

# EaD Comprehensive Lesson Plans



or



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**BASIC 9**

**WEEKLY LESSON PLAN – WEEK 3**

<b>Strand:</b>	Health Education	<b>Sub-Strand:</b>	Nutrition and Physical activity		
<b>Content Standard:</b>	B9.1.1.1 Demonstrate understanding of nutritional problems associated with participation in physical activity.				
<b>Indicator (s)</b>	B9.1.1.1.1: Examine problems associated with unbalanced / poor diet in relation to physical activity.	<b>Performance Indicator:</b> Learners can identify examples of good nutrition to enhance athletic performance.			
<b>Week Ending</b>	27-09-2024				
<b>Class</b>	B.S.9	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Physical Education				
<b>Reference</b>	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.				
<b>Teaching / Learning Resources</b>	Poster, Pictures, Video, word chart.	<b>Core Competencies:</b>		<ul style="list-style-type: none"> <li>• Critical thinking</li> <li>• Problem Solving</li> </ul>	
<b>DAYS/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
<b>MONDAY</b>	Engage Learners in watching pictures and video of activities required for achieving desired weight for competitive purposes.	<ol style="list-style-type: none"> <li>1. Assist Learners to identify examples of good nutrition that can enhance athletic performance.</li> <li>2. Learners brainstorm to mention examples of food that are not supposed to be taken in when about to participate in athletics.</li> <li>3. Discuss effects of taking in food that are not to be taken when participating in athletics.</li> </ol> <p><b>Nutrition and athletic performance</b> Good nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy</p> <p>Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity. You are more likely to be tired and perform poorly during sports when you do not get enough:</p> <p>Calories</p> <p>Carbohydrates</p> <p>Fluids</p> <p>Iron, vitamins, and other minerals</p> <p>Protein</p> <p><b>Recommendations</b></p> <p>The ideal diet for an athlete is not very different from the</p>			Through questions and answers, conclude the lesson.  <b>Exercise;</b> State 5 examples of good nutrition that can enhance athletic performance.

		<p>diet recommended for any healthy person.</p> <p>However, the amount of each food group you need will depend on:</p> <ul style="list-style-type: none"> <li>▪ The type of sport</li> <li>▪ The amount of training you do</li> <li>▪ The amount of time you spend doing the activity or exercise</li> </ul>	
<b>THURSDAY</b>	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> <li>1. Discuss with the Learners about the meanings of over and under nutrition.</li> <li>2. Assist Learners to identify nutritional problems associated with sex participation in physical activities.</li> <li>3. Learners in small groups to discuss about the effects of unbalanced/poor diet in participating in physical activity and report to the class.</li> </ol> <p><b>Overnutrition</b> is the form of malnutrition that happens when you take in more of a nutrient or nutrients than you need every day.</p> <p><b>Undernutrition</b> is the form of malnutrition that occurs when you don't get enough of nutrition (or nutrients).</p> <p>Regular physical activity can:</p> <ul style="list-style-type: none"> <li>• improve muscular and cardiorespiratory fitness;</li> <li>• improve bone and functional health;</li> <li>• reduce the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer (including breast cancer and colon cancer), and depression;</li> <li>• reduce the risk of falls as well as hip or vertebral fractures; and</li> <li>• help maintain a healthy body weight.</li> </ul>	<p>Reflect on the importance of eating balance diet in participating in physical activities.</p> <p><b>Exercise;</b></p> <p>State 5 nutritional problems associated with sex participation in physical activities.</p>

Name of Teacher:

School:

District: