

EaD Comprehensive Lesson Plans



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BASIC 9

WEEKLY LESSON PLAN – WEEK 2

Strand:	Health Education		Sub-Strand:	Disease Prevention and Management	
Content Standard:	B9.1.2.1 Design ways to prevent diseases associated with sedentary behaviours and physical inactivity.				
Indicator (s)	B9.1.2.1.1: Create and perform physical activities to prevent diseases associated with sedentary behaviours and physical inactivity.		Performance Indicator: Learners can identify 5 importances of physical activities.		
Week Ending	19-01-2024				
Class	B.S.9	Class Size:		Duration:	
Subject	Physical Edu. & Health				
Reference	Physical Edu. & Health Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
Teaching / Learning Resources	. Poster, Pictures, Video.		Core Competencies:	• Critical Thinking and Problem Solving Communication and Collaboration.	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
TUESDAY	Learners brainstorm to identify examples of physical activities that help to prevent diseases.	1. Demonstrate on performing physical activities for the Learners to observe. 2. Assist Learners to practice performing physical activities that help to prevent diseases. 3. Learners brainstorm to compare physical activities to physical inactivities. 4. Assist Learners to identify the consequences of physical inactivity for cardiovascular disease Aerobic Aerobic activities make you breathe harder and make your heart and blood vessels healthier. These include: • Walking • Dancing • Swimming • Water aerobics • Jogging and running • Aerobic exercise classes Bicycle riding (stationary or on a path) Some gardening activities, such as raking and pushing a lawn mower Tennis			Through questions and answers, conclude the lesson. Exercise; State 5 consequences of physical inactivity.

		Golfing (without a cart) Flexibility Flexibility-enhancing activities ensure a good range of motion in the joints. Loss of flexibility can be a predisposing factor for physical issues, such as pain syndromes or balance disorders. Gender, age, and genetics may all influence range of motion. Flexibility exercises include: Stretching Yoga Tai Chi or Qi Gong Pilates Muscle-strengthening Muscle-strengthening activities build up your strength. These activities work all the different parts of the body—legs, hips, back, chest, stomach, shoulders, and arms—and include: Heavy gardening (digging, shoveling) Lifting weights Push-ups on the floor or against the wall Sit-ups Working with resistance bands (long, wide rubber strips that stretch) Pilates physical inactivity; Physical inactivity is a term used to identify people who do not get the recommended level of regular physical activity. The American Heart Association recommends 30-60 minutes of aerobic exercise three to four times per week to promote cardiovascular fitness. In 1996 the Report of the Surgeon General on Physical Activity and Health recommended the minimum level of physical activity required to achieve health benefits was a daily expenditure of 150 kilocalories in moderate or vigorous activities. This recommendation is consistent with	
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		guidelines established by the Centers for Disease Control and Prevention, and American College of Sports Medicine. It also is consistent with the 1996 consensus statement from the National Institutes of Health, recommending adults to accumulate at least 30 minutes of moderate activity most days of the week. Moderate activities include pleasure walking, climbing stairs, gardening, yard work, moderate-to-heavy housework, dancing and home exercise. More vigorous aerobic activities, such as brisk walking running, swimming, bicycling, roller skating and jumping rope — done three or four times a week for 30-60 minutes — are best for improving the fitness of the heart and lungs. 	
WEDNESDAY	Discuss with the Learners about the meaning of “Physical Fitness”.	1. Assist Learners to identify 5 importance of physical fitness. 2. Discuss with the Learners about how physical fitness prevent diseases. 3. Encourage Learners to be frequently engaged in physical activities. Importance of Physical Activities; Physical fitness offers lots of health and other benefits! Here are eight key reasons why exercise is important:. Decrease risk of disease Feel great physically Look better Sleep better Live longer—up to five years according to the <i>American Journal of Preventative Medicine!</i>	Assist Learners to perform some physical activities. Exercise; Explain 5 importance of physical activities.

		Keep in shape so you can enjoy leisure activities Avoid injury and safely perform work and home chores Increase mental health and social wellbeing	
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Name of Teacher:

School:

District: