WAT 0757478868

2026 PP1 RATIONALISED CREATIVE ACTIVITIES LESSON PLANS - TERM 3

WEEK 1

Lesson 1

SCHOOL	LEARNING AREA	GRADE	ROLL	TIME
	Creative Activities	PP1		

STRAND: MY SCHOOL

SUB-STRAND: Crawling and bending

SPECIFIC LEARNING OUTCOMES: By the end of the lesson, the learner should be able to:

a) Differentiate between crawling and bending activities through practice.

b) Perform crawling activities in the school playing field.

c) Appreciate own and others' performance in crawling and bending activities.

KEY INQUIRY QUESTION(S): Why is bending necessary?

LEARNING RESOURCES:

- PP1 Creative Activities Curriculum Design
- KLB Skillgrow Psychomotor and Creative Activities PP1
- Open space (playing field), video clips

ORGANISATION OF LEARNING: Learners will work as a whole class.

INTRODUCTION The teacher will take the learners to a safe, clean, open space (like the school field) and start with some simple warm-up exercises. The teacher will then ask, "Can you show me how a baby moves before they can walk?" to introduce crawling.

LESSON DEVELOPMENT Learners are guided to:

STEP 1: Watch short videos showing learners engaged in bending and crawling activities.

STEP 2: The teacher will demonstrate how to bend safely (bending the knees) on a clean surface to pick something up.

STEP 3: Learners will practice bending to touch their toes or pick up an imaginary object.

STEP 4: The teacher will demonstrate how to crawl on a clean, safe surface. Learners will then practice crawling across a short distance.

CONCLUSION The teacher will lead a discussion on the difference between the two movements. The lesson will end with cool-down stretches.

EXTENDED ACTIVITIES Learners to practice a safe bending stretch with their parents at home.

REFLECTION ON THE LESSON .....
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Lesson 2

SCHOOL	LEARNING AREA	GRADE	ROLL	TIME
	Creative Activities	PP1		

STRAND: MY SCHOOL

SUB-STRAND: Crawling and bending

SPECIFIC LEARNING OUTCOMES: By the end of the lesson, the learner should be able to:

a) Differentiate between crawling and bending activities through practice.