Plan for P.E. lesson

School: SOU "Vasil Levski" –Bulgaria

Students: Alexander Petrov, Gabriel Mihov, Siyana Kaloyanova

Subject: Bulgarian folk dances

Goals (targets, results): Students to get acquainted with the Bulgarian right horo and to try to play it.

# Description

Beginning: Warm up

-Walking and jogging

-Stretching arm muscles, leg muscles and neck muscles

-Squatting and jumping

1st activity: /10 min/

Line-up in two rows

-Explaining the lesson to the students

2nd activity: /10 min/

Show on the Traditional Bulgarian dance - Pravo horo

-showing the steps

-step with the right leg and jump

-step with the left leg in front of the right leg and jump

-step with the right leg

-switch with the left leg in front of the right leg

-step back with the left leg and switch with right leg in front of the left leg and jump.

3rd activity: /20 min/

Students are divided into three groups and play a dance with music.

# Experience

Try-out: 26.04.2016, Eureka, Kells,Ireland

Lesson1: 9:10 – 9:55 The students are in class 2

Age of students 9 – 10

April 2016, at the primary school included into the project work - Sevlievo, Bulgaria

Students wanted to pre-teach the lesson they were preparing

Students seemed to be very interested in the toppic of the lesson, they took active part in the games

Age of students 9 – 10

Students in the Irich school in Kells seemed to be very excited and interested in what they saw from the Bulgarian students. They had a lot of fun playing the games and enjoyed themselves during the lesson. All the children managed to complete the games successfully and took part in any activity. During the lesson they asked different questions on the topic both in English languages. At the end of the lesson Irich students wanted to repeat the activities one more time.