

EaD Comprehensive Lesson Plans

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)	B9.1.1.1.2: Discuss the role of water in relation to nutrition and physical activity.			Performance Indicator:		
Week Ending	11-10-2024					
Class	B.S.9	Class Size:		Duration:		
Subject	Physical Education					



or



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BASIC 9

WEEKLY LESSON PLAN – WEEK 5

Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.		
Teaching / Learning Resources	Poster, Pictures and Video	Core Competencies:	<ul style="list-style-type: none"> • Critical thinking • Problem Solving
DAYS/DATE	PHASE 1 : STARTER	PHASE 2: MAIN	PHASE 3: REFLECTION
MONDAY	Learners brainstorm to identify examples of physical activities.	<ol style="list-style-type: none"> 1. Discuss with the Learners about the functions of water in the human body. 2. Assist Learners to identify the nutrients in water. 3. Learners brainstorm to describe how the nutrients in water help in performing physical activities. <p>Functions of Water in the Human body;</p> <p>1. Water Protects Your Tissues, Spinal Cord, and Joints</p> <p>Water does more than just quench your thirst and regulate your body's temperature; it keeps the tissues in your body moist, according to the Mayo Clinic Health System. You know how it feels when your eyes, nose, or mouth gets dry? Keeping your body hydrated helps it retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones, and brain, according to the U.S. Geological Survey.</p> <p>2. Water Helps Your Body Remove Waste</p> <p>Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. Water helps your kidneys remove waste from your blood and keep the blood vessels that run to your kidneys clear, according to the National Kidney Foundation.</p> <p>3. Water Aids in Digestion</p> <p>Water is important for healthy digestion. As the Mayo Clinic explains, water helps break down the food you eat, allowing its nutrients to be absorbed by your body.</p> <p>4. Water Prevents You From Becoming Dehydrated</p> <p>Your body loses fluids when you engage in vigorous exercise, sweat in high heat, or come down with a fever, or contract an illness that causes vomiting or diarrhea, according to the Centers for Disease Control and Prevention. If you're losing fluids for any of these reasons, it's important to increase your fluid intake so that you can restore your body's natural hydration level.</p>	<p>Reflect on the importance of water in the human body.</p> <p>Exercise;</p> <p>State 5 functions of water in the human body.</p>

THURSDAY	Through questions and answers, review Learners knowledge on the previous lesson.	<ol style="list-style-type: none">1. Engage Learners in performing physical activities.2. Ask Learners to drink water when they feel like or when they get thirsty during the physical activities.3. Assist Learners to observe and analyze how water is useful in physical activity participation. <p>The Usefulness of Water in Physical Activity Participation;</p> <ul style="list-style-type: none">• prevention of muscle cramp and dehydration• Improves Physical Performance• Increases Energy• Improves Brain Function• Helps for Weight Loss 	Summarize the lesson. Exercise; Explain how water is useful in physical activity participation.



Name of Teacher:

School:

District: