

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	GRADE 2	CREATIVE ACTIVITIES			

WEEK 1: LESSON 1

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:

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	GRADE 2	CREATIVE ACTIVITIES			

WEEK 1: LESSON 2

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(s):

- Name the directions we can hop towards?

Learning Resources:

- Creative activities from the Grade 2 curriculum design field.
- Open space for hopping activities (gym, playground, etc.).

Organisation of Learning

Introduction (5 minutes)

- Start with a quick review of the previous lesson related to hopping.
- Ask students to share their favorite ways to hop or how they practiced hopping at home.
- Guide learners to read and discuss relevant content about hopping directions in a group, emphasizing key concepts like "forward," "backward," "sideways," and "diagonal."

Lesson Development (20 minutes)

Step 1: Exploring Directions

- Gather students in a circle.
- Show them how to hop in different directions: forward, backward, sideways (left and right), and diagonally.
- Have students practice hopping in each direction while calling out the direction they are hopping towards. Encourage them to use clear language to describe what they are doing.

Step 2: Hopping Game

- Organize students into small groups and set up stations representing different directions (e.g., a line for forward, cones for sideways, etc.).
- Instruct groups to hop towards each station in turn while maintaining control and balance.
- After each hop, let students share how they felt executing that direction.

Step 3: Hopping Relay

- Divide the class into two teams for a relay race.
- Each team must hop from one end of the field to another in various directions as called out by the teacher (e.g., "hop backward" or "hop diagonally").
- This activity will help build agility and teamwork.

Step 4: Reflection and Sharing

- Regroup and ask students how hopping in different directions felt.
- Encourage them to share which direction they found easiest or most challenging and why.
- Discuss the importance of hopping for fitness and agility.

Conclusion (5 minutes)

- Summarize the key points learned about different directions of hopping.
- Conduct a quick interactive activity, like a "hopping freeze game," where students hop until you say "freeze," and then they must freeze in place!
- Prepare learners for the next session by hinting at upcoming activities where they will learn about other movements (e.g., jumping, skipping).

Extended Activities:

- Hopping Journal: Ask students to keep a journal for one week where they note the different ways they practiced hopping at home or during outdoor recess.
- Hopping Songs: Create a simple song or chant about hopping in different directions, encouraging students to join in while moving.
- Obstacle Course: Set up an obstacle course in the playground where students can incorporate hopping in different directions at various checkpoints.

Teacher Self-Evaluation:

**For Complete Lesson Plans Contact Madam Pauline
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