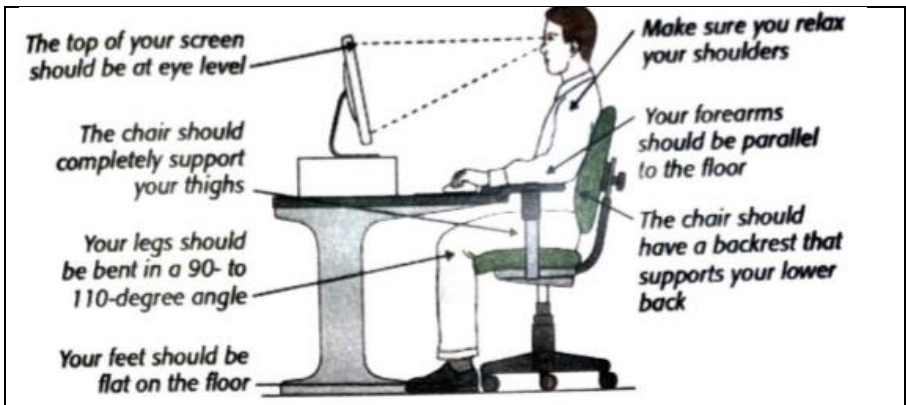


# FIRST TERM

## WEEKLY LESSON NOTES – B8

### WEEK 7

<b>Week Ending:</b> 24-02-2023	<b>DAY:</b>	<b>Subject:</b> Computing
<b>Duration:</b> 60mins		<b>Strand:</b> Introduction To Computing
<b>Class:</b> B8	<b>Class Size:</b>	<b>Sub Strand:</b> Health & Safety in using ICT tools
<b>Content Standard:</b> B8.1.3.1. Demonstrate How to Apply Health and Safety measures in Using ICT Tools	<b>Indicator:</b> B8.1.3.1.1 Discuss health issues at workstations	<b>Lesson:</b> 1 of 2
<b>Performance Indicator:</b> Learners can discuss health issues at workstations		<b>Core Competencies:</b> CC8.2: CP6.1
<b>Reference:</b> Computing Curriculum Pg. 27		
<b>Activities For Learning &amp; Assessment</b>		
<b>Starter (5mins)</b>		
Revise with learners to review their understanding in the previous lesson.		
Share performance indicators and introduce the lesson.		
<b>Main (35mins)</b>		
Brainstorm learners to describe a workstation. <i>A workstation is a place where work of a particular nature is carried out.</i>		
Guide learners to discuss the importance of taking regular breaks from bulk work (possibly after every hour).		
Demonstrate with learners some stretches you can do during the break		
<u>Triceps stretches</u>		
<ul style="list-style-type: none"> <li>• Raise your arm and bend it so that your hand reaches toward the opposite side.</li> <li>• Use your other hand and pull the elbow toward your head.</li> <li>• Hold for 10 to 30 seconds and repeat on the other side.</li> </ul>		
<u>Overhead stretch</u>		
<ul style="list-style-type: none"> <li>• Extend each arm overhead.</li> <li>• Reach the opposite side. Hold for 10 to 30 seconds.</li> <li>• Repeat on the other side.</li> </ul>		
<u>Upper body and arm stretch</u>		
<ul style="list-style-type: none"> <li>• Clasp hands together above the head with palms facing outward.</li> <li>• Push your arms up, stretching upward,</li> <li>• Hold the pose for 10 to 30 seconds.</li> </ul>		
Have learners discuss the adoption of good posture while at the computer.		
<b>Resources</b>		<b>Progression</b>
Pictures and videos		Discussing health issues at workstations.



Let learners discuss the use of document holders to avoid having to lean over and bend your neck while looking at paperwork.

**Reflection (10mins)**

Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.

Take feedback from learners and summarize the lesson.

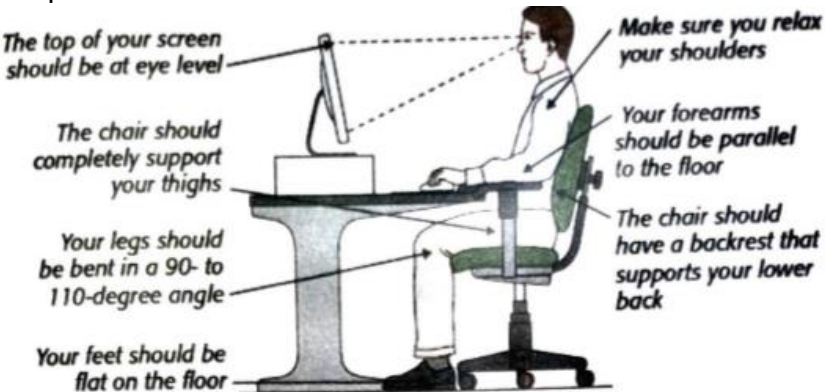
**Homework/Project Work/Community Engagement Suggestions**

In groups, learners discuss the importance of taking regular breaks from bulk work

**Cross-Curriculum Links/Cross-Cutting Issues**

None

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<b>Content Standard:</b> B8.1.3.1. Demonstrate How to Apply Health and Safety measures in Using ICT Tools	<b>Indicator:</b> B8.1.3.1.1 Discuss health issues at workstations	<b>Lesson:</b> 2 of 2
<b>Performance Indicator:</b> Learners can discuss health issues at workstations		<b>Core Competencies:</b> CC8.2: CP6.1
<b>Reference:</b> Computing Curriculum Pg. 27		

<b>Activities For Learning &amp; Assessment</b>	<b>Resources</b>	<b>Progression</b>
<p><b>Starter (5mins)</b></p> <p>Revise with learners to review their understanding in the previous lesson.</p> <p>Share performance indicators and introduce the lesson.</p> <p><b>Main (35mins)</b></p> <p>Have learners discuss the adoption of good posture while at the computer.</p>  <ul style="list-style-type: none"> <li>• Set your body to straighten and be comfortable.</li> <li>• Place both feet on the floor.</li> <li>• Tilt your elbows at a right angle.</li> <li>• There should be a 40-70 cm distance between a computer screen and your eyes.</li> <li>• Your head should be in front of the computer screen.</li> <li>• Your wrist should be on the level of the keyboard so that you can move your fingers easily. Fingers should not be lifted too much from the keyboard.</li> <li>• Your fingers should always be on home keys such as ASDF, and LKJ.</li> <li>• Focus your eyes on the screen while typing or on the page if you are typing by looking at it.</li> </ul>	<p>Pictures and videos</p>	<p>Discussing health issues at workstations.</p>

<p>Let learners discuss the use of document holders to avoid having to lean over and bend your neck while looking at paperwork.</p> <p><b>Reflection (10mins)</b> Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p>		
<b>Homework/Project Work/Community Engagement Suggestions</b>		
In groups, learners discuss the use and importance of document holders		
<b>Cross-Curriculum Links/Cross-Cutting Issues</b>		
None		