

LESSON PLAN

Learning Area: Life Orientation Grade: 6

Date: _____ Completed: _____

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|--|---|---|------------------|------------------------|
| Core Knowledge/ Content (Theme) | I am High on Life, I eat, learn and Play for health | | Duration: | Lesson No. 1 |
| Topic : Physical Activity and Healthy Eating (Physical Education) | | | | |
| Outcome(s) | LO | 4 | | |
| | AS | 3 | | |
| Resources: Handouts to be distributed to learners | | | | |

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| SKAV's | |
| Skills: Listening | |
| Knowledge: Eating healthy and being involved in physical activity brings about healthy living | |
| Values: Food as a source of energy and body nourishing | |
| Attitudes: Physical activity as a way of life | |
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| EDUCATOR | LEARNERS |
| Arrange learners to sit in a horse-shoe format in class to allow for discussion | Get to sit in a horse-shoe formation |
| <p>Discussion session</p> <p>Eating healthy food bring about healthy living</p> <p>“Regular physical exercise is essential for a healthy life. Physically inactive people are almost twice as likely to develop coronary heart disease as people who engage in regular physical activity. People with other risk factors for coronary disease, such as obesity and hypertension, may particularly benefit from physical activity. It also helps older adults remain independent and enhances the quality of life for people of all ages.”</p> | <p>Discussion session</p> <p>Listen to the information as researched and given by educator.</p> <p>While educator read from the handouts they read through quietly with their eyes.</p> |
| <p>The above research information was obtained from “Promoting Healthy Eating and Physical Activity for a Healthy Nation.” Website www.cd.gov/Healthyyouth/publications/</p> <p>The information was accessed on 25/04/2012.</p> | Lesson 1 ends |

ASSESSMENT

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| Assessor (Method) : Educator, Group, Peer, Self (Circle) |
| Evidence: |
| Form of Assessment |

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| REMARKS: |
| Reflection: |
| Expanded Opportunities: |

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|---|---|-----------|--------------|
| Core Knowledge/ Content (Theme) | I am High on Life, I eat, learn and Play for health | Duration: | Lesson No. 2 |
| Topic (Sub – topic) Physical Activity and Healthy Eating (Physical Education) | | | |
| Outcome(s) | LO 4 | | |
| | AS 3 | | |
| Resources: Flipchart, pens Nutrition Education poster | | | |

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| SKAV's | |
| <ul style="list-style-type: none"> • Skills: Listening • Knowledge: Eating healthy and being involved in physical activity brings about healthy living • Values: Food as a source of energy and body nourishing • Attitudes: Physical activity as way of life | |
| EDUCATOR | LEARNERS |
| From the previous discussion lesson | From the previous discussion lesson |
| Put up on a flipchart the question on revision on healthy eating from grade 4 and 5 work | Prepare themselves for the question. |
| Revision question : What are the 5 basic food groups | Mention the 5 basic food groups |
| Wait for learners to mention the 5 basic food groups | |
| Reveal to learners the correct answers | Check their answers against the educator's |
| <ul style="list-style-type: none"> • Revision question 2 : What are the important nutrients needed by the body in the food we eat | Mention the 6 important nutrients needed by the body. |
| <ul style="list-style-type: none"> • Reveal to learners the correct answers | Check their answers against the educator's |
| <ul style="list-style-type: none"> • Lesson 2 ends | Lesson 2 ends |

ASSESSMENT

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| Assessor (Method) : Educator, Group, Peer, Self (Circle) |
| Evidence: |
| Form of Assessment |

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| REMARKS: |
| Reflection: |
| Expanded Opportunities: |
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|--|---|------------------|------------------------|
| Core Knowledge/ Content (Theme) | I am High on Life, I eat, learn and Play for health | Duration: | Lesson No. 3 |
| Topic Physical Activity and Healthy Eating (Physical Education) | | | |
| Sub – topic: Developing stamina (Fitness programme) | | | |
| Outcome(s) | LO | 4 | |
| | AS | 3 | |
| Resources: School Sports ground | | | |

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| SKAV's | |
| <ul style="list-style-type: none"> • Skills: Ability to demonstrate spatial awareness • Knowledge: Stamina can be developed • Values: To value physical activity • Attitudes: Positive attitude towards fitness | |
| EDUCATOR | LEARNERS |
| Group learners into 6 | Get into groups of 6 |
| Engage learners on a short warm up exercise | Engage on a short warm up exercise |
| <ul style="list-style-type: none"> • As a class using the whole sports ground ask them to run around, once. • As each group, ask learners to run right round the sports ground, twice • Ask groups to run the 100m distance of the sports ground and time each group • Announce results in time who were the fastest , faster and fast. | <ul style="list-style-type: none"> • As a class using the whole sports ground learners run around, once. • As each group, learners to run right round the sports ground, twice • Ask groups to run the 100m distance of the sports ground and time each group. • Receive their results. |
| Engage learners in a cool down exercise | Engage in a cool down exercise |
| Lesson 3 ends | Lesson 3 ends |

ASSESSMENT

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| Assessor (Method) : Educator, Group, Peer, Self (Circle) |
| Evidence: |
| Form of Assessment |

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|--------------------------------|
| REMARKS: |
| Reflection: |
| Expanded Opportunities: |