

# EaD Comprehensive Lesson Plans



or




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<b>Strand:</b>	Family Life	<b>Sub-Strand:</b>	Adolescent Reproductive Health
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**BASIC 7**

**WEEKLY LESSON PLAN – WEEK 6**

<b>Content Standard:</b>	B7.2.1.1 Demonstrate understanding of adolescent behaviour and Reproductive Health Issues				
<b>Indicator (s)</b>	B7.2.1.1.1. Examine issues on adolescent behaviour and reproductive health		<b>Performance Indicator:</b> Learners can live healthy behaviours as Adolescence		
<b>Week Ending</b>	18-10-2024				
<b>Class</b>	B.S.7	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Social Studies				
<b>Reference</b>	Social Studies Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook				
<b>Teaching / Learning Resources</b>	Power Point Presentation, Charts, Pictures, Video	<b>Core Competencies:</b>	<ul style="list-style-type: none"><li>• Communication and Collaboration</li><li>• Critical Thinking and Problem Solving.</li></ul>		
<b>DAY/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
<b>MONDAY</b>	Review Learners knowledge on the previous lesson.	<div>1. Discuss the meaning of Adolescence and Reproductive Health with the Learners.</div> <div>2. Learners brainstorm to mention examples of Adolescence behaviours.</div> <div>3. Assist Learners to identify Adolescence behaviours that support reproductive health.</div> <div>4. Individual Learners brainstorm to explain the meaning of Chastity.</div> <div><b>Healthy Adolescence behaviours;</b><ul style="list-style-type: none"><li>• adequate exercise</li><li>• enough sleep</li><li>• eating on time.</li><li>• maintaining a healthy weight</li><li>• refraining from smoking and binge drinking</li></ul></div> <div></div>			<div>Learners in small groups to discuss how chastity can support reproductive health.</div> <div><b>Exercise;</b><div>1. Explain the following;<div>i. Adolescence</div><div>ii. Reproductive Health</div><div>iii. Chastity</div></div><div>2. State 5 Adolescence behaviours you know of.</div></div>

		<b>Unhealthy Adolescence behaviours;</b> <ul style="list-style-type: none"> <li>• unprotected sexual activity.</li> <li>• sexting and other risky uses of social media.</li> <li>• tobacco smoking and alcohol use including binge-drinking.</li> <li>• illegal substance use.</li> <li>• dangerous driving.</li> <li>• illegal activities like trespassing or vandalism.</li> <li>• fighting.</li> <li>• truancy.</li> </ul>	
<b>THURSDAY</b>	Discuss with Learners why reproductive health during Adolescence is important.	<ul style="list-style-type: none"> <li>• Using a Power Point Presentation, talk about how some adolescent behaviour can harm their reproductive health and cause other problems.</li> <li>• Discuss with Learners the changes Adolescents go through.</li> <li>• Learners brainstorm to describe the challenges faced by Adolescents.</li> </ul> <b>Physical Changes of Adolescence;</b> <ul style="list-style-type: none"> <li>• Enlargement of the Testicles and Scrotum.</li> <li>• Body shape - Your hips will widen and your body will get curvier.</li> <li>• Height - You will grow taller.</li> <li>• Acne - You may develop acne.</li> <li>• Breast growth and tenderness - The first stage of breast growth is called 'budding</li> <li>• Pubic Hair.</li> <li>• Changing Body Shape.</li> <li>• Penis Growth.</li> <li>• Fertility.</li> <li>• Wet Dreams &amp; Involuntary Erections.</li> <li>• Voice Change.</li> </ul> <b>Cognitive Changes of Adolescence;</b> <ul style="list-style-type: none"> <li>• Increased thoughts about more global concepts such as justice, history and politics.</li> <li>• Develops idealistic views on specific topics or concerns.</li> <li>• Debates and develops intolerance of opposing views.</li> <li>• Begins to focus thinking on making</li> </ul>	<p>Through questions and answers, conclude the lesson.</p> <p><b>Exercise;</b></p> <ol style="list-style-type: none"> <li>1. Write 5 physical changes in adolescent boys and girls.</li> <li>2. Explain 3 emotional changes in Adolescence.</li> </ol>

		<p>career decisions.</p> <ul style="list-style-type: none"> <li>• Begins to focus thinking on emerging role in adult society.</li> </ul> <p><b>Social Changes of Adolescence;</b></p> <ul style="list-style-type: none"> <li>• Searching for identity</li> <li>• Issues with self-esteem</li> <li>• The risk of getting involved in dangerous behavior</li> <li>• Depression and suicidal or self-harming thoughts</li> </ul> <p><b>Emotional Changes of Adolescence;</b></p> <ul style="list-style-type: none"> <li>• Experiencing mood swings. Mood swings can be a part of growing up.</li> <li>• Feeling differently about your peers.</li> <li>• Becoming more sensitive to the world around you.</li> <li>• Feeling overly sensitive.</li> <li>• Feeling self-conscious.</li> <li>• Peer pressure.</li> </ul>	
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School:

District: