

FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 3

Week Ending: 20-10-2023	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Health Education	
Class: B9	Class Size:	Sub Strand: Nutrition And Physical Activity	
Content Standard: B9.1.2.1 Discuss ways to prevent diseases associated with sedentary behaviors and physical inactivity		Indicator: B9.1.2.1.1 Create and perform physical activities to lower the risks associated with sedentary behaviors and physical inactivity	Lesson: 1 of 1
Performance Indicator: Learners can perform physical activities to lower the risks associated with sedentary behaviors and physical inactivity.			Core Competencies: CG5.3: CC9.2: CC9.3:
Reference: P H E Curriculum P.g. 39			
New words: Physical activities, sedentary behaviors, risks, routines			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Display a list of keywords related to the topic on the Board or such as physical activities, sedentary behaviors, risks, and routines.</p> <p>Ask learners to discuss in pairs or small groups what they understand by these keywords and how they relate to each other.</p> <p>Have a class discussion and provide explanations and examples as needed</p> <p>Share performance indicators and introduce the lesson.</p>		
PHASE 2: NEW LEARNING	<p>Ask learners to recall what they already know about the risks associated with sedentary behaviors and physical inactivity.</p> <p>Discuss the negative effects of leading a sedentary lifestyle and the importance of physical activity for health and well-being.</p> <p>Provide a list of physical activities for reference, including both structured exercises and everyday activities.</p> <p>Discuss different types of activities that people can incorporate into their daily routines to stay active and healthy.</p> <ul style="list-style-type: none"> • <u>Gardening</u>: Tending to your garden involves activities like planting, weeding, and watering, which can be physically demanding and a great way to stay active. • <u>Riding a Bike</u>: Bicycling is an excellent cardiovascular exercise that can also be used for commuting or leisurely rides. • <u>Playing Games</u>: Engaging in sports like tennis, basketball, or even recreational games like badminton can provide a fun way to get exercise. 	Pictures and Charts	

	<ul style="list-style-type: none"> • <u>Logging</u>: Going for a jog is a popular choice for cardiovascular fitness. It can be done at your own pace and in various locations. • <u>Yoga</u>: Yoga combines physical postures, breathing exercises, and meditation, promoting flexibility, balance, and relaxation. • <u>Dancing</u>: Whether it's formal dance classes or just dancing around your living room, it's a fantastic way to get your heart rate up and enjoy music. • <u>Swimming</u>: Swimming is a full-body workout that's easy on the joints, making it an excellent choice for people of all ages. • <u>Hiking</u>: Exploring nature on hiking trails not only provides physical activity but also offers a mental refreshment. • <u>Household Chores</u>: Activities like vacuuming, mopping, and cleaning can help you burn calories while keeping your home tidy. • <u>Bodyweight Exercises</u>: Simple exercises like push-ups, squats, and planks can be done at home without any equipment. • <u>Walking</u>: Going for a brisk walk is one of the easiest ways to stay active. You can do it almost anywhere and at any time. • <u>Stair Climbing</u>: Opt for stairs instead of elevators or escalators whenever possible to work your leg muscles and improve cardiovascular health. • <u>Jumping Rope</u>: This simple yet effective exercise is great for improving coordination and stamina. • <u>Martial Arts</u>: Practices like karate, judo, or taekwondo offer a combination of physical fitness and self-defense training. • <u>Pilates</u>: Pilates focuses on core strength, flexibility, and overall body awareness through a series of controlled movements. <p>Break the class into small groups and assign each group a specific type of physical activity to discuss and demonstrate.</p> <p>Each group should create and perform a short physical activity routine related to their assigned type (e.g., stretching, aerobic exercises, and household chores).</p> <p>Ask learners:</p> <ul style="list-style-type: none"> • "How does this type of physical activity help lower the risks associated with sedentary behaviors?" • "Can you think of alternative ways to incorporate this physical activity into your daily routine?" <p>Instruct learners to create their own physical activity routines that can be incorporated into their daily routines to lower the risks associated with sedentary behaviors.</p>	
<p>PHASE 3: REFLECTION</p>	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"> 1. Tell the class what you learnt during the lesson. 2. Tell the class how you will use the knowledge they acquire during the lesson. 3. Which aspects of the lesson did you not understand? 	