

THIRD TERM

WEEKLY LESSON PLAN- B9

WEEK 3

Week Ending:	Day:	Subject: Physical 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 talk about internationally accepted best practices for injury management.		Core Competencies: CC 8.1: DL 5.5: CC9.2:	
Reference: PHE Curriculum pg 40			
Keywords: management, method, wrap			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Revise with learners to review their understanding in injury management in sports and physical activity settings in their previous lesson. Share performance indicators with learners.		
PHASE 2: NEW LEARNING	Facilitator share with class internationally accepted best practices for injury management. <i>The internationally accepted best practices for injury management in sports and physical activity settings include the P.R.I.C.E method, which stands for Protection, Rest, Ice, Compression, and Elevation. This method is widely recognized and utilized for managing various types of injuries effectively.</i> Facilitator watch a video with his learners on first aid procedures and critique the procedures for injury management .	Pictures, wall charts, etc	
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.		

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| | <ol style="list-style-type: none"><li data-bbox="381 56 1339 100">2. Tell the class how you will use the knowledge they acquire during the lesson.<li data-bbox="381 100 1339 147">3. Which aspect of the lesson did you not understand? | |
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