

Grade 2

Lesson 2

Lesson plan			
Lesson theme	Music madness	Grade	2
Duration	30 minutes	Date/week	
Context			
<ul style="list-style-type: none">Getting more physically activeBenefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Learn how to move in different waysLearning the benefits of physical activity.		<ul style="list-style-type: none">Learners learn how to lead healthier lifestyles.	
Core knowledge			
<ul style="list-style-type: none">The meaning and importance of road signs.			
Learning activities and assessment			
<ul style="list-style-type: none">Activities that develop patterns of rhythmical movement, co-ordination and controlLearners are given the opportunity to develop their own natural vitality and rhythmIntroduce learners to worksheet for lesson 2.			
Forms of assessment		Resources	
<ul style="list-style-type: none">Observe learners during playWorksheet.		<ul style="list-style-type: none">A large area – can be done indoors or outdoorsMusic system – CD player and CDsHula hoopsPictures of traffic signsWorksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to play the games during break and at home.		<ul style="list-style-type: none">The activities provide learners with ideas for how to develop patterns of rhythmical movementThe activities help develop coordination and control.	

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Lesson 2: Music madness (30 minutes)

1 Outcomes

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

- Demonstrate the ability to follow instructions, such as to stop when the music stops
- Identify and understand the meaning of basic road signs
- Move rhythmically to music.

2 Teacher's corner

Most of the activities for today's lesson require music. You can, however, use drums or hand clapping if there's no music system available.

This lesson gives you ideas of how you can develop patterns of rhythmical movement and involve the learners in activities that develop coordination and control.

Rhythmic movement

To develop the skills necessary to perform cultural dances, young learners can start with simple singing games to develop the understanding of rhythm and movement in sequence. This type of movement is a first step to the teaching of cultural dances.

When teaching singing games or cultural dances, it is important to emphasise the joy of the movement.

- Do not pay rigid attention to the finer details of correct execution
- This will provide each learner with an opportunity to express his or her own natural vitality and rhythm.

Tips to assess the learners' performance

1. Self assessment: Instruct the learners to rewrite the rules of 1 of the indigenous games they played in class. They should complete these sentences to show how the game is played:

- First, ...
- Then, ...
- After that, ...
- Finally, ...

Have the learners answer the following questions:

- What did you enjoy most in the game?
- Which games were new to you?

2. Teacher's assessment: You can observe the learners during play and make notes or tick off how well the learners are participating in the activities.

Possible rating scores include:

- Good: participates eagerly in games and movement activities
- Satisfactory: participates in most games and physical activities
- Needs support: needs encouragement to participate in games and physical activities.

3 Activities

For activity 2 you'll need the following equipment:

- A large area – can be done indoors or outdoors
- Music system – CD player and CDs
- Hula hoops.



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For activity 3 you'll need the following equipment:

- Pictures of traffic signs (1 set per pair of learners). These include the following signs:
 - Stop
 - Yield
 - Caution children crossing (for this 1 the child must skip)
 - Speed limit 60 (for this 1 the learner has to move around quickly).

Activity 1: Warm-up (5 minutes)

Choose a warm-up activity from the list of warm-up and cool-down exercises.

Activity 2: Musical hula hoops (5 to 8 minutes)

Arrange the hoops in a line or circle using 1 fewer than the number of learners taking part. It is best to set up the hula hoops before the class starts.

- Instruct the learners to run around the hoops anti-clockwise
- When the music stops (or when you blow the whistle), each learner must stand in a hoop
- When a learner has been without a hoop twice, he or she drops out and another hoop is removed
- The learner that is removed from the game must jog around the hoops and then perform 2 stretches while the game continues.

Activity 3: Traffic signs (8 minutes)

You need to have 1 set of traffic sign pictures for each pair of learners. You can make the traffic sign pictures before the lesson or ask the learners to do so as part of the class.

- Divide the learners into pairs
- 1 learner is the instructor and must show a sign and the other needs to follow the instruction
- You will shout out the movement the learners need to do – walk, leap, jump and crawl
- Blow the whistle every minute or so, so that the partners can swap.

You can vary this game by shouting out an 'activity instruction'. This means the learner needs to do a particular activity, for example skip, jump, roll or run, when the 'caution children crossing' and the 'speed limit' signs are held up. They will also do this activity for the yield sign, but slow down and eventually stop.

Activity 4: Cool-down (3 minutes)

Choose a cool-down activity from the list of warm-up and cool-down exercises.

4 Wrap up (2 minutes)

Remind learners of the meaning of the road signs and the importance of obeying these signs and other instructions.

Introduce the learners to the worksheet for lesson 2.

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Name: _____

Worksheet: Grade 2, lesson 2

Task 1: Road signs

Do this task with a friend or family member.

Write the name of an exercise like skip, hop, jump and run in each sign. 1 person holds up a sign and the other does the exercise written on the sign. When a new sign is held up, change to do that exercise.

