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| **Week Ending:**  | **DAY:**  | **Subject:** Computing |
| **Duration:** 60mins per lesson | **Strand:** Health & Safety In Using ICT Tools |
| **Class:** B5 | **Class Size:**  | **Sub Strand:** Health Hazard With Using ICT Tools |
| **Content Standard:** B5.7.1.1. Demonstrate the application of Health and safety measures, in using ICT tools. | **Indicator:** B5.7.1.1.1.-2 Identify some major health hazards associated with the use of ICT tools’ use and describe proper sitting posture | **Lesson:**1 OF 1 |
| **Performance Indicator:** * Learners can identify some major health hazards associated with the use of ICT tools’ use and describe proper sitting posture
 | **Core Competencies:**Creativity and innovation. 2. Communication and collaboration. 3. Cultural identity and global citizenship. 4. Personal development and leadership. 5. Digital literacy |
| **Teaching/ Learning Resources** | Mobile phones, Computer sets, modem and Pictures |
| **References:** Computing Curriculum Pg. 28 |

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| **DAYS** | **PHASE 1: STARTER** | **PHASE 2: MAIN** | **PHASE 3: REFLECTION** |
|  | Show learners pictures or short videos on current trends of technology in the world.Discuss what is trending and invite learners to share their opinions on them.Engage learners to play games and sing songs to begin the lesson | Learners to identify some common ICT tools used in the home and schoolBrainstorm learners to come out the effects of long exposure with the ICT tools they have identified above.Guide the learners to discuss wrist pain and sitting posture (neck, back and waist pain).  Guide learners in groups to discuss, identify and practice the proper sitting posture (i.e. siting at 90 degrees, wrist should be supported with a wrist pad, take short breaks etc.) when using the computer. | Ask learners questions to review their understanding of the lessson.Give learners task to do whiles you go round to guide those who need help |