

FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 1

Week Ending: 13-01-2023		Day:	Subject: Physical and Health Education	
Duration: 60mins			Strand: Health Education	
Class: B8		Class Size:	Sub Strand: Nutrition And Physical Activity	
Content Standard: 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		Indicator: B8.1.1.1.1: Examine the factors that influence the choice of food and eating habits in relation to participation in physical activity		Lesson: 1 of 1
Performance Indicator: Learners can examine the factors that influence the choice of food and eating habits			Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 20				
Keywords:				
Phase/Duration	Learners Activities			Resources
PHASE 1: STARTER	<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: NEW LEARNING	<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>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 four misconceptions that influence the choice of food you eat</p>			Picture/video
PHASE 3: REFLECTION	<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 aspects of the lesson did you not understand? 			