

# FIRST TERM

## WEEKLY LESSON PLAN – B9

### WEEK 4

<b>Week Ending:</b> 27-10-2023	<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> B9.1.2.1 Discuss ways to prevent diseases associated with sedentary behaviors and physical inactivity		<b>Indicator:</b> B9.1.2.1.1 Create and perform physical activities to lower the risks associated with sedentary behaviors and physical inactivity	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can perform physical activities to lower the risks associated with sedentary behaviors and physical inactivity.		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum P.g. 39			
<b>New words:</b> Physical activities, sedentary behaviors, risks, routines			
Phase/Duration	Learners Activities	Resources	
PHASE 1: <b>STARTER</b>	Revise with learners to review their understanding in the previous lesson  Share performance indicators and introduce the lesson.		
PHASE 2: <b>NEW LEARNING</b>	Ask students to remember what they've learned about the dangers of sedentary lifestyles and not exercising enough.  Discuss the adverse outcomes of a sedentary way of life and why being active is crucial for health.  Share a list of possible exercises and daily physical activities for students to consider.  Talk about various daily exercises that individuals can adopt to maintain health, such as: <ul style="list-style-type: none"> <li>• <u>Group Workouts</u>: Participating in collective activities like Zumba or aerobics can make workouts both fun and sociable.</li> <li>• <u>Outdoor Pursuits</u>: Enjoying outdoor tasks like hiking or sports like soccer can make physical activity enticing.</li> <li>• <u>Relaxation Activities</u>: Yoga and tai chi combine exercise with relaxation, also helping to reduce stress.</li> <li>• <u>Everyday Movement</u> Training: Activities that replicate daily tasks, such as lifting or reaching, help improve general fitness and lessen injury risks.</li> <li>• <u>Family Time</u>: Doing activities with family members, like cycling or playing games, promotes an environment conducive to staying active.</li> <li>• <u>Activity Monitoring</u>: Using tools or apps to check one's exercise routines can be motivating.</li> </ul>	Pictures and Charts	

	<p>Divide students into groups and give each one a specific exercise type to discuss and show.</p> <p>Each group should devise and showcase a brief activity sequence related to their chosen category (like stretches, cardio drills, or home tasks).</p> <p>Pose questions to the students:</p> <ul style="list-style-type: none"> <li>• "How does this exercise counteract the dangers of not being active enough?"</li> <li>• "Are there other methods to include this exercise in your day?"</li> </ul> <p>Encourage students to design their own daily workout plans that can counter the pitfalls of inactive behaviors.</p>	
<p><b>PHASE 3:</b> <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>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> </ol>	