# EaD Comprehensive Lesson Plans

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**SECOND TERM SCHEME OF LEARNING, 2024**

**SUBJECT: PHYSICAL HEALTH EDUCATION -BASIC 7**

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| **WEEK** | **WEEK ENDING** | **STRAND** | **SUB STRAND** | **CONTENT STANDARD** | **INDICATORS** | **RESOURCES** |
| 1 | 12-01-2024 | **DISCUSSION OF LAST TERM EXAMINATION QUESTIONS****(REVISION)** |
| 2 | 19-01-2024 | Health Education | First aid, injury prevention and management | B7.1.3.1 | B7.1.3.1.1 | Pictures, Video, Posters, First Aid box. |
| 3 | 26-01-2024 | Health Education | First aid, injury prevention and management | B7.1.3.1 | B7.1.3.1.2 | Pictures, Video, Posters, First Aid box. |
| 4 | 02-02-2024 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B7.2.1.1 | B7.2.1.1.1 | Poster, Pictures, Video |
| 5 | 09-02-2024 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B7.2.1.2 | B7.2.1.2.1 | Poster, Pictures, Video |
| 6 | 16-02-2024 | Physical Activity Education | Traditional/global rhythmic gymnastics, games and dance | B7.2.1.3 | B7.2.1.3.1 | Poster, Pictures, Video |
| 7 | 23-02-2024 | Physical Activity Education | Physical Fitness | B7.2.2.1 | B7.2.2.1.1 | Poster, Pictures, Video |
| 8 | 01-03-2024 | Physical Activity Education | Physical Fitness | B7.2.2.2 | B7.2.2.2.1 | Poster, Pictures, Video |
| 9 | 08-03-2024 | Physical Activity Education | Physical Fitness | B7.2.2.2 | B7.2.2.2.1 | Poster, Pictures, Video |
| 10 | 15-03-2024 | Physical Activity Education | Physical Fitness | B7.2.2.3 | B7.2.2.3.1 | Poster, Pictures, Video |
| 11 | 22-03-2024 | Physical Activity Education | Physical Fitness | B7.2.2.3 | B7.2.2.3.1 | Poster, Pictures, Video |
| 12 | 29-03-2024 | Physical Activity Education | Physical Fitness | B7.2.2.3 | B7.2.2.3.1 | Poster, Pictures, Video |
| 13 | 05-04-2024 | REVISION |  |  |  |  |
| 14 | 12-04-2024 | EXAMINATION |  |  |  |  |