

## Grade 7

## Lesson 5

### Lesson plan

Lesson theme	Write an article	Grade	7
Duration	40 minutes	Date/week	
Context			
<ul style="list-style-type: none"><li>The benefits of leading a healthy lifestyle.</li></ul>			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"><li>Integrate the nutrition and physical activity knowledge gained in previous lessons.</li></ul>		N/a.	
Core knowledge			
<ul style="list-style-type: none"><li>The theoretical base for this lesson is the same as for lessons 1 to 4.</li></ul>			
Learning activities and assessment			
<ul style="list-style-type: none"><li>Discuss ways of improving one's diet and the value of fair play in team and individual sports</li><li>Introduce the worksheet for lesson 5</li><li>Learners write an article either on how they can improve their eating habits or on fair play in sport.</li></ul>			
Forms of assessment		Resources	
<ul style="list-style-type: none"><li>Discussion</li><li>Article</li><li>Worksheet.</li></ul>		<ul style="list-style-type: none"><li>Paper</li><li>Pen</li><li>Access to the library and/or the internet</li><li>Worksheets.</li></ul>	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"><li>Choose articles that can go into the monthly newsletter.</li></ul>		<ul style="list-style-type: none"><li>The activities help reinforce the importance of eating a healthy, well-balanced diet, as well as the importance of having fun while participating in sports and getting physically active.</li></ul>	

## Grade 7

### Lesson 5: Write an article (40 minutes)

#### 1 Outcomes

**By the end of this lesson the learners should be able to:**

- Propose ways to improve their diet
- Conduct effective research into improving their diet
- Discuss the term 'fair play' in individual and team sports.

#### 2 Teacher's corner

The aim of lesson 5 is to integrate the nutrition and physical activity knowledge gained in the previous lessons. Therefore, the theoretical base for this lesson is the same as for lessons 1 to 4.

#### 3 Activities

**For lesson 4 you'll need the following equipment:**

- Paper
- Pens
- Access to the library and/or the internet.

#### **Activity 1: Be a health journalist (30 to 35 minutes)**

**The learners will write an article on how they can improve their eating habits or fair play in sport. Start the activity by reminding them of what they have learned on these topics in the previous lessons. In particular, you should discuss the following issues:**

- Ways of improving one's diet
- The value of fair play in team and individual sports.

**The learners need to choose 1 of the following topics to write on:**

- Practical suggestions on how to improve your diet
- Choose an individual sport. Explain how the rules of this sport contribute to fair play
- Choose a team sport. Explain how the rules of this sport contribute to fair play.



## Grade 7

### Tips for activity 1:

Teach the learners how to conduct research. Focus on skills such as finding the appropriate information, picking out the main ideas and making your own notes. These skills are vital tools in research. Remember to warn the learners about plagiarism.

Do not expect to get the finished product at the end of one lesson. Give them enough time to check, edit and rewrite their work. Discuss ways to present the articles with the class.

### For example, you can discuss the following topics:

- Should they include pictures?
- How are they going to get information?
- Must the article be handwritten or typed?



### 4 Wrap up (5 to 8 minutes)

Select an editing team that is going to choose articles to go into a monthly newsletter. The newsletter can be sent to the parents or the other grades.

## Grade 7

Name: \_\_\_\_\_

### Worksheet: Grade 7, lesson 5

#### Task 1: Make an advert

Create an advert using pictures and words to promote physical activity at your school. The content of the advert should include:

- The benefits of physical activity
- Ways to increase physical activity.

Your advert should be a poster you can put up for people to read. You can be very creative here. Think about creating an advert that would convince you to do physical activity.

#### Task 2: Article for newsletter

Choose any topic related to nutrition or physical activity. Write a short paragraph that encourages the reader to improve their lifestyle by being more physically active and eating healthily.

The paragraph should consist of at least 5 facts.