NADIA COMĂNECI - LESSON PLAN

1. LESSON FRAMEWORK

Class	5th Grade D
School	Școala Gimnazială Nr 169, Sector 6, București
Teacher	Catrina Mirela
Subject	Physical Education
Topic	Nadia Comăneci - a symbol of Romania
Format	integrated activity
Lesson type	teaching - learning
Time resources	50 minutes

Activity aim: Developing interest in national values by learning about the personality of NADIA COMĂNECI, as well as cultivating positive attitudes such as perseverance, discipline and self-confidence through activities and games.

2. INTEGRATED AREAS

- Physical Education
- History

3. SPECIFIC AND INTEGRATED COMPETENCES

Physical Education

Performing technical procedures in simple motor structures specific to the sports disciplines studied.
Demonstrating, throughout the activities, an attitude of respect for the established rules.
Demonstrating an attitude of respect towards partners and opponents in competition.

History

Using time and space coordinates when presenting historical facts and processes.
Determining the relationships between personalities and human groups in the development of historical events.

4. OPERATIONAL OBJECTIVES

Obj.	Description
O1	Identification based on clues by at least 10 students.
O2	Recognition of at least 2 pieces of information about Nadia's activity by all students.
O3	Identification of at least one champion quality by each student.
O4	Formulating their own opinions about what they learned from the example provided. The objective is considered achieved if all students formulate at least one opinion.

5. TEACHING STRATEGY

Methods and procedures	conversation, explanation, observation, didactic game
Teaching aids	laptop, PowerPoint, worksheets, Smart board, puzzle, ball
Forms of organization	whole-class, individual
Time resources	50 minutes
Human resources	class group, teacher
Forms and techniques of assessment	systematic observation, verbal feedback

6. BIBLIOGRAPHY

- Didactica disciplinelor pedagogice, Mușata Dacia Bocoș, Ed. Paralela 45, 2017
- Metodica predării limbii și literaturii române, Corneliu Crăciun, Ed. Libris, 2023
- MECTS - Curriculum for the subjects: Romanian Language and Literature, Art Education and History
- www.afostodata.ro

7. LESSON DEVELOPMENT

LESSON STAGES / TIME	OP. OBJ.	LESSON DEVELOPMENT / LEARNING ACTIVITIES	TEACHING STRATEGY	ASSESSMENT
I. Organizational moment 1 minute		The conditions required for conducting the lesson are ensured.	Methods: conversation. Organization: whole-class.	Systematic observation of students' behavior.
II. Homework check 5 minutes		Questions are asked about Romanian champions.	Methods: conversation. Organization: whole-class.	Systematic observation of students' behavior.

LESSON STAGES / TIME	OP. OBJ.	LESSON DEVELOPMENT / LEARNING ACTIVITIES	TEACHING STRATEGY	ASSESSMENT
III. Capturing attention 4 minutes	O1	Students are invited to solve a puzzle in order to discover the personality they will learn about during this activity; they will come to the board one by one and place the pieces. What personality do you see in the image? (Nadia Comăneci) - https://www.jigsawplanet.com/?rc=play&pid;=0aa38a134835	Methods: conversation. Materials: Puzzle, laptop, Smart board. Organization: whole-class.	Systematic observation of students' behavior.
IV. Announcing the topic and objectives 2 minutes	O1	Today, in Physical Education, we will discover one of Romania's greatest personalities - Nadia Comăneci. We will learn a few things about her life and activity, we will listen to information about her and discover the qualities of a champion. We will also carry out games and group activities. At the end of the lesson, each student will say a few things they have learned from our champion.	Methods: conversation. Organization: whole-class.	Systematic observation of students' behavior.

LESSON STAGES / TIME	OP. OBJ.	LESSON DEVELOPMENT / LEARNING ACTIVITIES	TEACHING STRATEGY	ASSESSMENT
V. Guiding learning 32 minutes	O1 O2 O3 O4	The title of the lesson is announced. Students will be presented with the main information about the gymnast's life and activity - afostodata.ro. Afterwards, the children will take part in various games in which they are encouraged to be patient and confident. Game 1 - True or False Students receive various questions and answer true by raising their hands and false by keeping their hands down. Game 2 - Gymnastics Statues When the music is playing, students move; when the music stops, they remain still. Game 3 - Champions' Traffic Light Students react to good or inappropriate behaviors by moving forward or taking 3 steps back. Game 4 - Relay of Values Students are divided into 3 groups. Each group must write one moral value on the board. Game 5 - Champions' Speech Students say in 30 seconds: “If I were Nadia, I would say that...”. They continue the sentence with information about Nadia Comăneci. They are encouraged to follow her example through hard work and perseverance.	Methods: conversation, explanation. Materials: PowerPoint, laptop, Smart board, ball. Organization: whole-class, individual.	Systematic observation of students' behavior. Verbal feedback. Oral assessment.
VI. Achieving performance 5 minutes	O1	This is carried out with the game “Continue the sentence”, using the Answer and pass the baton method.	Methods: Answer and pass the baton. Organization: whole-class, individual.	Systematic observation of students' behavior. Oral assessment.
VII. Closing the activity 1 minute		General comments are made regarding students' behavior during the lesson, and those who were active throughout the lesson are highlighted.	Methods: conversation. Organization: whole-class.	Teacher feedback.