


FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 7

Week Ending: 24-02-2023	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: B8.1.3.1.2: Apply the principles of first aid in a variety of sports and physical activity settings to develop or create a safe environment for performance	Lesson: 1 of 1
Performance Indicator: Learners can demonstrate international procedures of managing physical activity and sports related injuries.		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	Help learners identify and discuss the items in a first aid kit. <ul style="list-style-type: none"> • Bandage, • Antiseptic cream sachets, • Gloves, • Instant ice pack, • Foil blanket, • Wound wipe, • Nasal sponge plug, • Plaster, • scissors  <p>Guide learners to demonstrate international procedures of managing physical activity and sports related injuries such as wounds, fractures, bleeding.</p> <p>R. I. C. E</p>	Pictures and charts	

	<ul style="list-style-type: none"> • Rest – stop any exercise or activities and try not to put any weight on the injury. Avoid movement as much as possible to limit further injury • Ice – apply an ice pack. Cooling the tissue can help reduce pain, swelling and internal bleeding. • Compression – wrap a bandage around the injury to support it. • Elevate – keep it raised on a pillow as much as possible <div data-bbox="448 453 813 627" data-label="Image"> </div> <div data-bbox="829 434 1195 627" data-label="Image"> </div> <p data-bbox="448 663 1187 737">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>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? 	