

FIRST TERM

WEEKLY LESSON PLAN – B8

WEEK 8

Week Ending: 03-03-2023	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 how to apply first aid..		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 22			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Start the lesson with a recap of the previous lesson.</p> <p>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>Engage them to mention different cases in first aid. Drowning, burns, unconscious, bleeding, choked, fracture, etc</p> <p>Demonstrate with learners how to apply first aid to a choke person.</p> <ul style="list-style-type: none"> • encourage the person to cough to try to clear the blockage • ask them to try to spit out the object if it's in their mouth • don't put your fingers in their mouth to help them because they may accidentally bite you <p>In groups guide learners to demonstrate how to give immediate solution to a person who is suffering from burns and scalds.</p> <ul style="list-style-type: none"> • cool the burn as quickly as possible with cool running water for at least 10 minutes, or until the pain is relieved • phone 999 or seek medical help, if needed • while cooling the burn, carefully remove any clothing or jewellery, unless it's attached to the skin • if you're cooling a large burnt area, particularly in babies, children and elderly people, be aware that it may cause 	Pictures and charts	

	<p>hypothermia (it may be necessary to stop cooling the burn to avoid hypothermia)</p> <ul style="list-style-type: none"> • cover the burn loosely with cling film; if cling film isn't available, use a clean, dry dressing or non-fluffy material; don't wrap the burn tightly, because swelling may lead to further injury • don't apply creams, lotions or sprays to the burn 	
<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? 	