

THIRD TERM

WEEKLY LESSON PLAN- B9

WEEK 2

Week Ending:	Day:	Subject: Physical Health Education	
Duration: 60mins		Strand: Health Education	
Class: B9	Class Size:	Sub Strand: Disease Prevention And Management	
Content Standard: B9.1.2.1 Discuss ways to prevent diseases associated with sedentary behaviours and physical inactivity		Indicator: B9.1.2.1.1: Create and perform physical activities to lower the risks associated with sedentary behaviours and physical inactivity	Lesson: 1 of 1
Performance Indicator: Learners can identify ways to avoid diseases associated with sedentary behaviour and physical inactivity		Core Competencies: DL 6.6: CP 5.6	
Reference: PHE Curriculum pg 39			
Keywords: sedentary behaviors, Aerobics, routine			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Revise with learners to review their understanding in sedentary behaviours and physical inactivity.</p> <p>Share performance indicators with learners.</p>		
PHASE 2: NEW LEARNING	<p>In groups, let learners discuss a variety of physical activities performed daily. E.g. gardening, riding a bike, playing games, jogging, dancing, swimming etc.</p> <p>In groups help learners make a presentation about physical activities that enhance regular participation to prevent diseases associated with sedentary behaviours and physical inactivity.</p> <p><i>Engaging in regular physical activity can help prevent diseases associated with sedentary behaviors and physical inactivity, such as obesity. Moderate-intensity exercises like fast walking, jogging, tennis, and aerobic dance can all contribute</i></p>	<p>Pictures, wall charts, etc</p>	

	<p><i>to maintaining a healthy weight and reducing the risk of obesity-related health issues.</i></p> <p>Guide learners Plan and perform physical activities to prevent diseases related to sedentary and physical inactivity.</p> <p><i>A comprehensive plan to prevent diseases related to sedentary behavior and physical inactivity could include a variety of physical activities, such as:</i></p> <p><i><u>Aerobics classes:</u> Joining a regular aerobics class can provide structured exercise sessions that target cardiovascular health and overall fitness.</i></p> <p><i><u>Jogging:</u> Incorporating regular jogging sessions into your routine can help improve endurance, burn calories, and reduce the risk of obesity-related diseases.</i></p> <p><i><u>Tennis:</u> Playing tennis is a fun way to get exercise while also improving agility, coordination, and cardiovascular health.</i></p> <p><i><u>Group fitness activities:</u> Participating in group fitness classes like Zumba, spinning, or boot camp workouts can provide motivation, social support, and a variety of exercises to keep things interesting.</i></p> <p>Record estimate of duration/measure of performance in your self-journal as your effort to increase involvement in physical activity.</p> <p>Assessment</p> <ol style="list-style-type: none"> 1. Mention 2 physical activities that can be performed daily . 2. State 3 activities can prevent diseases associated with sedentary behaviours and physical inactivity. 	
<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 aspect of the lesson did you not understand? 	

