Fayol Inc. 0547824419

FIRST TERM

WEEKLY LESSON PLAN – B8 WEEK 3

s to preven		B9.1.2	Strand: Health Edu Sub Strand: Nutriticator:		tivity
rs to preven ntary behav	t diseases	B9.1.2		ion And Physical Ac	tivity
rs to preven ntary behav		B9.1.2	cator:		
cator:	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:
and physica	l inactivity.	the ris	sks associated with	Core Competer CG5.3: CC9.2: C	
	_	/iors, ri	isks, routines		
Display a list of keywords related to the topic on the Board or such as physical activities, sedentary behaviors, risks, and routines. Ask learners to discuss in pairs or small groups what they understand by these keywords and how they relate to each other. Have a class discussion and provide explanations and examples as needed Share performance indicators and introduce the lesson.					Resources
Discuss the magnetance of the provide a list exercises and provide a list exercises and provide and provide and provide active a	negative effects of physical activity of physical activity of everyday activity rent types of act is to stay active a ening: Tending to you watering, which can is a Bike: Bicycling is	of leading ty for howities for ities. Existing the physics of an excess of the physics of the ph	cal inactivity. Ing a sedentary lifestyle lealth and well-being. In reference, including that people can incorpolithy. In involves activities like poically demanding and a greatlent cardiovascular exerces.	e and the both structured corate into their lanting, weeding, eat way to stay	Pictures and Charts
	and physica Curriculum al activities, earners Act Display a list chysical activ Ask learners hese keywo dave a class chare perfor Ask learners vith sedenta Discuss the importance of exercises and Discuss diffe laily routine • Gardi and v active • Riding used • Playin	and physical inactivity. Curriculum P.g. 39 al activities, sedentary behave earners Activities Display a list of keywords resolvesical activities, sedentary Ask learners to discuss in pathese keywords and how the selection and pathere performance indicator ask learners to recall what the vith sedentary behaviors and provide a list of physical activities and everyday activities and everyday activities and everyday activities. Discuss different types of activities are severe and everyday activities and watering. Tending to you and watering, which can active. Riding a Bike: Bicycling is used for commuting or leaving Games: Engaging	and physical inactivity. Curriculum P.g. 39 al activities, sedentary behaviors, ricearners Activities Display a list of keywords related to physical activities, sedentary behaviors and activities, sedentary behaviors has keywords and how they related to the hase keywords and how they related to the hare performance indicators and in the hare performance indicators and in the hare performance indicators and physical hare performance indicators and physical hare performance of physical activities of the hard provide a list of physical activities for exercises and everyday activities. Discuss different types of activities for exercises and everyday activities. Discuss different types of activities and watering. Tending to your gard and watering, which can be physically routines to stay active and head and watering, which can be physically in the physical activity of the hard provides. Riding a Bike: Bicycling is an excellent playing Games: Engaging in sport playing Games: Playing Games: Playing Games playing	al activities, sedentary behaviors, risks, routines Learners Activities Display a list of keywords related to the topic on the Boathysical activities, sedentary behaviors, risks, and routines Ask learners to discuss in pairs or small groups what they have a class discussion and provide explanations and exactivate performance indicators and introduce the lesson. Ask learners to recall what they already know about the with sedentary behaviors and physical inactivity. Discuss the negative effects of leading a sedentary lifestyle mportance of physical activity for health and well-being. Provide a list of physical activities for reference, including exercises and everyday activities. Discuss different types of activities that people can incomplaily routines to stay active and healthy. • Gardening: Tending to your garden involves activities like pand watering, which can be physically demanding and a gractive. • Riding a Bike: Bicycling is an excellent cardiovascular exercused for commuting or leisurely rides. • Playing Games: Engaging in sports like tennis, basketball, or	and physical inactivity. Curriculum P.g. 39 al activities, sedentary behaviors, risks, routines Display a list of keywords related to the topic on the Board or such as obysical activities, sedentary behaviors, risks, and routines. Ask learners to discuss in pairs or small groups what they understand by hese keywords and how they relate to each other. Have a class discussion and provide explanations and examples as needed other performance indicators and introduce the lesson. Ask learners to recall what they already know about the risks associated with sedentary behaviors and physical inactivity. Discuss the negative effects of leading a sedentary lifestyle and the importance of physical activities for reference, including both structured exercises and everyday activities. Discuss different types of activities that people can incorporate into their laily routines to stay active and healthy. • Gardening: Tending to your garden involves activities like planting, weeding, and watering, which can be physically demanding and a great way to stay active. • Riding a Bike: Bicycling is an excellent cardiovascular exercise that can also be

- <u>Jogging:</u> Going for a jog is a popular choice for cardiovascular fitness. It can be done at your own pace and in various locations.
- Yoga: 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.

Break the class into small groups and assign each group a specific type of physical activity to discuss and demonstrate.

Each group should create and perform a short physical activity routine related to their assigned type (e.g., stretching, aerobic exercises, and household chores).

Ask learners:

- "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?"

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.

PHASE 3: REFLECTION

Ask learners to do the following by ways of reflecting on the lesson:

- I. 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?