

FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 6

Week Ending: 17-02-2023	Day:	Subject: Physical and Health Education	
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			
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. Share performance indicators and introduce the lesson.		
PHASE 2: NEW LEARNING	Through think pair share method, let learners identify the basic principles of first aid <ol style="list-style-type: none"> 1. Assessment of the situation 2. Provision of urgent care 3. Examination of the casualty for injuries 4. Treatment of the casualty's injuries 5. Call of a physical for assistance <p>In groups, let them discuss the procedures used in first aid to an injured person.</p> <ul style="list-style-type: none"> • D for danger – Assess the situation • R for response – Check consciousness, check on vital signs • A for airway – Open airway • B for breathing – Check respiration rates • C for circulation – Give chest compressions. <p>Describe the techniques used in first aid to an injured person.</p> <ol style="list-style-type: none"> a. Wash your hands or put on disposable gloves if you have them. b. Rinse the wound with water c. Cover the wound with a cloth d. Apply direct pressure to stop the flow of blood and encourage clotting. 	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?	
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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			
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	Have learners identify emergency numbers in case of any major accidents in the kitchen or workshop. 999 in case you need help in times of accidents 191 in case you need help from the police service 192 in case you need help from the fire service 193 in case you need help from the ambulance service Assist learners to provide assurance and guidance to the casualty, how and where to get help. a. Treat any obvious injuries b. Lie the person down c. Do not give them anything to eat d. Give them lot of comfort e. Use blanket to keep them warm	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?		