

FIRST TERM

WEEKLY LESSON PLAN – B9

WEEK 6

Week Ending: 10-11-2023	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 and critique the procedures for injury management.		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	Revise with learners through questions and answers to review learners understanding in the previous lesson Share performance indicators and introduce the lesson.		
PHASE 2: NEW LEARNING	In groups, explain the first aid procedures for injury management. - <u>Protection</u> : Protect the injured area from further harm by stopping the activity that caused the injury and immobilizing the area if necessary. - <u>Rest</u> : Rest the injured area to prevent further damage and promote healing. - <u>Ice</u> : Apply ice to the injured area for 20 minutes every 2-3 hours to reduce swelling and pain. - <u>Compression</u> : Apply a compression bandage to the injured area to reduce swelling and support the injured area. - <u>Elevation</u> : Elevate the injured area above heart level to reduce swelling and promote fluid drainage. In groups, guild learners to critique the procedures for injury management. The P.R.I.C.E. procedure is a useful first aid protocol, but it is important to note that it is not a substitute for medical attention. In some cases, more advanced medical treatment may be necessary, and it is important to know when to seek medical attention. Let learners watch a video on first aid procedures and critique the procedures for injury management in small groups	Pictures and Charts	

	<u>Assessment</u> In your own words, critique the procedures for injury management	
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?	