CREATIVE ARTS AND SPORTS
TERM 1 2024 LESSON NOTES

Foundations of Creative Arts and Sports
Introduction to Creative Arts and Sports
By the end of the Sub Strand, the learner should be able to:
a) describe categories of Creative Arts and Sports,
b) outline the relationships among the categories of Creative Arts and Sports,
c) create a chart on the categories of the Creative Arts and Sports,
d) appreciate the categories of Creative Arts and Sports

Foundations of Creative Arts and Sports
Components of Creative Arts and Sports
describe the components of Visual Arts,
b) describe elements of a story,
c) perform activities demonstrating the components of fitness,
d) execute basic elements of Music,
e) appreciate the components of Creative Arts and Sports

Introduction to Creative Arts and Sports.
What is creative arts?
Creative Arts is a description of various artistic activities that allow performers to use their imaginations, creativity, and express ideas through a variety of mediums to passage a message to the audience.

What is sports?
A sport is any activity involving physical or mental effort combined with skills in which an individual or a team or teams compete against another or others for entertainment.