

FIRST TERM

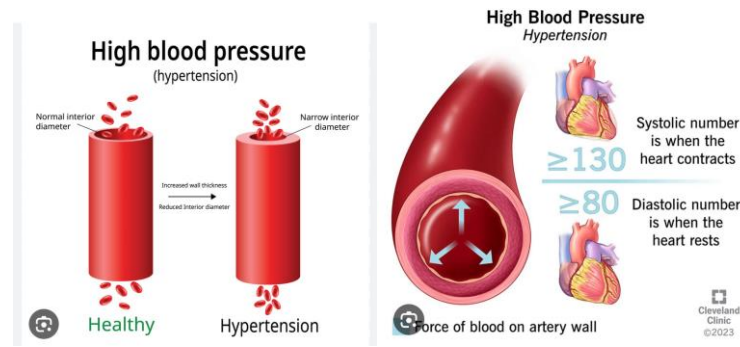
WEEKLY LESSON NOTES

WEEK 7

Week Ending: 17-11-2023	DAY:	Subject: Science
Duration: 100mins		Strand: Systems
Class: B9	Class Size:	Sub Strand: Human Body systems
Content Standard: B9.3.1.1 Demonstrate understanding of the blood circulatory system, health problems associated with the system and its relationship with the respiratory system in humans	Indicator: B9.3.1.1.1 Explain the concept of the circulatory system, state the function of each part of the system and the health challenges associated with it	Lesson: 1 of 2
Performance Indicator: Learners can describe the concept of the circulatory system, recognize the functions of each part, and identify potential health challenges related to the system.		Core Competencies: Critical Thinking and Problem Solving (CP), Communication and Collaboration (CC) Digital Literacy (DL), Creativity and Innovation
References: Science Curriculum Pg. 102		
New words: Circulatory System, Blood Composition, Heart, Blood Vessels		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Begin with a hands-on activity: ask learners to find their pulse (either on their wrist or neck).</p> <p>Once everyone has found their pulse, ask them, "What are you feeling? What makes this pulse happen?"</p> <p>Share learning indicators and introduce the lesson.</p>	
PHASE 2: NEW LEARNING	<p>Introduce the circulatory system, explaining its primary function to transport blood throughout the body.</p> <p>Discuss the composition of blood: red blood cells, white blood cells, platelets, and plasma. Brainstorm learners for the role of each component.</p> <p>Using diagrams to illustrate the main parts of the circulatory system: the heart, blood vessels (arteries, veins, capillaries), and blood.</p> <p>Explain the function of each part:</p> <ul style="list-style-type: none"> • Heart: pumps blood. • Arteries: carry blood away from the heart. • Veins: carry blood to the heart. • Capillaries: facilitate the exchange of oxygen and nutrients. <p>Divide learners into small groups. Assign each group a part of the circulatory system or a component of blood.</p> <p>Each group creates a short presentation or skit, acting out or illustrating the function of their assigned part and its importance to the overall system.</p>	Pictures and charts

	<p>Briefly introduce common health challenges related to the circulatory system, such as high blood pressure, anemia, and coronary artery disease.</p> <p>Discuss potential causes and the importance of maintaining a healthy circulatory system.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. What are the primary components of the circulatory system, and what does each component do? 2. Describe the composition of blood and the function of each component. 3. Why is the heart considered a crucial organ in the circulatory system? 4. Name one health challenge related to the circulatory system and explain its potential cause. 	
<p>PHASE 3: REFLECTION</p>	<p>Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p>	

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Performance Indicator: Learners can understand the intricacies of the circulatory system, including the detailed structure of the heart, health challenges related to the system, and concepts like blood pressure.		Core Competencies: Critical Thinking and Problem Solving (CP), Communication and Collaboration (CC) Digital Literacy (DL), Creativity and Innovation	
References: Science Curriculum Pg. 102			
New words: Mammalian Heart, Blood Pressure, Circulatory Diseases, Prevention			
Phase/Duration	Learners Activities		Resources
PHASE 1: STARTER	<p>Show learners a brief video clip or animation of the circulatory system in action, emphasizing the heart pumping blood throughout the body.</p> <p>Pose the question: "What do you think happens when something goes wrong in this system?"</p> <p>Share learning indicators and introduce the lesson.</p>		
PHASE 2: NEW LEARNING	<p>Distribute diagrams of the heart where learners can reference the structure.</p> <p>Guide learners in drawing and labeling the longitudinal section of a mammalian heart. Ensure they label key parts like the atria, ventricles, valves, and major blood vessels.</p> <p>Initiate a class discussion about diseases related to the circulatory system. Introduce common issues like atherosclerosis, heart attacks, strokes, and aneurysms.</p> <p>Discuss potential causes of these diseases, such as poor diet, lack of exercise, genetics, and smoking.</p> <p>Explain the concept of blood pressure, detailing systolic and diastolic pressures.</p>		Pictures and charts



Discuss the significance of maintaining healthy blood pressure levels and potential problems associated with high or low blood pressure.

Share ways of managing and maintaining healthy blood pressure, such as a balanced diet, regular exercise, and stress management techniques.

Arrange learners into groups and assign each group one of the health challenges or prevention measures discussed.

Ask groups to come up with a short skit, presentation, or poster to explain their topic to the class.

Assessment

1. What are the main chambers of the mammalian heart, and what are their roles?
2. Name one disease of the circulatory system and its primary cause.
3. What is the difference between systolic and diastolic blood pressure?
4. List one way to manage or prevent high blood pressure.

**PHASE 3:
REFLECTION**

Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.

Take feedback from learners and summarize the lesson.