

# THIRD TERM

## WEEKLY LESSON PLAN – B8

### WEEK 3

<b>Week Ending:</b> 14-07-2023	<b>Day:</b>	<b>Subject:</b> Physical and Health Education	
<b>Duration:</b> 60mins		<b>Strand:</b> Health Education	
<b>Class:</b> B8	<b>Class Size:</b>	<b>Sub Strand:</b> First Aid, Injury Prevention & Management	
<b>Content Standard:</b> 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		<b>Indicator:</b> B8.1.3.1.1 Discuss the concepts and principles of first aid and how to apply them to ensure environmental and personal safety	<b>Lesson:</b> 1 of 1
<b>Performance Indicator:</b> Learners can apply them to ensure environmental and personal safety.		<b>Core Competencies:</b> CG5.3: CC9.2: CC9.3:	
<b>Reference:</b> P H E Curriculum P.g. 22			
<b>Keywords:</b>			
Phase/Duration	Learners Activities	Resources	
<b>PHASE 1: STARTER</b>	<p>Begin the lesson by discussing the importance of first aid in emergency situations.</p> <p>Explain that knowing basic first aid techniques can help save lives, prevent further injuries, and promote a safe environment.</p> <p>Ask learners if they have any prior knowledge or experience with first aid.</p> <p>Share performance indicators and introduce the lesson.</p>		
<b>PHASE 2: NEW LEARNING</b>	<p>Introduce the key principles of first aid, including the "ABCs" (Airway, Breathing, Circulation) and the importance of remaining calm and calling for help in emergencies.</p> <p>Discuss the concept of "Duty of Care" and the legal and ethical responsibilities associated with providing first aid assistance.</p> <p>Explain the importance of assessing the situation, ensuring personal safety, and obtaining consent before providing aid.</p> <p>Discuss the meaning of first aid kit as a collection of supplies and equipment used to give immediate medical treatment, primarily to treat injuries and other mild conditions.</p> <p>Discuss common causes of injuries in different environments, such as at home, school, or during sports activities.</p> <p>Present injury prevention strategies, including maintaining a safe environment, using protective equipment, practicing proper body mechanics, and following safety guidelines.</p>	First aid kits, bandages, splints	

	<p>Engage learners in a discussion about ways they can contribute to injury prevention in their daily lives.</p> <p>Demonstrate and explain essential first aid techniques, such as:</p> <ul style="list-style-type: none"> <li>• CPR (Cardiopulmonary Resuscitation)</li> <li>• Choking relief procedures</li> <li>• Treating cuts, burns, and sprains</li> <li>• Applying bandages and splints</li> </ul> <p>Use props and visual aids to enhance understanding and engagement.</p> <p>Encourage learners to ask questions and participate in the demonstrations.</p> <p>Distribute first aid procedures and guidelines. Let learners work in pairs or small groups and practice the demonstrated first aid techniques.</p> <p>Provide scenarios or case studies related to common injuries or emergencies and ask learners to apply the appropriate first aid techniques.</p> <p>Observe and provide guidance as learners practice, emphasizing the correct procedures and safety precautions.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> <li>1. What is the purpose of first aid?</li> <li>2. What are the key principles of first aid?</li> <li>3. What does the term "Duty of Care" mean in relation to providing first aid?</li> <li>4. Name three injury prevention strategies you can practice in your daily life.</li> <li>5. What are the steps involved in performing CPR?</li> <li>6. How can you assist someone who is choking?</li> <li>7. How would you treat a minor cut or burn?</li> </ol>	
<p><b>PHASE 3: REFLECTION</b></p>	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"> <li>1. Tell the class what you learnt during the lesson.</li> <li>2. Tell the class how you will use the knowledge they acquire during the lesson.</li> <li>3. Which aspects of the lesson did you not understand?</li> </ol>	