

FIRST TERM

WEEKLY LESSON PLAN – B9

WEEK 7

Week Ending: 17-11-2023	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, help learners to demonstrate how to use internationally accepted best practices to manage physical activity-related injuries. <u>a. Strain:</u> - Protect the strained muscle from further injury by stopping the activity that caused the strain and immobilizing the area if necessary. - Rest the strained muscle to prevent further damage and promote healing. - Ice the muscle area for 20 minutes every 2-3 hours to reduce swelling and pain. - Compression can also be applied to reduce swelling and support the injured area. - Elevation of the injured area can be beneficial in reducing swelling and promoting fluid drainage. <u>b. Cuts:</u> - Wash your hands with soap and water. - Wash the cut with soap and water to prevent infection. - Stop the bleeding by applying pressure to the cut with a clean cloth or bandage. - Apply an antibiotic ointment to the cut and cover with a sterile dressing or bandage. - Seek medical attention if the cut is deep, large, or becomes infected.	Pictures and Charts	

	<p>c. <u>Dislocation</u>:</p> <ul style="list-style-type: none"> - Apply ice to the affected area for 20 minutes every 2-3 hours to reduce swelling and pain. - Splint the injured area to prevent further damage and immobilize the affected joint. - Seek medical attention immediately, as dislocations require medical attention to be properly treated. 	
<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? 	