

# EaD Comprehensive Lesson Plans



or



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**BASIC 9**

**WEEKLY LESSON PLAN – WEEK 2**

|                               |  |   |  |   |  |
|-------------------------------|--|---|--|---|--|
| Strand:                       | Health Education   |   | Sub-Strand:  | Nutrition and Physical activity   |  |
| Content Standard:             | B9.1.1.1 Demonstrate understanding of nutritional problems associated with participation in physical activity. |   |  |   |  |
| Indicator (s)                 | B9.1.1.1.1: Examine problems associated with unbalanced / poor diet in relation to physical activity.          |   | Performance Indicator: Learners can identify examples of safe and unsafe physical exercises. |   |  |
| Week Ending                   | 20-09-2024   |   |  |   |  |
| Class                         | B.S.9  | Class Size:   |  | Duration:   |  |
| Subject                       | Physical Education   |   |  |   |  |
| Reference                     | Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.                                 |   |  |   |  |
| Teaching / Learning Resources | Poster, Pictures, Video, word chart.   |   | Core Competencies:   | <ul style="list-style-type: none"><li>• Critical thinking</li><li>• Problem Solving</li></ul> |  |
| DAYS/DATE                     | PHASE 1 : STARTER  | PHASE 2: MAIN   |  |   | PHASE 3: REFLECTION  |
| MONDAY                        | Assist Learners to identify examples of diseases caused by unbalanced diet or poor nutrition..                 | <div>1. Show Learners pictures and video displaying examples of diseases caused by poor nutrition.</div> <div>2. Discuss with the Learners about the effects of poor nutrition on physical activities.</div> <div>3. Learners brainstorm to describe how exercise can improve a chronic condition.</div> <div>4. Assist Learners to identify examples of safe and unsafe physical exercises.</div> <div>How exercise can improve a chronic conditions.</div> <div><div>❖ Arthritis. Exercise can ease pain, build muscle strength around joints and lessen joint stiffness. It also can help people with arthritis move better and improve quality of life.</div><div>❖ Asthma. Often, exercise can help control how often asthma attacks happen and how bad they are.</div><div>❖ Back pain. Low-impact aerobic exercise is regular exercise that raises heart rate without putting stress on the body. It can build back strength and make muscles work better.</div></div> <div>Stomach and back muscle exercises, also known as core-strengthening exercises, can help ease symptoms by making the muscles around the spine stronger.</div> <div>❖ Cancer. Exercise can improve the quality of life for people who've had cancer. It also can</div> |  |   | <div>Reflect on the effects of poor nutrition.</div> <div>Exercise;</div> <div>State 5 effects of poor nutrition on physical activities.</div> |

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|                 |  | <p>improve fitness. And it can lower the risk of dying of breast, colorectal and prostate cancers.</p> <ul style="list-style-type: none"> <li>❖ <b>Dementia.</b> Exercise can improve thinking skills in people with dementia. People who move regularly are at less risk of dementia and problems with learning and thinking.</li> <li>❖ <b>Depression and anxiety.</b> Regular exercise helps improve the symptoms of both these conditions.</li> <li>❖ <b>Diabetes.</b> Regular exercise can help lower blood sugar levels. Exercise also can help control weight and boost energy. For people with type 2 diabetes, exercise can lower the risk of dying of heart disease.</li> <li>❖ <b>Heart disease.</b> Regular exercise helps the heart. Exercise can lower the risk of dying of heart disease. And it can lower the risk of heart disease getting worse.</li> <li>❖ <b>Osteoporosis.</b> This condition causes bones to thin and weaken. Some exercises, such as fast walking and lifting weights, help build strong bones and slow bone loss.</li> </ul>   |   |
| <b>THURSDAY</b> | Through questions and answers, review Learners knowledge on the previous lesson. | <ol style="list-style-type: none"> <li>1. Discuss the connection between exercise and diet with the Learners.</li> <li>2. Assist learners to identify examples of diets and food nutrients good for physical exercises.</li> <li>3. Learners in small groups to discuss and report to the class about functions of food nutrients in the human body.</li> <li>4. Learners brainstorm to describe how to improve sleep through diet and exercise.</li> </ol> <p><b>Improving Sleep Through Diet and Exercise</b></p> <p>While most people know that diet and exercise are two important ways to improve their health, sleep is often overlooked. <b>Sleep hygiene</b>, which involves habits that promote quality sleep, can be a starting point for improving your sleep.</p> <ul style="list-style-type: none"> <li>• <b>Do not eat too late:</b> Be sure to give your body time to digest after eating large meals. Try having dinner earlier in the evening.</li> <li>• <b>Avoid caffeine:</b> Beware of stimulants like coffee, energy drinks, and soda. If you do consume these, try to limit them to early in the day.</li> <li>• <b>Move your body:</b> Schedule regular exercise to improve your sleep. While any movement during the daytime is beneficial, aim to get regular, moderate exercise a few days a week. Try to avoid working out too close to bedtime, giving your body a couple hours after working out to wind down before bed.</li> <li>• <b>Get natural light:</b> Try exercising outdoors, as exposure to natural light during the day can help</li> </ul> | <p>Reflect on the functions of food nutrients in the human body that support physical exercise.</p> <p><b>Exercise;</b></p> <p>State 3 food nutrients that support physical activities.</p> |

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|  |  | keep your body in sync with its natural sleep rhythms |  |
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Name of Teacher:

School:

District: