

EaD Comprehensive Lesson Plans

Strand:	Health Education	Sub-Strand:	Disease Prevention and Management.
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or






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<https://TrendingGhana.net>

BASIC 8

WEEKLY LESSON PLAN – WEEK 3

Content Standard:	B8.1.2.1 Develop awareness of behaviours that promote regular participation in physical activity.				
Indicator (s)	B8.1.2.1.1: Explore and catalogue several ways of getting active in different contexts including home school, community etc.		Performance Indicator: Learners can perform different varieties of physical activities.		
Week Ending	27-09-2024				
Class	B.S.8	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
Teaching / Learning Resources	Poster, Pictures and Video.		Core Competencies:	<ul style="list-style-type: none">• Critical thinking• Problem Solving	
DAYS	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Take Learners out of the classroom to a field and engage them in some physical activities for 10 minutes.	<div>1. Assist Learners to identify varieties of Physical activities.</div> <div>2. Learners individually brainstorm to identify examples of physical activities at home, school and in the Community.</div> <div>3. Show Learners video and pictures of varieties of physical activities.</div> <div>4. Discuss the importance of performing different varieties of physical activities with the Learners.</div> <div>Examples of Physical Activities;</div> <div><ul style="list-style-type: none">▪ Walking▪ Running▪ Dancing▪ Swimming▪ Yoga▪ gardening</div> <div></div> <div>Fig 9.4: Physical activity</div> <div>Importance of Physical Activities;</div> <div><ul style="list-style-type: none">• Protects You From Cardiovascular Disease. Save.</div>			Reflect on the need to perform physical activities often. Exercise; <div><div>1. State 5 examples of Physical activities.</div><div>2. Explain 5 importance of Physical activities.</div></div>

		<ul style="list-style-type: none"> • Aids Weight Loss. • Reduces The Risk Of Type 2 Diabetes. • Strengthens Muscles And Bones. • Reduces Stress. • Effective Treatment For Depression And Anxiety. • Lowers High Blood Pressure. • Reduces Risk Of Cancer. 	
THURSDAY	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Assist Learners to identify the steps to develop a physical activity plan. 2. Discuss with Learners the meaning of physical fitness. 3. Learners brainstorm to explain activities that helps to improve and maintain physical fitness. <p>Steps to develop a physical activity plan;</p> <ul style="list-style-type: none"> • Assess your fitness level. You probably have some idea of how fit you are. • Design your fitness program. It's easy to say that you'll exercise every day. • Assemble your equipment. You'll probably start with athletic shoes. • Get started. Now you're ready for action. • Monitor your progress.   <p>Activities that helps to improve and maintain physical fitness;</p> <ul style="list-style-type: none"> • Weight Training. • Swimming. • Cycling. • Running. • Walking. 	Through questions and answers, conclude the lesson.

Name of Teacher:

School:

District: