

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	12-01-2024			
Class	B.S.7	Class Size:		Duration:
Subject	Physical Education			
Reference	Examination Questions, Marking Scheme, Learners Note books, Marked Scripts.			
DAYS	PHASE 1 : STARTER	PHASE 2: MAIN		PHASE 3: REFLECTION
THURSDAY	Ask Learners to take their copies of the Previous term examination questions and the marked answer sheets for discussion.	<ol style="list-style-type: none"> 1. Select a model reader to read the essay type questions to the class. 2. Call Individual Learners at random to answer questions. 3. Discuss questions with the Learners. <p>Samples of Essay Type Questions;</p> <p style="text-align: center;"><i>Answer All Questions from this Part</i></p> <p>1 a) What does screen time mean?</p> <p>b) Why is it so important to set limits on screen time?</p> <p>c) What can you do instead of sitting in front of a screen?</p> <p>d) Are active video games okay to play?</p> <p style="text-align: center;"><i>Fill in the Gaps</i></p> <p>e) This disease results in excessive sugar in the of humans suffering from the disease.</p> <p>f) A person is described as being when he is not doing enough physical activity.</p> <p>g) High blood pressure can be prevented by and</p> <p>h) First aid refers to the..... given to someone experiencing a Sudden injury or illness.</p>		Give Learners exercise on samples of the examination questions to answer in their exercise books.

		<p>i) The of first aid involves the diagnosis, treatment and disposal of victims of injury.</p> <p>j) Cardiorespiratory activities help develop the, and blood vessels.</p> <p>k) The development of the heart, lungs and blood vessels helps to transport</p> <p>j) As a sport person, the food nutrient that will give you energy is</p>	
FRIDAY	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. Which of the following is a protein? A. Millet B. Yam C. Beans D. Rice 2. An example of an energy supplying food is. A. Chicken B. Yam C. Milk D. Apple 3. The important material found in foods which helps living things to carry out life processes is called? A. Food ingredients B. Nutrition C. Food nutrient D. Lipids 4. Which of the following prevents common heart diseases? A. Sedentary behaviours B. Physical activities C. Physical inactivity D. Watching television always. 5. Cardiovascular diseases refer to disease of the A. Kidney B. Rectum C. Heart D. Ear 	Give Learners exercise on samples of the A-D multiple choice questions to answer in their exercise books.

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Name of Teacher:

School:

District: