1 Creative Activities Curriculum Design
- Digital devices for video viewing

Organisation of Learning:

Introduction (5 minutes):

1. Review Previous Lesson:

- Ask students what they remember from the last class about movement and physical activities.
- Encourage sharing of experiences related to jumping.

2. Discussion:

- Introduce the topic of jumping, guiding students to discuss what they think jumping involves.

Lesson Development (20 minutes):

Step 1: Jumping Discussion

- Guide a discussion on different types of jumps (e.g., hopping, leaping, skipping) and their purposes (e.g., agility, fun).
- Encourage students to demonstrate each type of jump.

Step 2: Video Clip

- Show a short, engaging video clip that features different jumping activities.
- Pause the video at key moments to highlight what is happening.

Step 3: Observing Jumping Techniques

- After the video, ask students what jumps they saw and which they would like to try.
- Discuss safety techniques while jumping (e.g., looking where you land, landing with soft knees).

Step 4: Jumping Activity

- Organize the class for a fun jumping activity in pairs or small groups where they can practice different jumps learned in Step 1.
- Ensure students observe safety while jumping.