

# THIRD TERM

## WEEKLY LESSON PLAN – B8

### WEEK 1

<b>Week Ending:</b> 30-06-2023	<b>Day:</b>	<b>Subject:</b> Physical and Health Education	
<b>Duration:</b> 60mins		<b>Strand:</b> Health Education	
<b>Class:</b> B8	<b>Class Size:</b>	<b>Sub Strand:</b> Nutrition And Physical Activity	
<b>Content Standard:</b> B8.1.1.1 Demonstrate understanding of the factors that influence the choice of food and feeding habits in relation to participation in sports and physical activity		<b>Indicator:</b> B8.1.1.1.1: Examine the factors that influence the choice of food and eating habits in relation to participation in physical activity	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can examine the factors that influence the choice of food and eating habits.		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum P.g. 20			
<b>Keywords:</b>			
Phase/Duration	Learners Activities	Resources	
PHASE 1: <b>STARTER</b>	<p>Welcome learners back from the holidays. Ask them how they spent their vacation holidays.</p> <p>Share performance indicators and introduce the lesson.</p>		
PHASE 2: <b>NEW LEARNING</b>	<p>In small groups, discuss the factors that influence the choice of food and eating habits including misconceptions, religion, age and state of health.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>-Biological determinant such as hunger, appetite and taste.</li> <li>-Cost and income</li> <li>-Accessibility and availability</li> <li>-Time constraints</li> <li>-Culture</li> </ul> <p>Engage learners to do research and do a 5-minute oral presentation in small groups on the effects of good and bad eating habits on participation in sports and physical activity.</p> <p><u>Assessment</u> Identify five factors that influence your food choice</p>	Picture/video	

<p>PHASE 3: <b>REFLECTION</b></p>	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"><li data-bbox="418 153 1013 184">1. Tell the class what you learnt during the lesson.</li><li data-bbox="418 212 1276 279">2. Tell the class how you will use the knowledge they acquire during the lesson.</li><li data-bbox="418 306 1078 338">3. Which aspects of the lesson did you not understand?</li></ol>	
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