

EaD Comprehensive Lesson Plans



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BASIC 9

WEEKLY LESSON PLAN – WEEK 3

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 the difference between Exercise and Sport.		
Week Ending	26-01-2024				
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	Discuss with the Learners about the difference between physical activity and sedentary behaviors	1. Learners brainstorm to identify examples of sedentary behaviours. 2. Assist Learners to describe the health effects of sedentary behaviours or lifestyles. 3. Learners in small groups to discuss and report to the class about ways of reducing sedentary behaviours. Sedentary lifestyle is a lifestyle type, in which one is physically inactive and does little or no physical movement and or exercise. A person living a sedentary lifestyle is often sitting or lying down while engaged in an activity like socializing, watching TV, playing video games, reading or using a mobile phone or computer for much of the day. A sedentary lifestyle contributes to poor health quality, diseases as well as many preventable causes of death. A sedentary lifestyle contributes to or can be a risk factor for: - Anxiety - Cardiovascular disease - Migraines - Breast cancer - Colon cancer - Computer vision syndrome (only from excessive electronic use) - Depression - Diabetes - Gout - High blood pressure			Reflect on the ways of reducing sedentary behaviours. Exercise; 1. What are Sedentary Behaviours? 2. State 5 examples of Sedentary behaviours.

		• Lipid disorders • Skin problems such as hair loss • Mortality in adults • Obesity • Osteoporosis • Scoliosis • Spinal disc herniation (low back pain) • Weight gain	
WEDNESDAY	Assist Learners to differentiate between “Physical Exercise” and “Sport”.	1. Show Learners pictures and video of varieties of physical exercises. 2. Engage Learners in performing physical exercises for about 10 minutes. 3. Assist Learners to identify 5 examples of sport activities. 4. Discuss with the Learners about the importance of exercise and sport. Exercise Exercise involves physical exertion, voluntary movements and burning calories. This form of physical activity, however, is specifically planned, structured and repetitive. It does not usually involve any kind of competition. Examples of exercise include jogging, cross-country skiing, recreational swimming, cycling and aerobics. Sports Sports also involve physical activity and exercise but differ in that they also have a set of rules, or goals to train and excel in specific athletic skills. Some are individual sports such as golf and swimming. Others are played in teams — for example, soccer and hockey. Sports are often, but not always, competitive.  The infographic features a woman in a pink tank top and black shorts running on a path. To her left is a list of 20 benefits of exercise, numbered 1 through 20. The title '20 Exercise Benefits' is prominently displayed at the top of the list. At the bottom of the infographic, the URL 'www.facebook.com/montereybayholistic' is provided.	Through questions and answers, conclude the lesson. Exercise; 1. Differentiate between Sport and Physical exercise. 2. State 5 examples of physical exercise.

Name of Teacher:

School:

District: