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BASIC 7

WEEKLY LESSON PLAN – WEEK 7

Strand:	Health Education		Sub-Strand:		Disease Prevention and Management.	
Content Standard:	B7.1.2.1 Demonstrate understanding of common diseases associated with sedentary behaviours and physical inactivity					
Indicator (s)	B7.1.2.1.1: Research and classify common diseases associated with sedentary behaviours and physical inactivity			Performance Indicator:		
Week Ending	17-11-2023					
Class	B.S.7	Class Size:		Duration:		
Subject	Physical Education.					
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.					
Teaching / Learning Resources	Posters, Pictures, Video.			Core Competencies:	<ul style="list-style-type: none">• Critical Thinking• Problem Solving	
DAYS/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION	
MONDAY	Discuss with Learners the meaning of Sedentary behaviour or physical inactivity.	<div>1. Assist Learners to identify the factors of physical inactivity or sedentary behaviour.</div> <div>2. Discuss with Learners examples of Sedentary behaviours.</div> <div>3. Learners in small groups to discuss and report to the class the relationship between sedentary behaviour and physical inactivity.</div> <div>Factors of Physical Inactivity;</div> <ul style="list-style-type: none">• violence.• high-density traffic.• low air quality, pollution.• lack of parks, sidewalks and sports/recreation facilities.			Through questions and answers, conclude the lesson.	

		 <p>Physical inactivity</p> <p>Lungs: Produce less oxygen</p> <p>Skin: Lack of movement leads to unhealing skin and rashes, sunburn, freckles, dry muscles and difficulties in sunbathing</p> <p>Muscles and joints: When you do not use your muscles, you lose muscle mass. You gain weight easily and become weaker</p> <p>Heart: Your heart muscles grow weak and it becomes a strain to do basic activities</p> <p>Stomach and intestines: Can cause constipation</p> <p>Bones: Can weaken bones and cause osteoporosis</p> <p>Other organs: Your body becomes weak and more likely to become sick</p>	
THURSDAY	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Assist Learners to identify common diseases associated with sedentary behaviour or Physical inactivity. 2. Discuss the causes of physical inability with the Learners. 3. Learners brainstorm to explain ways physical inability can be avoided. <p>Symptoms of Physical Inactivity;</p> <ul style="list-style-type: none"> ○ High blood cholesterol and blood pressure. ○ Heart diseases including coronary artery disease and heart attack. ○ Obesity. ○ Metabolic syndrome <p>Diseases associated with sedentary behaviour;</p> <ul style="list-style-type: none"> ● Obesity. ● Heart diseases, including coronary artery disease and heart attack. ● High blood pressure. ● High cholesterol. ● Stroke. ● Metabolic syndrome. ● Type 2 diabetes. ● Certain cancers, including colon, breast, and uterine cancers 	<p>Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <ol style="list-style-type: none"> 1. State 5 diseases associated with sedentary behaviour. 2. Explain 4 causes of physical inactivity

Name of Teacher:

School:

District: