

Grade 5

Lesson 5

Lesson plan			
Lesson theme	My wellness chart	Grade	5
Duration	30 to 40 minutes	Date/week	
Context			
<ul style="list-style-type: none"> Ways in which to improve health and wellness. 			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"> Learners reflect on different ways in which to improve their health and wellness. 		N/a.	
Core knowledge			
<ul style="list-style-type: none"> Understanding the concept of 'wellness' and what steps learners can take to improve their wellness. 			
Learning activities and assessment			
Individual work:			
<ul style="list-style-type: none"> Learners reflect on what healthy activities they did that week that would improve their wellness. Each learner then completes their own wellness chart. 			
Forms of assessment		Resources	
<ul style="list-style-type: none"> Worksheet. 		<ul style="list-style-type: none"> A copy of the lesson 5 worksheet for each learner Coloured pens or crayons. 	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"> Learners can keep their wellness charts in their portfolios so they can refer to it at a later stage and see how their wellness has improved. 		<ul style="list-style-type: none"> The wellness chart makes learners more aware of the importance of doing healthy activities that can improve their health and wellness. 	

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Lesson 5: My wellness chart (30 to 40 minutes)

1 Outcomes

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

- Complete a wellness chart
- Reflect on their wellness and plan steps to improve it
- Explain why a healthy lifestyle involves both physical activity and making healthy eating choices.

2 Teacher's corner

In 1981, the concept of wellness was new to many people. Today we are likely to encounter the topic everywhere through popular magazines, workshop topics or at the gym.

- Wellness is about appreciating yourself as a growing, changing person and allowing yourself to move towards a happier life and more positive health.
- Wellness is a personal, individual matter – there are no right or wrong answers. Learners should not, in any way, be judged on their wellness activity responses.
- Every wellness profile is different. Learners should be encouraged to reflect on their wellness and how they can take steps (however small) in the right direction along the path to wellness.

You need to show sensitivity and insight when dealing with each learner and his or her profile. Provide positive reinforcement for every step that is taken in the right direction. Do not allow any competition between learners regarding the wellness activity. Rather encourage learners to do 'before and after' type comparisons regarding their own wellness profiles.

The wellness chart

The wellness chart is a table with days of the week and healthy activities.

The learners then need to indicate what they have done. See an example of a wellness chart below.

Healthy activities	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Morning						Walked the dog	
Afternoon	Played soccer during break at school			Went for a walk with the family (1 hour)			
Evening							Played tennis

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3 Activities

For lesson 5 you'll need the following equipment:

- A copy of the lesson 5 worksheet for each learner
- Coloured pens or crayons.

Activity 1 (30 minutes)

Ask the learners to think about what physical activity and other healthy things they've done this week.

- Hand out the wellness charts to each learner
- Each learner must complete their own wellness chart. Emphasise that every chart will look different and that there are no right or wrong wellness charts.

Tip for activity 1

Encourage the learners to keep their wellness charts for later reference. This would be a useful activity to keep in the learner's portfolio.

4 Wrap-up (5 minutes)

Remind the learners about what wellness is and about the things they can do to improve their wellness.

Introduce the worksheet for lesson 5.

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Name: _____

Worksheet: Grade 5, lesson 5

Task 1: Your wellness chart

Think about the physical activity and other healthy things you have done this week. Try to fill in each block with a healthy activity that you have done. In the table, the example is if you went jogging on Saturday afternoon.

Examples of healthy activities

- Played a target game at school
- Played a target game at home
- Expressed yourself in dance
- Did housework to get your heart pumping
- Climbed stairs
- Started your day by stretching
- Did 10 star-jumps
- Did 10 sit-ups
- Did 10 push-ups
- Ran on the spot for a count of 20
- Added whole grains to your diet
- Chose fresh fruit and vegetables
- Chose water rather than a fizzy cold drink or a milkshake
- Did something relaxing
- Had enough sleep (at least 10 hours).

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Morning							
Afternoon						Jogging	
Evening							