

## 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		
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>
<b>PHASE 1: 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
<b>PHASE 2: NEW LEARNING</b>	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 (exercise the body, have enough rest, eat a balanced diet, avoid drug abuse and negative peer pressure)</i>  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.  Engage learners to use different ways or means for presentation; <ul style="list-style-type: none"> <li>power point, posters, pictures, illustrations</li> </ul> Have learners research and write on materials and strategies (ways) used for improving personal hygiene and discuss, in group  <u>Assessment</u> 1. What is meant by staying healthy? 2. Mention any four practices that can help us live a healthy life.	
<b>PHASE 3: REFLECTOIN</b>	Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.  Take feedback from learners and summarize the lesson.  Ask learners how the lesson will benefit them in their daily lives.	