**LESSON PLAN FOR WEEK 2 ENDING 13th JANUARY,2023**

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| SUBJECT | Physical and Health Education |
| TOPIC | Posture |
| SUB-TOPIC | Meaning of Posture and Postural Defects |
| DATE | 9TH -13TH January, 2023 |
| TIME | 9:30 – 10:10am |
| DURATION | 40 Minutes |
| PERIOD | 3rd |
| CLASS | JSS2 |
| NO IN CLASS | 12 |
| AVERAGE AGE | 11 Years |
| TERM | 2nd |
| AVERAGE AGE | 14-15 Years |
| SEX | Mixed |
| LEARNING OBJECTIVES | By the end of the lesson, scholars should be able to:  i.Explain the meaning of Posture and Postural Defects  ii.Demonstrate the various kinds of posture. |
| RATIONALE | To acquaint the scholars with the meaning of posture and postural defects. |
| PREVIOUS KNOWLEDGE | Scholars have seen people who do not have good working or sitting posture. |
| INSTRUCTIONAL RESOURCES | Charts from textbook explaining the topic. |
| REFERENCE MATERIAL | Physical and Health Education for Junior Secondary schools. Book  Fadoju .A (2016). |

**LESSON DEVELOPMENT**

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| **STEPS** | **TEACHERS ACTIVITIES** | **SCHOLARS ACTIVITIES** | **LEARNING POINTS** |
| Introduction | The teacher introduces the lesson by asking the scholars to demonstrate any posture they know. | The scholars demonstrate the different postures they know. | To stimulate their interest towards the topic. |
| Step 1 | The teacher explains the meaning of posture and postural defects. | The scholars pay attention. | To enhance proper understanding of the lesson. |
| Step 2 | The teacher describes the various kinds of posture. | The scholars listen and ask questions. | To encourage critical thinking on the topic. |
| Board summary | The teacher summarises the lesson thus:  **Meaning of Posture**  Posture means the different positions the body can take. It refers to the way we carry our body when we walk, stand, sit, run or lift objects. When a person has a good posture, he/she is able to do things easily. The body does not feel pains and the person is able to carry out duties with ease.  **Meaning of Postural Defects**  Postural defect is when a person is not able to carry his/her body in a correct way. It refers to a state in which someone carries the body in a way that is inappropriate. Examples of postural defects are: kyphosis, lordosis, scoliosis and flat feet.  **Kinds of Posture**  **A.Standing Posture**: For correct standing posture, the person must:  -Stand very well on both feet and distribute body weight on both feet.  -Keep head upright and chest out.  -Keep knees straight and relaxed.  -Tuck in the tummy  **B.Sitting Posture**: For correct sitting posture, the person must:  -Keep the body, the neck and the head straight.  -Sit with the buttocks and sit very well, back the chair.  -Tuck in your tummy and support the back with the  -Place feet flat on the ground.  C.Walking position: For correct walking posture, the person must”  -Keep the hands hanging loosely so that they can swing naturally.  -Hold the head up and chin.  -Hold the shoulders and chest out.  -Tuck in your abdomen.  -Move the body gracefully.  **D.Running posture:** For correct running posture, the person must:  -Keep the hands hanging loosely so that they can swing naturally.  -Hold the head and chin up.  -Hold the shoulders back and chin up.  -Keep your back straight and the shoulders back.  -Allow your legs and arms to work together as you run.  **E.Lifting Posture:** For correct lifting posture, the person must;  -Make sure the two feet are flat on the ground.  -Keep feet apart at comfortable distance for body balance.  -Keep the load to be lifted very close to the body and keep back straight.  -Make use of the knee muscles and not that of the back.  **F.Climbing Posture:**  -Lean slightly forward from hips and with a straight back.  -Look forward, keeping your eyes on the stairs from time to time without looking down with a bent head.  -Avoid over-straightening your knees as you climb up.  -Place your whole foot on the step. | The scholars copy notes into their notebooks. | For future references. |
| Evaluation | The teacher evaluates the scholars thus:  i.Define Posture  ii.Describe the various kinds of posture. | The scholars attempt the questions. | To ascertain the scholars understanding of the topic. |
| Conclusion | The teacher check scholars note and make corrections. | The scholars take corrections made by the teacher. | For consolidation of the topic. |
| Assignment | The teacher gives the scholars home work:  Explain three kinds of posture with pictural examples. | The scholars copy their home work to do it at home. | To encourage continuity of learning. |



**13/2/2023**

**Head Instructor**

**Note: Always remember to use the lesson note template given for all your notes. Take note of the highlighted items and make the necessary corrections. Do not forget to name your document(lesson note) properly.**