

## **EaD Comprehensive Lesson Plans**

<b>Strand:</b>	Health Education	<b>Sub-Strand:</b>	First aid, injury prevention and management
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or



0248043888

<https://www.TeachersAvenue.net>

<https://TrendingGhana.net>

<https://www.mcgregorinriis.com>

**BASIC 7**

**WEEKLY LESSON PLAN – WEEK 2**

<b>Content Standard:</b>	B7.1.3.1 Demonstrate Understanding of First Aid, causes, preventions and management of common injuries in physical activity				
<b>Indicator (s)</b>	B7.1.3.1.1: Evaluate causes and management of common injuries related to physical activities.		<b>Performance Indicator:</b> Learners can identify injury prevention and management strategies.		
<b>Week Ending</b>	19-01-2023				
<b>Class</b>	B.S.7	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Physical Health Education				
<b>Reference</b>	Physical Education Curriculum, Teachers Resource pack, learners Resource Pack, Textbook.				
<b>Teaching / Learning Resources</b>	Pictures, Video, Posters, First Aid box.		<b>Core Competencies:</b>	• Critical Thinking Problem Solving	
<b>DAY/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
<b>TUESDAY</b>	Discuss the meaning of Injury Prevention and management with the Learners.	<div>1. Discuss procedures for Injury prevention and management.</div> <div>2. Assist Learners to role play on injury prevention and management.</div> <div>3. Discuss the Importance of injury prevention and management.</div> <div><b>Injury Preventive Measures;</b></div> <div>1. <b>Arrange for an athletic screening.</b> Talk with your doctor about any past sports injuries during your next checkup or before the next season starts. Your doctor can recommend corrective exercises to help you be more resistant to a future injury.</div> <div>2. <b>Maintain cardiovascular fitness.</b> By keeping your heart health as optimized as possible, you'll be better able to handle the rigors of the sport.</div> <div>3. <b>Encourage good nutrition and hydration.</b> This will enable the whole body to function to prevent injury.</div> <div>4. <b>Be aware of the environment and field conditions.</b> Environment doesn't just mean the weather, although that is important, but also how safely teammates and the opponents are playing. Also, check out the field or court where you're playing. Ice or wet spots on a court or holes in the field can set the stage for a fall and result in an injury.</div>			<div>Through questions and answers, conclude the lesson.</div> <div><b>Exercise;</b></div> <div>State the procedure for injury prevention and management.</div>

		<p>5. <b>Make sure you develop the technical skills and proper biomechanics for the sport.</b> A baseball player without good mechanics is more susceptible to injury. Likewise, a soccer player without good neuromuscular control is more likely to get hurt. Learn the right movements for the sport.</p>	
<b>FRIDAY</b>	Through questions and answers, review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> <li>1. Using a Power Point Presentation, explain the “World Health Organization 2020 guidelines on physical activity and sedentary behaviour.</li> <li>2. Discuss with Learners the methods and process for developing the World Health Organization guidelines.</li> <li>3. Assist Learners to describe the national guidelines for exercise and physical activity.</li> </ol> <p>do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week. spread exercise evenly over 4 to 5 days a week, or every day. reduce time spent sitting or lying down and break up long periods of not moving with some activity.</p> <p><b>The 2020 guidelines on physical activity and sedentary behaviour</b></p> <p>The final recommendations on physical activity and sedentary behaviour for each population group are summarised in . For all populations, doing some physical activity is better than doing none. If individuals are not currently meeting these recommendations, doing some physical activity will bring benefits to health. Individuals should start with small amounts of physical activity and gradually increase frequency, intensity and duration over time. The GDG concluded that the benefits of doing physical activity and limiting sedentary behaviour outweighed the potential harms. Any potential harms may be managed by a gradual increase in the amount and intensity of physical activity.</p>	Reflect on the WHO 2020 guidelines on physical activity and sedentary behaviour.

Name of Teacher:

School:

District: