

WEEK 1: LESSON 1

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	GRADE 2	CREATIVE ACTIVITIES			

Strand: Creating and Executing

Sub Strand: Hopping

Specific Learning Outcomes:

By the end of this lesson, learners should be able to:

- Identify different directions of hopping for space awareness
- Perform hopping in different directions for agility
- Appreciate hopping in different directions for fitness

Key Inquiry Question:

- Why is hopping important as a physical activity?

Learning Resources:

- Creative activities from the Grade 2 curriculum design field
- Open space for hopping activities
- Visual aids (e.g., pictures or videos of various hopping activities)

Organisation of Learning:

Introduction (5 minutes)

- Review the previous lesson by discussing what learners did related to hopping and movement.
- Read and discuss relevant content from resources, focusing on how hopping can improve fitness, agility, and spatial awareness.

Lesson Development (20 minutes)

Step 1: Identify Hopping Directions

- Have students stand in a circle.
- Explain and demonstrate how to hop forward, backward, to the left, and to the right.
- Ask students to practice hopping in those directions while counting their hops.

Step 2: Hopping Games

- Introduce a simple game where students take turns calling out a direction.
- Students must hop in that direction for a designated number of counts (e.g., three hops).
- This encourages active participation and helps with understanding directional hopping.

Step 3: Agility Course

- Set up a mini-obstacle course using cones or markers where students must hop from one point to another.
- Create different stations where they switch between hopping directions (forward, sideways, etc.) to foster agility.
- Time students and teach them to beat their own records for a fun competitive element!

Step 4: Reflect and Appreciate

- Gather students in a circle and encourage them to share how they felt about hopping in different directions.
- Discuss why hopping is a great way to stay fit and have fun.
- Ask them to consider how they can incorporate hopping into games or playtime outside of class.

Conclusion (5 minutes)

- Summarize the key points discussed: the importance of:
 - Different directions of hopping,
 - The role of hopping in agility,
 - Fitness benefits of hopping.
- Conduct a quick interactive game, like “Hopping Freeze,” where students hop around and freeze when the music stops. They can shout out one reason why hopping is good for them.
- Preview the next session by asking, “What other fun movements can we explore in our next lesson?”

Extended Activities:

- Home Challenge: Encourage students to create a hopping challenge with family members, such as hopping from one room to another or hopping on different surfaces (grass, carpet, etc.) and discussing how it feels.
- Art Project: Have learners draw pictures illustrating themselves hopping in various directions and include captions about the benefits of hopping.

Teacher Self-Evaluation: