

EaD Comprehensive Lesson Plans



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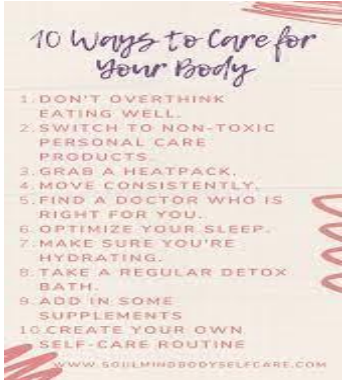



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BASIC 7

WEEKLY LESSON PLAN – WEEK 1

Strand:	Health and safety		Sub-Strand:	Personal hygiene and food hygiene	
Content Standard:	B7.1.1.1 Demonstrate knowledge of basic concept of staying healthy				
Indicator (s)	B7.1.1.1.1: Explain the need to stay healthy		Performance Indicator: Learners can explain the need to stay healthy.		
Week Ending	13-09-2024				
Class	B.S.7	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	power point, posters, pictures, Video showing how to stay healthy.		Core Competencies:	<ul style="list-style-type: none">• Communication and Collaboration• Critical Thinking and Problem Solving• Creativity and Innovation.	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
TUESDAY	Engage Learners in a warm up exercise for at least 5 minutes. Ask Learners how they feel in their body system after the warm up exercise.	<div>1. Discuss with Learners the meaning of staying healthy.</div> <div>2. Learners brainstorm to identify ways of staying healthy.</div> <div>3. Assist Learners to explain ways of ensuring Physical, Mental and Social wellbeing.</div> <div>Staying Healthy;</div> <div>Being healthy means that you experience vitality and feel strong, fit, and confident daily. It means being realistic when it comes to food choices, exercise, sleep and work-life balance.</div> <div></div> <ul style="list-style-type: none">• Eat plenty of fresh, non-processed foods, drink 64 ounces of water every day, and limit caffeine and alcohol intake.• Exercise.• Sleep.• Socialization.			Summarize the lesson by talking on the need to ensure Physical, Mental and Social wellbeing. Exercise; <div><div>i. Explain what is meant by staying healthy.</div><div>ii. State 4 ways each of ensuring;<div><div>a. Physical wellbeing</div><div>b. Mental wellbeing</div><div>c. Social wellbeing.</div></div></div></div>

		<ul style="list-style-type: none"> Have a primary care physician 	
THURSDAY	Ask Learners Individually how they take good care of themselves.	<ol style="list-style-type: none"> Discuss with Learners the consequences of not taking good care of themselves. Use Power Point to present to the class ways of not taking good care of one's body. Learners in small groups to discuss how to take good care of one's body to avoid the consequences of not taking good care of the human body. A representative from each group to report to the class on their discussion. <p>Ways of taking good care of One's body;</p> <ul style="list-style-type: none"> ✓ Seek Fresh Air ✓ Exercise ✓ Water and Nutrition ✓ Rest and Sleep ✓ Cultivating Health-Habits ✓ Beautify the Superficial <div>     </div>	<p>Reflect on the best ways of taking good care of the human body to avoid diseases, injuries and death.</p> <p>Exercise;</p> <ol style="list-style-type: none"> State 5 ways of taking good care of the human body. Write 5 ways of not taking good care of the human body.

Name of Teacher:

School:

District: