

EaD Comprehensive Lesson Plans



or



0248043888

[*https://www.TeachersAvenue.net*](https://www.TeachersAvenue.net)

[*https://TrendingGhana.net*](https://TrendingGhana.net)

[*https://www.mcgregorinriis.com*](https://www.mcgregorinriis.com)

BASIC 7

Strand:	Health Education	Sub-Strand:	Disease Prevention and Management
----------------	------------------	--------------------	-----------------------------------

WEEKLY LESSON PLAN – WEEK 8

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	24-11-2023				
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:		
DAYS	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Show Learners video and pictures displaying solutions to sedentary behaviour and Physical inactivity	<div>1. Assist Learners to identify ways of solving sedentary behaviour.</div> <div>2. Learners to role play on sedentary and its effects.</div> <div>Solutions to a sedentary lifestyle</div> <div>A more active lifestyle can significantly reduce the chances of chronic health conditions, mental health disorders, and premature death.</div> <div>Increasing physical activity</div> <div>Research has shown that physical activity, including exercise and sports, can reduce the risk of cardiovascular disease, type 2 diabetes, obesity, and early death.</div> <div>Evidence also consistently shows that exercise can improve mental health. A 2018 <u>study</u>Trusted Source of 1,237,194 people found that those who exercised reported fewer mental health problems than those who did not.</div> <div>It is best to combine a variety of cardiovascular exercises, such as running or cycling, with strength-training</div>			Take Learners out to the field to exercise the body.

		exercises, which can include weight training or body-weight exercises. Going for at least three 30-minute runs and doing two 30-minute sessions of strength-training exercises per week would be sufficient to meet the minimum physical activity guidelines.	
THURSDAY	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Discuss the effects of sedentary behavior with the Learners.' 2. Learners in small groups to discuss the effects of common diseases associated with sedentary and physical inactivity. <p><i>Cardiovascular Disease</i></p> <p>Sitting down much of the time and a lack of exercise are two main cardiovascular disease risk factors. Cardiovascular diseases (CVDs) describe a wide range of diseases that affect the heart and blood vessels. High blood pressure, coronary artery disease, and coronary heart disease are some examples of cardiovascular disease.</p> <p><i>Heart Disease</i></p> <p>Heart disease is a type of CVD that affects the function and structure of the heart. The National Heart, Lung, and Blood Institute reports that at least 1 in 10 American adults has been diagnosed with heart disease.</p> <p><i>Diabetes</i></p> <p>Sedentary lifestyles can lead to type 2 diabetes, a condition in which the body has difficulty processing glucose in the bloodstream. Consistent exercise and movement help muscles absorb glucose more efficiently.</p>	Reflect on the effects of sedentary behaviour.

Name of Teacher:

School:

District: