

MORAL EDUCATION FOR WEEK 31- YEAR 7	
Subject	Moral Education
Session	ZOOM SESSION
Class/ Division	Year 7(A- F)
Week	31 ( 18 <sup>TH</sup> APRIL- 22 <sup>ND</sup> APRIL)
Work send to students via	Google Classroom
Total number of lessons per week	2
Unit	UNIT 2
Lesson 2	EXERCISE AND HEALTHY HABITS
Learning Objective	<ul style="list-style-type: none"> <li>Recognise the importance of healthy eating, sufficient sleep and regular exercise.</li> <li>Understand and explain the different ways in which disease spread, and know the importance of sanitation and clean water.</li> </ul>
Tasks (Day 1)	<p><u>Explain</u></p> <ul style="list-style-type: none"> <li>Aerobic</li> <li>Flexibility</li> <li>Movement</li> </ul> <p><b>DISCUSS:</b></p> <p>( Recap from lesson 1)</p> <ul style="list-style-type: none"> <li>Is it important to eat healthy? Why?</li> <li>The important of sleep and exercise</li> <li>Why these are important to be a part of our routine.</li> <li>Different types of exercises and their importance</li> <li>The need and importance of clean water and sanitation</li> </ul> <p><b>TASK</b></p> <ul style="list-style-type: none"> <li>Activity 1- page 10</li> <li>What are some of the healthy habits that you have.</li> </ul>
Resources	<ul style="list-style-type: none"> <li>Text book</li> <li>Power point</li> </ul>

<b>Tasks</b> <b>(Day 2)</b>	<b>GOOGLE CLASSROOM</b>
	<ul style="list-style-type: none"><li>• Activity 3- Page 13</li><li>• Activity4- page 13 &amp; 14</li></ul>