

WEEKLY LESSON PLAN – B7

WEEK 2

Date: 20 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:
Performance Indicator: Learners can discuss common injuries related to sports and physical education.		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	Revise with learners to review their understanding in the previous lesson. Share performance indicators with learners.	
PHASE 2: NEW LEARNING	Guide learners to discuss common injuries related to sports and physical activity, e.g. cuts, dislocation and fracture, etc. <ul style="list-style-type: none"> • <u>Sprains.</u> Overstretching or tearing the ligaments results in a sprain. Ligaments are pieces of tissue that connects two or more bones at a joint. • <u>Strains.</u> Overstretching or tearing muscles or tendons results in a sprain. Tendons are thick, fibrous cords of tissue that connect bone to muscle. • <u>Fractures:</u> A fracture is a break in a bone. . If the bone breaks through the skin, it is called an open fracture. • <u>Dislocations.</u> Dislocation happens when a bone is forced out of its socket. • <u>Rotator cuff injury.</u> Four pieces of muscle work together to form the rotator cuff. The rotator cuff keeps your shoulder moving in all directions. A tear in any of these muscles can weaken the rotator cuff • <u>Cuts:</u> Cut is a break or opening in the skin as a result of a fall while running, participating in any fitness activity 	Picture and chart.

	<ul style="list-style-type: none"> • <u>Achilles tendon rupture.</u> <i>The Achilles tendon is a thin, powerful tendon at the back of your ankle. During sports, this tendon can break or rupture.</i> <p>In their groups, let learners classify various injuries as either minor or major.</p> <p>Minor injuries are <i>Shallow cuts, Sprains, strain, Bruises, knee pain, Achilles tendon</i></p> <p>Major injuries are <i>fractures, chest pain, paralysis, Gunshot wounds, head or eye injury.</i></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Cut</p> </div> <div style="text-align: center;">  <p>Dislocation</p> </div> <div style="text-align: center;">  <p>Fracture</p> </div> </div>	
<p>PHASE 3: REFLECTION</p>	<p>Ask learners to tell what they have learnt and show how they will use such knowledge in sports and physical activity settings.</p>	

Date: 20 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: 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:
Performance Indicator: learners can analyze the causes of the common 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	Start the lesson with a recap of the previous lesson. Allow learners to reflect on what they learnt from the previous lesson.	
PHASE 2: NEW LEARNING	In groups, let learners analyze the <i>causes of the common injuries</i> associated with physical activity. Examples: <ul style="list-style-type: none"> ✚ Lack of adequate warm-up. ✚ Inappropriate footwear and equipment. ✚ Not doing regular exercise ✚ Being in poor health condition. ✚ Improper or poor training practices 	Rope Ball Shoe
PHASE 3: REFLECTION	Ask learners questions to review their understanding of the lesson. Ask learners to summarize what they have learnt.	