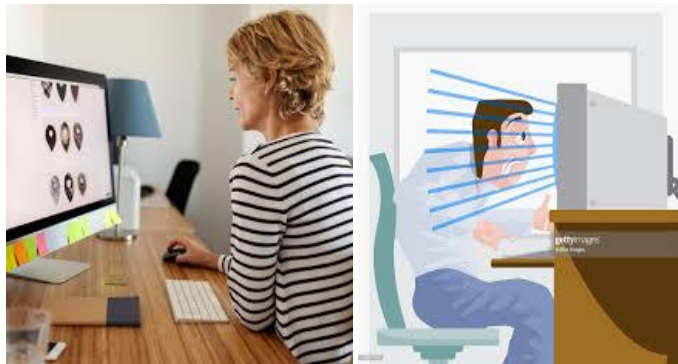| Strand:	Introduction to Computing	Sub-Strand:	Health and Safety in using ICT tools

BASIC 7

WEEKLY LESSON PLAN – WEEK 8

Content Standard:	B7.1.3.1. Demonstrate how to apply Health and Safety measures in using ICT Tools					
Indicator (s)	B7.1.3.1.1 Describe Current Regulatory Requirements and Potential Computing-Related Disorders.			**Performance Indicator:** Learners can use computer and other technological devices with precautions.		
Week Ending	**24-11-2023**					
Class	B.S.7	**Class Size:**			**Duration:**	
Subject	Computing					
Reference	Computing Curriculum, Basic 7 Computing Textbook, Teachers Resource Pack, Learners Resource Pack.					
Teaching / Learning Resources	Personal Computer, Smart Phone, Pictures showing good and bad Postures of using Computer.		**Core Competencies:**		• Communication and Collaboration • Digital Literacy.	

DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN	PHASE 3: REFLECTION
MONDAY	Watch videos on the health hazards of prolonged use of computing devices or show pictures of bad postures and other hazards in using computing device.	1. Learners brainstorm to mention Computing devices that can cause hazards when used for long period of time. 2. Discuss with Learners examples of radiating emitting devices. 3. Assist Learners to identify precautions to be taken when using radiation emitting devices. **Hazard;** A hazard is a source or a situation with the potential for harm in terms of human injury or ill-health, damage to property, damage to the environment. **Radiation;** Radiation is energy that moves from one place to another in a form that can be described as waves or particles. **Devices that emit radiation**; • Computer (Screen) • Smartphone • iPod • tablet	Reflect on Learners understanding of the computing devices that can when prolong used can cause hazards. **Exercise;** 1. What are Hazards? 2. State 5 Computing devices that can cause hazards when used for a long period.

| THURSDAY | Review Learners knowledge on the previous lesson. | 1. Using Power Point presentation, assist Learners to identify effects of radiation from computer, smartphone and other devices.
2. Assist Learners to explain how the effects can be presented.
3. Show Learners video or pictures of the rightful ways to avoid radiations from harming computer users.

Effects of Radiation;
   i.   Eye Strain
   ii.   Cancer
   iii. Cataracts
   iv. age-related macular degeneration (AMD).
   v.   sore or irritated eyes | Through questions and answers, conclude the lesson. |

Name of Teacher: **School:**   **District:**