



Sports and Games

Grade 8

Lesson 1



Ready, Get set, Go!!!

Time to Move!

Competency

01

Develop drama performance skill – body awareness and control, space awareness and occupation

02

Generate artistic ideas to mount drama performances creatively

03

Perform artistic work individually and collectively

Purpose of
activity

Develop learners' body
awareness and control
through the theme of
sports

Enhance learners'
enacting skills

Learning Outcomes

1

Adopt different postures that creatively and effectively conveys characters in action

2

Explore and use space / environment effectively and creatively in drama activities

3

Express intention and emotions creatively and purposefully through body language, voice and facial expression

Implementation guidelines

Warm-Up (10 minutes)

Game: “Sports Statues”

Learners walk around the room to occupy space homogenously

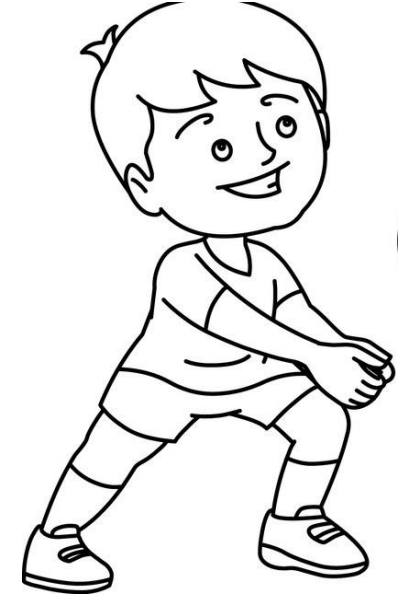
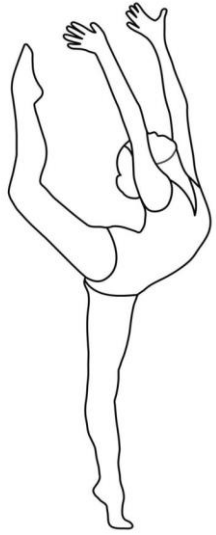
“Stop, walk, jump, sit” instructions are given by the teacher and learners act accordingly

The jingle/ music of sports events are played

- <https://www.youtube.com/watch?v=ttjGFkand7s-> Champions League
- <https://www.youtube.com/watch?v=pRpeEdMmmQ0> – 2010 FIFA World Cup
- <https://www.youtube.com/watch?v=dZDj2CnG5dE> - La Copa de la Vida -1998
- <https://www.youtube.com/watch?v=MhOTYxxnY6c> - We are the Champions

Learners are asked what the different music pieces invoke

The theme is introduced



Activity 1

- Learners walk around the room to occupy space in a homogenous manner
- The teacher calls out a sport (boxing, swimming, football), and students freeze in a pose representing an action from that sport
- After a variety of sports has been mentioned, learners are asked to share their impressions on the following aspect:
 - Muscular force
 - Intensity
 - Posture
 - Movement

Activity 2

- Learners are asked to form small groups (4–6)
- Each group is assigned a sport, or they may be allowed to choose one
- Each group must create a short drama performance (3–5 minutes) around an imagined sports tournament involving:
 - A conflict (unfair referee call, yellow/red card, internal team tension, injury, rivalry, media pressure, bad weather conditions)
 - A resolution or climax
 - At least one non-athlete role (e.g., coach, journalist, parent)





Activity 2 (cont'd)

Rehearsal & Support (20 minutes)

Teacher encourages learners to use

- Freeze frames/ tableau vivant
- Narration or monologue (e.g., a coach's pep talk/encouragement)
- Stylised* movement (e.g., choreographed match scenes, slow motion, some exaggerated moves to emphasize actions)
- Sound effects, chanting, cheering
- Teacher acts as a facilitator helping learners develop character, structure, and tension.

Assessment



Each group perform their piece



Peers watch the performance and provide feedback on

Space occupation
Body awareness and control
Acting quality



Class discussion on values related to sports (team spirit, fair-play, respect)