

EaD Comprehensive Lesson Plans



or



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BASIC 7

WEEKLY LESSON PLAN – WEEK 1

DISCUSSION OF LAST TERM EXAMINATION QUESTIONS
(REVISION)

Week Ending	07-04-2023																																							
Class	B.S.8	Class Size:		Duration:																																				
Subject	Physical Health Education																																							
Reference	Examination Questions, Marking Scheme, Learners Note books, Marked Scripts.																																							
DAYS	PHASE 1 : STARTER	PHASE 2: MAIN		PHASE 3: REFLECTION																																				
WEDNESDAY	Ask Learners to take their copies of the Previous term examination questions and the marked answer sheets for discussion.	<div>1. Select a model reader to read the essay type questions to the class.</div> <div>2. Call Individual Learners at random to answer questions.</div> <div>3. Discuss questions with the Learners.</div> <div>Samples of Essay Type Questions;</div> <div>Answer All Questions from this Part</div> <div>1. Copy and complete the table below;</div> <table><tr><td>S/ N</td><td>FOOD NUTRIENT</td><td>SOURCE</td><td>FUNCTION</td></tr><tr><td>a</td><td>Carbohydrates</td><td></td><td></td></tr><tr><td>b</td><td>Protein</td><td></td><td></td></tr><tr><td>c</td><td>Fats</td><td></td><td></td></tr><tr><td>d</td><td>Vitamins</td><td></td><td></td></tr><tr><td>e</td><td>Minerals</td><td></td><td></td></tr></table> <div>2. The table below consists of common sports and physical activity injuries. Copy and complete the table.</div> <table><tr><td>S/ N</td><td>COMMON INJURIS</td><td colspan="2">TICK ✓</td></tr><tr><td></td><td></td><td>MINOR</td><td>MAJOR</td></tr><tr><td></td><td></td><td></td><td></td></tr></table>		S/ N	FOOD NUTRIENT	SOURCE	FUNCTION	a	Carbohydrates			b	Protein			c	Fats			d	Vitamins			e	Minerals			S/ N	COMMON INJURIS	TICK ✓				MINOR	MAJOR					Give Learners exercise on samples of the examination questions to answer in their exercise books.
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THURSDAY	A model reader to read multiple choice questions to the class.	<ol style="list-style-type: none"> 1. Call Individual Learners at random to choose correct answers among options. 2. Learners brainstorm to give reasons or explanations to their answers. 3. Discuss with Learners answers to challenging multiple choice. <p>Samples of Objective Test Questions;</p> <ol style="list-style-type: none"> 1. The most suitable class formation for teaching shotput is a (A) Circle (B) Triangle (C) Semicircle (D) Square 2. Which deficiency in the blood causes inflammation in body parts? (A) White Blood Cells (B) Red Blood Cells (C) Platelets (D) Antibodies 3. Profuse sweating, during strenuous physical activity causes the loss of– (A) Sodium chloride (B) Potassium (C) Calcium (D) Glycogen 	Give Learners exercise on samples of the A-D multiple choice questions to answer in their exercise books.																																								

		<p>4. In which Olympic did women participate for the first time?</p> <p>(A) 1896 Athens (B) 1900 Paris</p> <p>(C) 1920 Antwerp (D) 1928 Amsterdam</p> <p>5. The two great dangers of wounds are</p> <p>(A) Bleeding and infection</p> <p>(B) Pain and swelling</p> <p>(C) Shock and shivering</p> <p>(D) Burnign and loss of tissue</p>	
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Name of Teacher:

School:

District: