




## SECOND TERM LESSON PLAN

## WEEKLY LESSON PLAN – B7

## WEEK 3

<b>Date:</b> 27 <sup>th</sup> MAY, 2022	<b>DAY:</b>	<b>Subject:</b> Physical and Health Education	
<b>Duration:</b> 100 mins.		<b>Strand:</b> Health Education	
<b>Class:</b> B7	<b>Class Size:</b>	<b>Sub Strand:</b> First aid, injury prevention and management	
<b>Content Standard:</b> B7.1.3.1 Demonstrate understanding of first aid, causes, prevention and management of common injuries in sports and physical activity		<b>Indicator:</b> B7.1.3.1.1: Describe first aid and evaluate causes of common injuries related to sports and physical activity.	<b>Lesson:</b> 3 OF 4
<b>Performance Indicator:</b> Learners can describe international procedures of managing physical activity and sports related injuries.		<b>Core Competencies:</b> CP5.1, CP5.6, CC: 5.1	
<b>Reference:</b> Physical and Health Education Curriculum P.g. 4			
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>	
<b>PHASE 1: STARTER</b>	Ask learners questions to review their understanding in the previous lesson.  Share performance indicators and introduce the lesson.		
<b>PHASE 2: NEW LEARNING</b>	Learners remain in their groups while teacher simulates or shows a simulation of international procedures of managing physical activity and sports related injuries such as wounds, fractures, bleeding.    	clip/video, pictures	

	<p>Guide learners to mention international procedures of managing physical activity and sports related injuries such as wounds, fractures, bleeding.</p> <p><b>R. I. C. E</b></p> <ul style="list-style-type: none"> <li>➤ <b>Rest</b> – stop any exercise or activities and try not to put any weight on the injury. Avoid movement as much as possible to limit further injury</li> <li>➤ <b>Ice</b> – apply an ice pack. Cooling the tissue can help reduce pain, swelling and internal bleeding.</li> <li>➤ <b>Compression</b> – wrap a bandage around the injury to support it.</li> <li>➤ <b>Elevate</b> – keep it raised on a pillow as much as possible</li> </ul> <p>Direct learners to use role play to simulate how a given injury scenario is managed (e.g., fracture, cut, bleeding)</p>	
<p>PHASE 3: <b>REFLECTION</b></p>	<p>Ask learners to summarize what they have learnt.</p> <p>Let learners say 5 words they remember from the lesson.</p>	

<b>Date:</b> 27 <sup>th</sup> MAY, 2022	<b>DAY:</b>	<b>Subject:</b> Physical and Health Education
<b>Duration:</b> 50 Mins.		<b>Strand:</b> Health Education
<b>Class:</b> B7	<b>Class Size:</b>	<b>Sub Strand:</b> First aid, injury prevention and management
<b>Content Standard:</b> B7.1.3.1 Demonstrate understanding of first aid, causes, prevention and management of common injuries in sports and physical activity	<b>Indicator:</b> B7.1.3.1.1: Describe first aid and evaluate causes of common injuries related to sports and physical activity	<b>Lesson:</b> 4 OF 4
<b>Performance Indicator:</b> Learners can identify ways of preventing common injuries in sports		<b>Core Competencies:</b> CP5.1, CP5.6, CC: 5.1
<b>Reference:</b> Physical and Health Education Curriculum P.g 4		
Phase/Duration	Learners Activities	Resources
<b>PHASE 1:</b> <b>STARTER</b>	<p>Use questions and answers to review learners understanding in the previous lesson.</p> <p>Teacher introduces the lesson to learners. Students are to list all the words they associate with the topic to be treated. Ask them to put words together to form a definition</p>	
<b>PHASE 2:</b> <b>NEW LEARNING</b>	<p>Engage learners to create a guide for preventing common injuries in sports and physical activity settings.</p> <ul style="list-style-type: none"> <li>➤ Cool down properly after exercise or sports. It should take 2 times as long as your warm-ups.</li> <li>➤ Stay hydrated. Drink plenty water to prevent dehydration.</li> <li>➤ Stretching exercises can improve the ability of muscles to contract.</li> <li>➤ Use the right equipment and wear shoe that makes you comfortable.</li> <li>➤ Learn the right techniques to play your sport.</li> <li>➤ Rest when tired.</li> </ul>	Pictures, Charts, Video Clips

	<ul style="list-style-type: none"> <li>➤ Always take your time during strength training and go through the full range of motion with each repetition.</li> <li>➤ Warm up properly.</li> <li>➤ After an injury or during recovery: Do not do too much too soon.</li> <li>➤ Develop a fitness plan that includes cardiovascular exercise, strength training and flexibility</li> </ul>	
<p><b>PHASE 3:</b> <b>REFLECTION</b></p>	<p>Use questions to review their understanding of the lesson</p> <p>Ask learners to summarize what they have learnt</p>	