

EaD Comprehensive Lesson Plans



or




0248043888

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

<https://www.TeachersAvenue.net>
<https://TrendingGhana.net>

BASIC 7

WEEKLY LESSON PLAN – WEEK 6

| | | | | | |
|--------------------------------------|--|--|--|---|---|
| Content Standard: | B7.1.1.1 Demonstrate understanding of various food nutrients required for physical activity. | | | | |
| Indicator (s) | B7.1.1.1.2: Plan the caloric values of food nutrients in relation to physical activity. | | Performance Indicator: Learners can draw a good nutritional plan. | | |
| Week Ending | 18-10-2024 | | | | |
| 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: | <ul style="list-style-type: none">• Critical Thinking• Problem Solving | |
| DAYS | PHASE 1 : STARTER | PHASE 2: MAIN | | | PHASE 3: REFLECTION |
| MONDAY | Discuss the meanings of keywords and terminologies in the lesson with the Learners. | <div>1. Discuss with Learners the meaning of a good nutritional plan.</div> <div>2. Show Pictures of a good nutritional plan to the Learners.</div> <div>3. Discuss how to prepare a nutritional plan with the learners.</div> <div>4. Learners in small groups to discuss the relationship between nutrient and physical activities.</div> <div>A good nutritional plan;<ul style="list-style-type: none">• Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products.• Includes lean meats, poultry, fish, beans, eggs, and nuts.• Limits saturated and trans fats, sodium, and added sugars.• Controls portion sizes.</div> <div></div> | | | <div>Reflect on the relationship between nutrients and Physical activities.</div> <div>Exercise<div>1. What is a good nutritional Plan.</div><div>2. Draw a good nutritional plan.</div></div> |

| | | | |
|----------|--|---|---|
| THURSDAY | Learners brainstorm to identify examples of nutrition for physical activity and athletics. | <ol style="list-style-type: none"> 1. Assist Learners to identify examples of food that contains the good nutrition for physical activity and athletics. 2. Discuss the differences between nutrition and fitness with the Learners. 3. Using a power point presentation explain ways of balancing food and activity for healthy weight. <p>Physical Activities for balancing body for healthy weight;</p> <ul style="list-style-type: none"> • <u>Preschool-aged children</u> (ages 3 through 5 years) should be physically active throughout the day for growth and development. • <u>Children and adolescents</u> (ages 6 through 17 years) need 60 minutes or more of moderate-to-vigorous intensity physical activity each day. Children and adolescents need aerobic, muscle-strengthening, and bone-strengthening activities. • <u>Pregnant or postpartum women</u>, with their doctor's approval, should do at least 150 minutes of moderate-intensity aerobic physical activity per week, such as brisk walking. It is best to spread this activity throughout the week, such as 30 minutes a day, five days a week. • <u>Adults</u> need 150 minutes of physical activity each week, including aerobic activity and muscle-strengthening activity. This can be 30 minutes a day, five days a week. • <u>Adults age 65 and older</u> need at least 150 minutes a week of moderate intensity activity such as brisk walking, at least two days a week of activities that strengthen muscles, and activities to improve balance such as standing on one foot. | Through questions and answers, conclude the lesson. |
|----------|--|---|---|

Name of Teacher:

School:

District: