

DAILY LESSON PLAN

(NO.4)

Unit:3

HUMAN HEALTH

Date:

Year level: 4

Topic:

- Importance of Maintaining a Good Health

Key Learning Area: Importance of Maintaining a Good Health, Identification of everyday behavior that promote good health

Lesson Outcomes:

- Students will be able to learn about the importance of maintaining a good health
- Students will be able to learn about the identification of everyday behavior that promotes good health

Required days: 1 day

LESSON STRUCTURE:

Teaching hours: 40 min.

Time	Introduction (Set):	Teaching Approaches
Total time: 5 min. 5 min.	Introduce the concept of the importance of maintaining a Good Health Introduce the concept of everyday behavior that promote good health	<u>Method:</u> <u>Class discussion and Visualization</u> Discuss the importance of maintaining a good health with the students. Ask the students about the lifestyle that promotes a good health

Time	Main content:	Teaching approaches
Total time: 30 min. 30 min.	Tell the students about the importance of maintaining good health and everyday behavior that promotes a good health	<u>Method:</u> <u>Class discussion, Reading and Writing</u> Read the respective concept from the course book and discuss its important concepts with the students. Show a video related to healthy habits to the students. 【 Consult video aids section related to this topic (video length: 7 min.) Provide an activity on page no. 48 from the course book.

Time	Conclusion:	Teaching approaches
Total time: 5 min.	Students will be asked about <ul style="list-style-type: none"> • The importance of maintaining a Good Health • The identification of everyday behavior that promotes good health 	Method: Inquiry-based method Ask questions about the concepts being delivered Solve exercise MCQ that are related to this topic

RESOURCES:

Need resources such as :

- Video Aid
- Course Book
- Whiteboard
- Board Marker

SAFETY CONSIDERATION:

None

ASSESSMENT:

Assessment can be done through:

- Exercise-based questions
- Activity-based knowledge
- Reading Visual pictures
- Asking conceptual questions

REFLECTION:

This teaching strategy has helped students to:

- Learn about the importance of maintaining a good health
- Learn about the identification of everyday behavior that promotes good health

