

Grade 9

Lesson 7

Lesson plan

| | | | |
|--|--------------------|---|---|
| Lesson theme | School environment | Grade | 9 |
| Duration | 40 minutes | Date/week | |
| Context | | | |
| <ul style="list-style-type: none"> Health promotion. | | | |
| Linking with previous lesson | | | |
| <ul style="list-style-type: none"> Learners find new ways to increase their physical activity and fitness levels. | | | |
| Core knowledge | | | |
| <ul style="list-style-type: none"> Know which environmental factors influence physical activity. | | | |
| Learning activities and assessment | | | |
| <ul style="list-style-type: none"> Learners walk around the school evaluating which environmental factors influence physical activity They then discuss whether or not it is possible to improve the school's ability to encourage physical activity through its layout. | | | |
| Forms of assessment | | Resources | |
| <ul style="list-style-type: none"> See "Learner assessment" in the "Checklist for evaluation" at the end of the lesson. | | <ul style="list-style-type: none"> Tape measure or measuring wheel Paper and pens for learners to record distances. | |
| Expanded opportunities | | Teacher reflection | |
| <ul style="list-style-type: none"> Encourage learners to evaluate how their home environments impact on their ability to get physically active. | | <ul style="list-style-type: none"> The activities make learners aware of the factors that influence their ability to get physically active and encourage them to find ways to address these. | |

Grade 9

Lesson 7: School environment (40 minutes)

1 Outcomes

By the end of lesson 2 the learners should be able to:

- Discuss which environmental factors influence physical activity in their school
- Suggest and discuss solutions to improve their school's ability to make physical activity easy.

2 Teacher's corner

In this lesson the learners will be moving all over the school to evaluate how the school's environment promotes physical activity. Environmental factors are discussed briefly in the teacher's information guide.

Environmental factors that influence physical activity:

- How close facilities (school, shops, places of worship) are to one another
- Street design
- Housing density
- Availability of public transport
- Pedestrian and cycling facilities
- Safety
- Crime
- Injury and motor vehicle accidents
- Numbers of cars in a family
- Neighbourhood design and the availability of green areas
- Owning a pet.

3 Activities

For lesson 2 you'll need the following equipment:

- Tape measure or measuring wheel
- Paper and pens for learners to record distance.

Activity 1: School environment (25 minutes)

Hand out the worksheet for lesson 2 and instruct the learners to fill it in as they walk around the school. Divide the learners into groups of 4. Ask the learners to walk around the school and evaluate the following:

- The amount of space available for play or physical activity
- The distance from their home class to other locations such as the office, tuck shop, other classes and the car park
- Where the stairs are
- Availability of equipment, changing rooms and showers
- Other environmental factors that impact on physical activity.

Grade 9

Tips for activity 1

The school environmental assessment will have learners running to all the corners of the school buildings. Ensure that they are not disruptive to other classes. You may want to have all the learners move to the same area at the same time instead of allowing them to go off on their own or in small groups. Alternatively, divide the learners into groups of 6 to 8 and ask them to work together as a team. Appoint a team captain who is responsible for the team's behaviour.

Activity 2 (10 minutes)

Have the learners return with their findings. Discuss the following issues:

- To what extent their school's design encourages physical activity
- What the distances they measured mean
- Whether or not it is possible to improve the school's ability to encourage physical activity through its layout.

4 Wrap up (5 minutes)

Discuss the importance of the school's environment for physical activity with the learners. Remind them of the effect that cultural factors, including one's home or school environment, have on physical activity levels.

Lesson 7: Checklist for evaluation

| Activity | Question | Yes | No |
|--------------------|--|-----|----|
| School environment | <ul style="list-style-type: none">• Can learners explain which environmental factors influence physical activity in their school?• Can learners recommend improvements for their school's environment to make it easier to participate in physical activities? | | |
| Teacher reflection | <ul style="list-style-type: none">• Do you think the activities encourage learners to address factors affecting their ability to get physically active? <p>If you had to repeat the lesson, what improvements would you make to it?</p> | | |
| Learner assessment | <ul style="list-style-type: none">• Learner completed the entire worksheet with no elements missing (8 to 10 marks)• Learner completed the worksheet with few elements missing (5 to 7 marks)• Learner completed the worksheet with a lot of elements missing (2 to 4 marks)• Learner did not complete worksheet (0 marks). | | |

Grade 9

Name: _____

Worksheet: Grade 9, lesson 7

Task 1: Investigating physical activity

Work in groups of 4. Walk around the school and evaluate the following:

- How much space is available for physical activity
- The distance from your home class to important places in the school
- The availability of equipment that promotes physical activity.
