

# *EaD Comprehensive Lesson Plans*



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**BASIC 7**

**WEEKLY LESSON PLAN – WEEK 3**

Strand:	Health Education		Sub-Strand:	First aid, injury prevention and management	
Content Standard:	B7.1.3.1 Demonstrate Understanding of First Aid, causes, preventions and management of common injuries in physical activity.				
Indicator (s)	B7.1.3.1.1: Evaluate causes and management of common injuries related to physical activities.		Performance Indicator: Learners can apply measures to manage injuries.		
Week Ending	21-04-2023				
Class	B.S.7	Class Size:		Duration:	
Subject	Physical Health Education				
Reference	Physical Health Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook				
Teaching / Learning Resources	Pictures, Video, Posters, First Aid box.		Core Competencies:	<ul style="list-style-type: none"><li>• Critical Thinking</li><li>• Problem Solving</li></ul>	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
TUESDAY  18-04-2023	Learners brainstorm to identify preventive measures of common injuries.	<p>1. Demonstrate understanding of preventive and management measures for common injuries in physical activity.</p> <p>2. Discuss the importance of injury prevention and management</p> <p><b>Why is it important to prevent injuries?</b></p> <ul style="list-style-type: none"><li>▪ Injury prevention should be an important part of every physical activity, because it not only helps you achieve your training goals but also keeps you healthy and safe.</li><li>▪ Performing complex mathematics without adequate preparation can hurt your brain;</li><li>▪ running a marathon without adequate preparation can hurt your body.</li></ul> <p><b>5 steps to prevent injuries;</b></p> <ol style="list-style-type: none"><li>1. Wear protective gear, such as helmets, protective pads, and other gear.</li><li>2. Warm up and cool down.</li></ol>			Through questions and answers, conclude the lesson.  <b>Exercise</b>  State 5 importance of preventing injuries.

		<ol style="list-style-type: none"> <li>3. Know the rules of the game.</li> <li>4. Watch out for others.</li> <li>5. Don't play when you're injured.</li> </ol>	
<b>FRIDAY</b>  <b>21-04-2023</b>	Through questions and answers, review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> <li>1. Discuss with Learners the safety measures to avoid injuries related to physical activities.</li> <li>2. Assist Learners to describe the ways of Injury management.</li> <li>3. Learners brainstorm to explain the ways of injury management.</li> </ol> <p><b>The Best Ways to Prevent Injury</b></p> <ol style="list-style-type: none"> <li>1. Use proper mechanics—practicing the proper mechanics can prevent muscle strains and pulls.</li> <li>2. Stay alert—be aware of your surroundings because many injuries are due to contact with other players.</li> <li>3. Cool down—slowly decrease the intensity of your activity and then stretch again.</li> </ol> <p><b>Treatment of Minor Injuries</b></p> <ul style="list-style-type: none"> <li>• Rest. Limit activities that involve using the injured area for at least a day or two.</li> <li>• Ice. Apply an ice pack to the injured area for 20 minutes at a time, four to eight times a day.</li> <li>• Compression. Keeping pressure on the injured area may help reduce swelling.</li> <li>• Elevation.</li> </ul>	Summarize the lesson.  <b>Exercise;</b>  Explain 5 ways of preventing injury.

***Name of Teacher:***

***School:***

***District:***