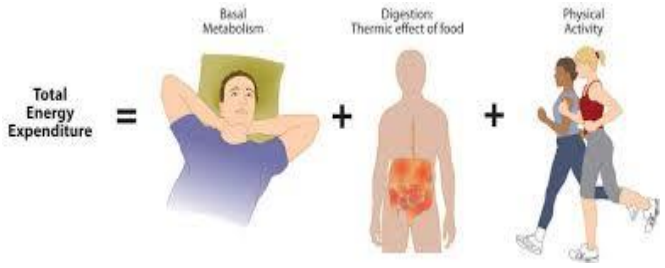
or 0248043888

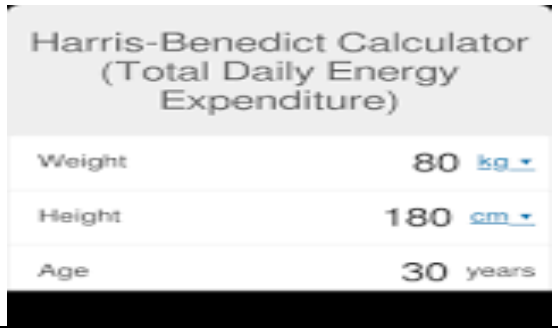
Strand:	Health Education	**Sub-Strand:**	Nutrition and Physical activity
Content Standard:	B7.1.1.1 Demonstrate understanding of various food nutrients required for physical activity.		

BASIC 7

WEEKLY LESSON PLAN – WEEK 5

Indicator (s)	B7.1.1.1.2: Plan the caloric values of food nutrients in relation to physical activity.		**Performance Indicator:** Learners can differentiate between calories consumed and physical activities.		
Week Ending	11-10-2024				
Class	B.S.7	**Class Size:**		**Duration:**	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
Teaching / Learning Resources	Food stuffs, Pictures, Video, Chart.		**Core Competencies:**	• Critical Thinking • Problem Solving	

DAYS	**PHASE 1 : STARTER**	**PHASE 2: MAIN**	**PHASE 3: REFLECTION**
MONDAY	Review Learners knowledge on the meaning of Calories.	1. Discuss the properties of Calories with the Learners. 2. Assist Learners to differentiate between Calories and Physical activities. 3. Discuss with Learners the relationship between Calories and Physical activities. **The relationship between calories consumed and physical activity;** Physical activity can increase the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat can help with weight loss. Physical activity can make you feel better, function better, and sleep better.  Physical activity is defined as any bodily movement produced by skeletal muscles that results in energy expenditure. The doubly labeled water method for the measurement of total energy expenditure (TEE), in combination with resting energy expenditure, is the reference for physical activity under free-living conditions	Reflect on the relationship between Calories and Physical activities. **Exercise** Describe the relationship between Calories and Physical activities.

THURSDAY	Discuss the meaning of Energy Expenditure with the Learners.	1. Discuss the steps to follow to calculate energy expenditure for physical activities 2. Demonstrate calculating energy expenditure for physical activities. 3. Learners brainstorm to calculate energy expenditure for physical activities. 4. Assist Learners to explain the importance of Energy expenditure. 1. Energy Expenditure = (MET x Body Weight x oxygen uptake for 1 MET) / 200. 2. Energy Expenditure = (8.3 x 85 x 3.5) / 200. 3. Energy Expenditure = 12.35. 4. Energy Expenditure = 12.35 x 80 (minutes per game) 5. Energy Expenditure = 987.7 kcal. 	Through questions and answers, conclude the lesson.

Name of Teacher: **School:** **District:**