

# FIRST TERM

## WEEKLY LESSON PLAN – B9

### WEEK I

<b>Week Ending:</b> 06-10-2023	<b>Day:</b>	<b>Subject:</b> Physical and Health Education	
<b>Duration:</b> 60mins		<b>Strand:</b> Health Education	
<b>Class:</b> B9	<b>Class Size:</b>	<b>Sub Strand:</b> Nutrition And Physical Activity	
<b>Content Standard:</b> B9.1.1.1 Demonstrate understanding of nutritional problems associated with participation in sports physical activities		<b>Indicator:</b> B9.1.1.1.1: Examine the problems associated with unbalanced or poor diet in relation to sports and physical activities	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can explain unbalance diet and it examples.		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum P.g. 38			
<b>Keywords:</b>			
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>	
<b>PHASE 1: 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>		
<b>PHASE 2: NEW LEARNING</b>	<p>Engage learners to explain the term balance diet. A balance diet is a food that provides your body the right proportions of essential nutrients it needs to function optimally. These nutrients include carbohydrate, minerals, proteins, fats, vitamins.</p> <p>Help learners to discuss unbalance diet. An unbalance diet is one that lacks proper proportions of essential nutrients. It often involves excessive consumption of certain food groups while neglecting others.</p> <p>In groups discuss with learners the nutritional problems associated with unbalanced or poor diet related to participation in sports and physical activities.</p> <p>1. Reduced Energy Levels: A diet lacking in essential nutrients such as carbohydrates, protein, and fats can lead to reduced energy levels, resulting in fatigue and poor performance.</p> <p>2. Reduced Endurance: A diet lacking in carbohydrates can lead to a decline in endurance levels, making it difficult for athletes to sustain their performance during prolonged physical activities.</p> <p><b>Assessment</b></p> <p>i. What is balance diet.</p>	Pictures, wall charts, etc	

	<ul style="list-style-type: none"><li>ii. State two examples of balance diet.</li><li>iii. Explain the term unbalance diet.</li></ul>	
<b>PHASE 3: REFLECTION</b>	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ul style="list-style-type: none"><li>1. Tell the class what you learnt during the lesson.</li><li>2. Tell the class how you will use the knowledge they acquire during the lesson.</li><li>3. Which aspects of the lesson did you not understand?</li></ul>	