

SECOND TERM WEEKLY LESSON NOTES

PHYSICAL AND HEALTH EDUCATION – B7

WEEK 4

Date: 3 rd June, 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: B7.1.3.1.2: Demonstrate understanding of preventive management measures for common injuries associated with sports and physical activity.	Lesson: 1 OF 2
Performance Indicator: learners can demonstrate ways of preventing common injuries in sports		Core Competencies: CP5.1: CP5.6: CC5.1:	
Reference: Physical and Health Education Curriculum P.g 5			
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. ➤ Always take your time during strength training and go through the full range of motion with each repetition. 	Pictures, Charts, Video Clips	

	<ul style="list-style-type: none"> ➤ 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>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>Use questions to review their understanding of the lesson</p> <p>Ask learners to summarize what they have learnt</p>	

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Performance Indicator: Learners can demonstrate a preventive management measures for common injuries		Core Competencies: CP5.1: CP5.6: CC5.1:	
Reference: Physical and Health Education Curriculum pg 5			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Have learners to watch pictures or a short video a of international procedures of managing physical activity Review learners understanding in the previous lesson using questions and answers		
PHASE 2: NEW LEARNING	Through role play, learners pick an injury associated with sports/physical activity and demonstrate ways of managing it. Example: Fracture 1. Allow the injured person stop any exercise or activities and try not to put any weight on the injury. 2. Apply an ice pack. Cooling the tissue can help reduce pain, swelling and internal bleeding. 3. Wrap a bandage around the injury to support it. 4. keep the leg raised on a pillow as much as possible Have learners pick up different injuries and demonstrate ways of managing them in groups.	Pictures, Charts, Video Clips	
PHASE 3: REFLECTION	End lesson with a cool down Have learners to reflect on what they have learn		