

# WEEKLY LESSON PLAN – B7

## WEEK 1

<b>Date:</b>	<b>Period:</b>	<b>Subject:</b> Career Technology
<b>Duration:</b> 100mins		<b>Strand:</b> Health and Safety
<b>Class:</b> B7	<b>Class Size:</b>	<b>Sub Strand:</b> Personal Hygiene & Food Hygiene
<b>Content Standard:</b> B7.1.1.1 Demonstrate knowledge of basic concept of staying healthy		<b>Indicator:</b> B7.1.1.1.1: Discuss the need to stay healthy
		<b>Lesson:</b> 1 of 3
<b>Performance Indicator:</b> Learners can tell the importance of healthy living		<b>Core Competencies:</b> CC 8.1, CC 8.2, CP5.1, PL6.2
<b>References:</b> Career Tech. Curriculum Pg.2		
<b>Keywords:</b> Balanced, consequences, healthy		
Phase/Duration	Learners Activities	Resources
PHASE 1: <b>STARTER</b>	Using questions and answers, find out what learners already know about healthy living.  Share with learners the performance indicators.	Pictures, Posters and illustrations
PHASE 2: <b>NEW LEARNING</b>	<p>Guide learners to explain what is meant by staying healthy. E.g. <i>Staying healthy: physical, mental, and social wellbeing, and as a resource for living a full life</i> (exercise the body, have enough rest, eat a balanced diet, avoid drug abuse and negative peer pressure)</p> <p>Learners to discuss and present in groups the consequences of not taking good care of one's body E.g., Contract disease and fall ill.</p> <p>Engage learners to use different ways or means for presentation;</p> <ul style="list-style-type: none"> <li>• power point, posters, pictures, illustrations</li> </ul> <p>Have learners research and write on materials and strategies (ways) used for improving personal hygiene and discuss, in group</p> <p><u>Assessment</u> 1. what is meant by staying healthy? 2. mention any four practices that can help us live a healthy life.</p>	

<p>PHASE 3: <b>REFLECTOIN</b></p>	<p>Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p> <p>Ask learners how the lesson will benefit them in their daily lives.</p>	
---------------------------------------	---	--