




SECOND TERM LESSON PLAN

WEEKLY LESSON PLAN – B7

WEEK 3

Date: 27 th MAY, 2022	DAY:	Subject: Physical and Health Education	
Duration: 100 mins.		Strand: Health Education	
Class: B7	Class Size:	Sub Strand: First aid, injury prevention and management	
Content Standard: B7.1.3.1 Demonstrate understanding of first aid, causes, prevention and management of common injuries in sports and physical activity		Indicator: B7.1.3.1.1: Describe first aid and evaluate causes of common injuries related to sports and physical activity.	Lesson: 3 OF 4
Performance Indicator: Learners can describe international procedures of managing physical activity and sports related injuries.		Core Competencies: CP5.1, CP5.6, CC: 5.1	
Reference: Physical and Health Education Curriculum P.g. 4			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Ask learners questions to review their understanding in the previous lesson. Share performance indicators and introduce the lesson.		
PHASE 2: NEW LEARNING	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>R. I. C. E</p> <ul style="list-style-type: none"> ➤ Rest – 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 ➤ Ice – apply an ice pack. Cooling the tissue can help reduce pain, swelling and internal bleeding. ➤ Compression – wrap a bandage around the injury to support it. ➤ Elevate – keep it raised on a pillow as much as possible <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: REFLECTION</p>	<p>Ask learners to summarize what they have learnt.</p> <p>Let learners say 5 words they remember from the lesson.</p>	

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

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