

FIRST TERM

WEEKLY LESSON PLAN – B9

WEEK 5

Week Ending: 03-11-2023	Day:	Subject: Physical and Health Education	
Duration: 60mins		Strand: Health Education	
Class: B9	Class Size:	Sub Strand: First Aid, Injury Prevention And Management	
Content Standard: B9.1.3.1 Apply internationally accepted best practices for injury management in sports and physical activity settings		Indicator: B9.1.3.1.1 Demonstrate the effective procedures of injury management in sports and physical activity settings	Lesson: 1 of 1
Performance Indicator: Learners can identify the international best practice procedures for managing injuries and apply basic first-aid knowledge in sports and physical activity settings		Core Competencies: CG5.3: CC9.2: CC9.3:	
Reference: P H E Curriculum P.g. 40			
New words: R.I.C.E (Rest, Ice, Compression, Elevation), First-Aid, Injury Prevention, Rehabilitation			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Display pictures of various sports injuries (nothing too graphic) and ask learners to discuss how they think each injury might have occurred and what the first steps in treating them might be.</p> <p>Share performance indicators and introduce the lesson.</p>		
PHASE 2: NEW LEARNING	<p>Discuss the importance of injury management in sports. Ask learners why they think managing injuries is essential.</p> <p>Guide the discussion towards the points of safety, faster recovery, and continued participation in sports.</p> <p>Introduce the R.I.C.E (Rest, Ice, Compression, Elevation) method. Demonstrate each step using props or volunteers.</p> <ul style="list-style-type: none"> • Early recognition and assessment of the injury • Protection of the injured area from further harm • Rest and immobilization of the injured area • Ice application to reduce swelling and pain • Compression to reduce swelling and support the injured area • Elevation to reduce swelling and promote fluid drainage • Rehabilitation and return to activity under medical supervision. <p>Ask learners pairs to role-play scenarios where one is the injured party and the other aids using the R.I.C.E method.</p>	Pictures and Charts	

	<p>Investigate the role of first-aid in sports injury management. Divide learners into groups and provide them with resources (books, internet access) to research common first-aid techniques for sports injuries.</p> <p>Each group can then present a brief overview of their findings.</p> <p>Discuss injury prevention and rehabilitation. Talk about the importance of warm-ups, proper equipment, and following rules.</p> <p>Introduce basic exercises that can help in rehabilitation after common injuries, ensuring to mention the importance of seeking professional advice for serious injuries.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. What does the acronym R.I.C.E stand for and why is it essential in injury management? 2. Why is injury prevention just as important as injury treatment in sports? 3. Name one common first-aid technique for sports injuries. 4. If a friend sprains their ankle during a game, how would you apply the R.I.C.E method? 	
<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? 	