BASIC 9

WEEKLY LESSON PLAN – WEEK 6

Strand:	Health Education	**Sub-Strand:**			
Content Standard:	B9.1.1.1 Demonstrate understanding of nutritional problems associated with participation in physical activity.				
Indicator (s)	B9.1.1.1.2: Discuss the role of water in relation to nutrition and physical activity	**Performance Indicator:** Learners can identify ways to prevent dehydration.			
Week Ending	18-10-2024				
Class	B.S.9	**Class Size:**		**Duration:**	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	Pictures, Video, Poster	**Core Competencies:**	• Critical thinking • Problem Solving		

DAYS/DATE	**PHASE 1 : STARTER**	**PHASE 2: MAIN**	**PHASE 3: REFLECTION**
MONDAY	Review learners knowledge on the examples of nutrients in water.	1. Discuss with the Learners about how water is lost during exercise. 2. Assist Learners to differentiate between dehydrations and hypohydration. 3. Learners brainstorm to identify ways of monitoring hydration levels. **How to monitor hydration levels;** There are a number of different ways to monitor one's hydration levels, although three are most commonly used: • Using thirst as a gauge • Measuring changes in body weight • Monitoring urine color The easiest method is using thirst as a gauge. Typically, when we feel thirsty, we have already lost about 1-2 percent of our body mass. Another method is fluctuations in body weight. One would measure their body weight before and after activity. Any weight lost can be attributed to dehydration due to activity. Lastly, monitoring urine color is another simple method to assess hydration status. The darker the urine color, the more likely and/or degree of dehydration the individual has. Ideally, urine should be a pale, yellow color. When using these methods to assess hydration, the idea is if you have one of the above this may indicate dehydration; two indicates likely dehydration; and all three indicates very likely dehydration.	Through questions and answers, conclude the lesson. **Exercise;** Explain 3 ways of monitoring hydration levels in a person performing physical exercise.

THURSDAY	Using a Poster, explain to the Learners on the recommendations for hydration before, during and after physical activity.	1. Discuss with the Learners about the psychological and nutritional benefits of water. 2. Assist Learners to identify the symptoms and signs of dehydration. 3. Learners brainstorm to describe ways of preventing dehydration. **Recommendations for hydration before, during, and after physical activity;** **Before activity** Overall, the recommendation is for people to be properly hydrated prior to activity. This consists of consuming around 2-4 mL (0.07-0.14 oz) of water per pound of bodyweight 2-4 hours before activity. This equates to about 10.5-21 oz for a 150 pound individual. Additionally, be sure that your beverage provides some electrolytes, such as sodium. **During activity** Ideally, an individual should be consuming water periodically during any type of physical activity. The recommendation is about 0.4-0.8 L (13.5-27 oz) of fluid per hour. Intake should be varied according to the individual, type of activity, and environmental factors. One should consider consuming a beverage containing some carbohydrate and electrolytes for physical activity that extends beyond 45 minutes or during high heat/humidity. To reduce gastrointestinal side effects, it is recommended that only 5-10 percent of the beverage contains carbohydrates. **After activity** To replenish water lost during physical activity, the recommendation is to consume 1.25 to 1.5 L of fluid for every kilogram of bodyweight lost (~20-24 oz per pound of bodyweight lost). It is worth noting, that consuming too much fluid after exercise could potentially lead to negative side effects too, so use the recommendation as a starting point. We lose water and electrolytes a multitude of ways during physical activity. Not being properly hydrated before, during, and after physical activity can lead not only to decreases in performance, but also increased risks for heat-related illnesses. Follow evidence-based hydration recommendations for better performance and safety this summer.	Through questions and answers, conclude the lesson. **Exercise;** 1. What is dehydration? 2. State 3 ways to prevent dehydration.

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