

# EaD Comprehensive Lesson Plans

<b>Strand:</b>	Religious Practice	<b>Sub-Strand:</b>	Rites of Passage
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or



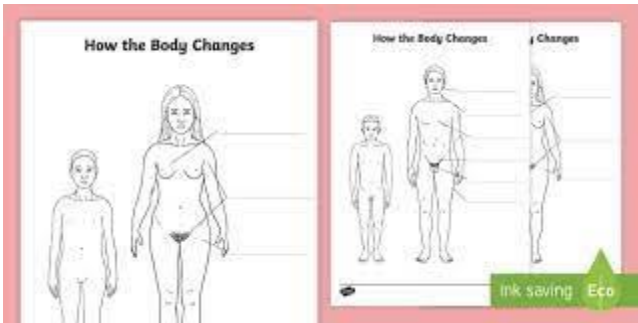
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**BASIC 8**

**WEEKLY LESSON PLAN – WEEK 5**

<b>Content Standard:</b>	B8.2.1.1 Explain rites of passage and identify the moral importance in them				
<b>Indicator (s)</b>	B8.2.1.1.2 Explain physical and emotional changes that characterize puberty.		<b>Performance Indicator: Learners can identify emotional changes in Adolescent.</b>		
<b>Week Ending</b>	11-10-2024				
<b>Class</b>	B.S.8	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Religious and Moral Education				
<b>Reference</b>	RME Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook				
<b>Teaching / Learning Resources</b>	Poster, Pictures, Video, Power Point Presentation.		<b>Core Competencies:</b>	<ul style="list-style-type: none"><li>• Socio-emotional development</li><li>• Literacy</li><li>• </li></ul>	
<b>DAY/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
<b>MONDAY</b>	Show Learners pictures displaying the physical changes in Puberty.	<ul style="list-style-type: none"><li>• Assist Learners to describe the physical changes that occur at Puberty for boys and girls.</li><li>• Discuss with Learners 5 social changes that occur at Puberty.</li></ul> <p><b>Physical Changes in Girls at Puberty;</b></p> <ul style="list-style-type: none"><li>• Physical growth.</li><li>• Growing breasts.</li><li>• Body hair.</li><li>• Menstruation (your 'period')</li><li>• Other vaginal fluid.</li><li>• Menstruation.</li><li>• Skin changes.</li><li>• Body image.</li></ul> <div></div> <p><b>Physical Changes in Boys at Puberty;</b></p> <ul style="list-style-type: none"><li>• Enlargement of the Testicles and Scrotum.</li><li>• Pubic Hair.</li><li>• Changing Body Shape.</li><li>• Penis Growth.</li></ul>			Through questions and answers, conclude the lesson.  <b>Exercise;</b>  <ol style="list-style-type: none"><li>1. State 5 changes in Girls at Puberty.</li><li>2. State changes in Boys at Puberty.</li></ol>

		<ul style="list-style-type: none"> <li>• Fertility.</li> <li>• Wet Dreams &amp; Involuntary Erections.</li> <li>• Voice Change.</li> </ul> <table border="1"> <thead> <tr> <th colspan="2">BOYS</th><th colspan="2">GIRLS</th></tr> </thead> <tbody> <tr> <td>1</td><td>Testes and scrotum grow.</td><td>1</td><td>Breasts grow.</td></tr> <tr> <td>2</td><td>Pubic hair develops.</td><td>2</td><td>Pubic hair develops.</td></tr> <tr> <td>3</td><td>The body grows taller.</td><td>3</td><td>The body grows taller and curvier, and the hips widen.</td></tr> <tr> <td>4</td><td>Hair develops under the arms and on the face, body, arms and legs.</td><td>4</td><td>Hair develops under the arms and on the arms and legs.</td></tr> <tr> <td>5</td><td>Oil glands in the skin produce more oil, which can lead to pimples and acne.</td><td>5</td><td>Oil glands in the skin produce more oil, which can lead to pimples and acne.</td></tr> <tr> <td>6</td><td>The penis grows.</td><td>6</td><td>Menstruation begins.</td></tr> <tr> <td>7</td><td>Sweat production increases.</td><td>7</td><td>Sweat production increases.</td></tr> <tr> <td>8</td><td>Muscle growth occurs.</td><td></td><td></td></tr> <tr> <td>9</td><td>The voice deepens.</td><td></td><td></td></tr> </tbody> </table>	BOYS		GIRLS		1	Testes and scrotum grow.	1	Breasts grow.	2	Pubic hair develops.	2	Pubic hair develops.	3	The body grows taller.	3	The body grows taller and curvier, and the hips widen.	4	Hair develops under the arms and on the face, body, arms and legs.	4	Hair develops under the arms and on the arms and legs.	5	Oil glands in the skin produce more oil, which can lead to pimples and acne.	5	Oil glands in the skin produce more oil, which can lead to pimples and acne.	6	The penis grows.	6	Menstruation begins.	7	Sweat production increases.	7	Sweat production increases.	8	Muscle growth occurs.			9	The voice deepens.			
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<b>THURSDAY</b>	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> <li>1. Discuss with Learners examples of emotional changes that occur at Puberty in both girls and boys.</li> <li>2. Learners brainstorm to identify the intellectual changes that occur at Puberty.</li> <li>3. Learners in small groups to discuss examples of misconceptions about Puberty.</li> </ol> <p><b>Emotions of adolescence;</b></p> <ul style="list-style-type: none"> <li>• Anger.</li> <li>• Bitterness.</li> <li>• Dissatisfaction.</li> <li>• Sadness.</li> <li>• Anxiety.</li> <li>• Fear.</li> <li>• Shame.</li> <li>• Guilt.</li> </ul>  <p><b>Intellectual Changes;</b></p> <ul style="list-style-type: none"> <li>○ Complex thinking processes (also called formal logical operations).</li> <li>○ abstract thinking the ability to form their own new ideas or questions</li> <li>○ the ability to consider many points of view and</li> </ul>	<p>Summarize the lesson.</p> <p><b>Exercise;</b></p> <ol style="list-style-type: none"> <li>1. Explain 5 emotional changes at Puberty</li> <li>2. State 3 intellectual or cognitive changes at Puberty.</li> </ol> <p><b>Assignment;</b></p> <p>Write 4 misconceptions about Puberty.</p>																																								

		<p>compare or debate ideas or opinions.</p> <p><b>Misconceptions about Puberty;</b></p> <ul style="list-style-type: none"><li>• Puberty is Scary and Unpleasant.</li><li>• Boys and Girls Hit Puberty at the Same Time.</li><li>• Acne Is Caused by Bad Diet and Unclean Skin.</li><li>• Puberty Happens Overnight.</li><li>• Puberty Means You Won't Like Your Parents Anymore.</li></ul>	
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Name of Teacher:

School:

District: