

Detailed lesson plan essay sample



**ASSIGN
BUSTER**

I. Objectives:

At the end of the period the Grade V pupils are expected to:

1. Discuss the different variations of Dumbbell exercise.
2. Demonstrate the different variations of Dumbbell exercise.
3. Enjoy in performing the different variations of Dumbbell exercise.

II. Subject Matter:

Topic: Different variations of Dumbbell exercise

References: Musika, Sining Edukasyong Pampalakas page 181-188 III.

Materials: Dumbbell, Music, Speaker, USB, DVD player

IV. Activities:

A. Procedure

-Prayer

-Attendance

-Cleanliness

-Motivation

B. Development of the Lesson Proper

1. Discuss the different variation of Dumbbell exercise.
2. Demonstrate different variation of Dumbbell exercise.
3. Perform the different variation of Dumbbell exercise.
4. Practice the Dumbbell exercise by group.
5. Enjoy in performing the different variation of Dumbbell exercise. C.

Generalization:

Discuss the different variation of Dumbbell exercise.

1. Figure 1

2. Figure 2

D. Evaluation:

Practical Test

V. Assignment/ Agreement:

Read MSEP book page 187-188