

EaD Comprehensive Lesson Plans

Strand:	Health Education	Sub-Strand:	Nutrition and Physical activity.
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or



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<https://www.TeachersAvenue.net>

<https://TrendingGhana.net>

BASIC 7

WEEKLY LESSON PLAN – WEEK 2

Content Standard:	B7.1.1.1 Demonstrate understanding of various food nutrients required for physical activity.				
Indicator (s)	B7.1.1.1.1: Discuss the classes, sources and functions of food nutrients related to physical activity participation.		Performance Indicator: Learners can participate in Physical activities.		
Week Ending	20-09-2024				
Class	B.S.7	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	Food stuffs, Pictures, Video, Chart.		Core Competencies:	<ul style="list-style-type: none">• Critical thinking• Problem Solving	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Discuss with Learners meanings of keywords and terminologies.	<div>1. Learners brainstorm to mention examples of nutritious food.</div> <div>2. Assist Learners to explain the components that makes food nutritious.</div> <div>3. Discuss with Learners the importance of eating nutritious food.</div> <div>Examples of nutritious food;<ul style="list-style-type: none">○ Reduce the risk of chronic diseases, such as diabetes, heart disease, high blood pressure, stroke, and some cancers and associated disabilities○ help maintain blood glucose concentration during exercise○ maximize exercise performance○ improve recovery time.</div> <div><div>IMPORTANCE OF NUTRITION AND FITNESS<ul style="list-style-type: none">○ It is essential for a there growth and development.○ It helps calm there energy and helps muscle and bones.○ Healthy eating habits help student think clear and focus.○ Good nutrition helps with better education performances</div><div></div></div>			<div>Trough questions and answers, conclude the lesson.</div> <div>Exercise;<ul style="list-style-type: none">1. What is nutritious food?2. State 5 examples of nutritious food.</div>

THURSDAY	Review Learners knowledge on the previous lesson.	<ul style="list-style-type: none"> • Discuss with Learners examples of nutrients needed during exercise. • Assist Learners to identify examples of food that will provide the nutrients needed during exercise. <p>Types of Food to eat during Exercise;</p> <ul style="list-style-type: none"> • Rich in carbohydrate to top up your fuel stores • Low in fibre, especially if you have issues with your gut upset or feel very nervous • Easy to digest – avoid foods overly high in fat as these are slow to digest • Familiar – practice your options in training and don't try anything new on event day <p>Examples;</p> <ul style="list-style-type: none"> • An energy bar. • A banana, an apple or other fresh fruit. • Yogurt. • A fruit smoothie. • A whole-grain bagel or crackers. • A low-fat granola bar. • A peanut butter sandwich. • Sports drink or diluted juice 	<p>Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <p>State 5 nutrients needed during exercise.</p>
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School:

District: