**LESSON PLAN**

**Name of School:**  Maendeleo Sec. **Teachers Name:** Gungamoto, J.

**Form:** One **Subject:** Sport Studies

**Time:** 11.00  11.40 am **Date:** 15-01-2025

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Number of students** | | | | | |
| **Registered** | | | **Present** | | |
| **Girls** | **Boys** | **Total** | **Girls** | **Boys** | **Total** |
| 07 | 08 | 15 | 07 | 07 | 14 |

**Main Competence:** Demonstrate mastery of the concepts, safety and ethical conduct in sports

**Specific Competence:** Demonstrate an understanding of the importance of sports.

**Main Learning Activity:** Describe the basic tenets of safety in sports (meaning, importance and practice).

**Specific Learning Activity:** Explain safety practices in sports.

**Teaching and Learning Resources:** A picture of Bodaboda rider wearing a helmet, sports safety practice videos, cards with different names of sports and games, and real objects(shoes, gloves, stockings, shinguards, faceguards).

**References:**

Tanzania Institute of Education. (2023). *Sport Studies for secondary schools students book, Form One.* Tanzania Institute of Education.

**Teaching and Learning Process**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Stages** | **Time**  **(Minutes)** | **Teaching Activities** | **Learning Activities** | **Assessment Criteria** |
| **Introduction** | 05 | Display a picture of a Bodaboda rider wearing a helmet.  Ask students to **observe** and then **explain why** a bodaboda rider wore a helment.  The following questions will be used to facilitate (What do you see in the picture? Why does the bodaboda rider wear a helmet?) | **Observe** the picture and explain why the bodaboda rider wore a helment. | Explanations of why a bodaboda rider wore a helment are given |
| **Competence Developement** | 20 | Provide students with sports safety equipment (shoes, gloves, stockings, shinguards, faceguards) and ask them in groups to discuss and share their functions.  Display a video with different safety practices in sports. Then, ask them in pairs to identify and share the safety practices from the video. | Discuss and share the functions of sports safety equipment.  Watch and identify safety practices from the video and share the safety practices | The functions of safety sports equipment are explained.  Safety practices are identified. |
| Design | 10 | Ask students in groups to name a sport or game in their locality and then identify safety practices they adhere to when participating in the sport or game. | Name a sport or game and identify safety practices. | Safety practices in a named sport or game are identified. |
| Realisation | 05 | Ask each student to pick one card with a specific name of a sport or game and explain the safety practices to adhere to when playing it. | Pick a card and explain the safety practices of the sport or game on it. | Safety practices of each sport or game are explained. |

**Remarks:** The students were able to explain safety practices in sports. However, some students failed to differentiate safety practices for different sports or games. Clarifications were given as feedback when they were mentioning them.