**LESSON PLAN**

**Grade**: 5th – 8th

**Age**: 11 - 14

**Subject**: Physical Education – dance workshop

**Teacher**: Aleksandra Šaravanja

**School**: Primary school Jure Kaštelan, Zagreb, Croatia

**Topic of the lesson**: Folk dance

**Objectives of the lesson**:

* physical , personal and social development of students
* improving specific kinesiological knowledge (folk dance)
* development of motor and functional abilities

**List of required material**: laptop and loud speakers, 3 balls

**Process of the lesson: teaching and learning activities**

* playing " catch "
* preparatory exercises
* learning and practicing folk dance
* point games
* stretching exercises