



FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 5

| Week Ending: 10- 02-2023 | Day: | Subject: Physical and Health Education | |
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| Duration: 60mins | | Strand: Health Education | |
| Class: B8 | Class Size: | Sub Strand: First Aid, Injury Prevention And Management | |
| Content Standard: B8.1.3.1 Apply the principles of first aid in a variety of sports and physical activity settings to support environmental and personal safety | | Indicator: B8.1.3.1.1: Discuss the concepts and principles of first aid and how to apply them to ensure environmental and personal safety | Lesson: 1 of 1 |
| Performance Indicator: Learners can mention how often they engage in physical activities. | | Core Competencies: CG5.3: CC9.2: CC9.3: | |
| Reference: P H E Curriculum P.g. 22 | | | |
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| Phase/Duration | Learners Activities | Resources | |
| PHASE 1: STARTER | <p>Start the lesson with a recap of the previous lesson. Allow learners to reflect on what they learnt from the previous lesson.</p> <p>Share performance indicators and introduce the lesson.</p> | | |
| PHASE 2: NEW LEARNING | <p>In groups let learners explain the meaning of first aid. <i>First aid is the provision of initial care for an illness or injury. It is usually performed by a non-expert person to a sick or injured person until appropriate medical treatment can be accessed in a hospital or by going to a doctor.</i></p> <p>Assist them to mention some of the basic types of first aid.</p> <ol style="list-style-type: none"> i. Broken bones ii. Choking iii. Burns iv. Bleeding v. Cardiopulmonary resuscitation <p>Discuss the meaning of first aid kit with learners. <i>First aid kit is a collection of supplies and equipment used to give immediate medical treatment, primarily to treat injuries and other mild conditions.</i></p> <p>Guide them to list items that are found in first aid kit. <i>Bandage, Antiseptic cream sachets, Gloves, Instant ice pack, Foil blanket, Wound wipe, Nasal sponge plug, Plaster, scissors</i></p> | Pictures and charts | |

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| <p>PHASE 3: REFLECTION</p> | <p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"> 1. Tell the class what you learnt during the lesson. 2. Tell the class how you will use the knowledge they acquire during the lesson. 3. Which aspects of the lesson did you not understand? | |

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| Content Standard: B8.1.3.1 Apply the principles of first aid in a variety of sports and physical activity settings to support environmental and personal safety | | Indicator: B8.1.3.1.1: Discuss the concepts and principles of first aid and how to apply them to ensure environmental and personal safety | Lesson: 1 of 1 |
| Performance Indicator: Learners can discuss how first aid can contribute to personal and environmental safety. | | Core Competencies: CG5.3: CC9.2: CC9.3: | |
| Reference: P H E Curriculum Pg. 22 | | | |
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| 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 and the homework. | | |
| PHASE 2: NEW LEARNING | Discuss with the learners how first aid can contribute to personal and environmental safety. The main objective of first aid is not to cure, but to ensure safety until the patient or affected person accesses specialized treatment. (i) To ensure that the victim reaches the place of specialized treatment safely and life is not lost in-between; (ii) To prevent further harm, i.e., the injury that has taken place, does not deteriorate further (iii) To prevent the danger of further injury. (iv) To promote recovery, i.e., necessary intervening care is taken in a way that promotes recovery and relieves the victim of pain and uneasiness. | Pictures and charts | |
| PHASE 3: REFLECTION | Ask learners to do the following by ways of reflecting on the lesson: 1. Tell the class what you learnt during the lesson. 2. Tell the class how you will use the knowledge they acquire during the lesson. 3. Which aspects of the lesson did you not understand? | | |