

## **EaD Comprehensive Lesson Plans**



or



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### **BASIC 7**

### **WEEKLY LESSON PLAN – WEEK 3**

<b>Strand:</b>	Health Education		<b>Sub-Strand:</b>	First aid, injury prevention and management	
<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 apply measures to manage injuries.		
<b>Week Ending</b>	26-01-2024				
<b>Class</b>	B.S.7	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Physical Health Education				
<b>Reference</b>	Physical Health Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook				
<b>Teaching / Learning Resources</b>	Pictures, Video, Posters, First Aid box.		<b>Core Competencies:</b>	<ul style="list-style-type: none"><li>• Critical Thinking</li><li>• Problem Solving</li></ul>	
<b>DAY/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
<b>TUESDAY</b>	Learners brainstorm to identify preventive measures of common injuries.	<div>1. Demonstrate understanding of preventive and management measures for common injuries in physical activity.</div> <div>2. Discuss the importance of injury prevention and management</div> <div><b>Why is it important to prevent injuries?</b><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></div> <div><b>5 steps to prevent injuries;</b><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><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></div>			<div>Through questions and answers, conclude the lesson.</div> <div><b>Exercise</b></div> <div>State 5 importance of preventing injuries.</div>

<b>FRIDAY</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>	<p>Summarize the lesson.</p> <p><b>Exercise;</b></p> <p>Explain 5 ways of preventing injury.</p>

Name of Teacher:

School:

District: