

Methods of Teaching
PHYSICAL
& HEALTH
EDUCATION
IN NIGERIAN SECONDARY SCHOOLS

Edited by

Prof. A. A. Adesoye, Prof. O. O. Obiyemi,
Prof. E. A. Ogunsakin & Dr. R. A. Shehu

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1

LESSON NOTE PREPARATION IN HEALTH EDUCATION

Dr. Shehu, R. A., Mrs Jidda .A. Kafayah & Mr. Abdulrasaq, Q. O.

A lesson note is a designed of day to day plan of instruction of what a teacher intends to teach in a class in order to make maximum use of class periods or time allocated for a particular lesson. It indicates what the teacher intends to do or teach, when he/she wants to do it and how he/she would do it (Toscani Academy, 2012). The lesson note in health education should be flexible and realistic enough for any teacher in that particular field to handle and it serves as a record of what has been done at a particular period in a school. A lesson note should be prepared ahead of a class to allow the teacher incorporate all the necessary requirements of a particular subject matter. Different topics may deserve a different style of writing but the classroom teacher should be able to adjust to every classroom situation and should be able to express any of the situations in a lesson note (tabular format) (Schneider, 1978). The lesson note preparation is the responsibility of the subject teacher and it contains information concerning the student data, subject topic, instructional materials, expected outcome of the lesson and sources of information. An important factor in the lesson note preparation where most teachers sometimes overlook is the time distribution (Alwin, 1976). A teacher should be able to account for the time he/she will use on each of the activities stated in the lesson note. A well-constructed lesson note defines the context of the topics in a particular subject and guides the teacher to focus on the subject matter. A lesson note in health education can be presented in a tabular format or a prose format (Clark, 1986). In a tabular format, the teacher may include his/her activities, duration, and students' activities in columns. He/She may decide to create a column for evaluation on each stage of the activities. Lesson notes that are in prose format are written out in the form of a detailed outline of a classroom activity with respect to the duration, instructional material, expected outcomes and essential activities. Owie (2005) outlined some basic procedures that should be followed in the preparation of a lesson note in health education irrespective of what type of lesson note it is, the procedures are:

1. Select an appropriate topic from the general curriculum (in health education)
2. Objectives should be written in behavioural terms

3. The time allocated to the subject should be put into consideration and distributed accordingly among all the activities of the lesson
4. A brief outline of the subject matter should be prepared
5. Instructional materials for the lesson should be locally available or improvised
6. Students activities should be made clear
7. References should be provided for further reading
8. Correlation between the previous and present topic should be made clear
9. Method of evaluation should be indicated

A good lesson note in health education should put both the students and teacher into consideration (Mager, 1992). The learning environment and class capacity should not be ignored as well.

Below is an example of a lesson note in tabular format:

Name: _____ Matric No.: _____

Department: _____

School of Teaching Practice: _____

Class: _____ Average Age: _____

Subject: _____

Topic: Personal Hygiene Sub-topic: Care of the body

Duration: 40 minutes Date: _____

Period: _____ Time: _____

Instructional resources: soap, body cream, brush, sponge, toothpaste, towel, comb

Entry behaviour: Students had involved in the care of their bodies. They had at different times cared for their teeth, mouth, and taken their baths.

Behavioural objectives: At the end of the lesson, students should be able to

- i. define hygiene
- ii. mention at least three ways by which we can care for the body
- iii. identify reasons why we practice personal hygiene

S/N	Teacher's Activities	Students' Activities	Duration
1.	Teacher asks the students questions on their previous knowledge i.e. i. How do we take care of the body? ii. Why do we take care of our body?	Students raise up their hands to answer the questions	5 mins

2.	Teacher writes the topic on the board and defines hygiene i.e. Hygiene is defined as the many practices that help people stay healthy. The teacher further explains that good hygiene includes thoroughly and regularly washing one's body (especially the hands), washing one's hair and brushing the teeth. These grooming habits will reduce the threat of bacteria that constantly reside on the body. The teacher shows the students the instructional resources and explain what they are used for i.e. we use the soap with sponge to wash our body and towel the body after bath to get rid of the bacterias and germs on our body; we use the body cream to rub the body after taking our bath to avoid our skin from becoming dry and white; and we use the brush with toothpaste to clean our teeth to remove the remnants of foods that is stuck to our teeth and tongue to avoid the build up of bacteria in our mouth. The teacher explains to the students that a build-up of bacteria can harm a person's health.	Students listen attentively	5mins
3.	Teacher identifies the various ways we care for the body i.e. We care for the body by: i. taking our bath at least twice a day ii. applying body cream after taking our bath iii. brushing our teeth everyday iv. brush or comb the hair daily and apply hair cream	Students listen attentively	5mins

4.	The teacher explains the importance of practicing a good personal hygiene i.e. We practice personal hygiene so as to prevent the contact with and the spread of diseases. We also practice personal hygiene so as to feel good about our body.	Students listen attentively	5mins
5.	Teacher summarizes the lesson by identifying salient points in the topic i.e. - personal hygiene involves the various practices we engage in to help us be and stay healthy. - We practice personal hygiene to prevent the contact with and the spread of diseases. The teacher asks the students to ask questions on areas that they do not understand. The teacher writes short notes on the board for students to copy.	Students respond by raising up their hands and asking questions. Students copy the note as the teacher writes on the board.	15mins
6.	The teacher evaluates the lesson by asking the students to define hygiene? Identify different reasons why we practice personal hygiene? And explain how we care for the body?	Students raises their hands to answer the questions	3mins
7.	The teacher writes assignment on the board for the students i.e. What are the diseases that can be contacted and spread due to poor practice of personal hygiene?	Students copy their assignment	2mins

Below is an example of a lesson note in prose format:

Name: _____ Matric No.: _____

Department: _____

School of Teaching practice: _____

Class: _____ Average Age: _____

Subject: _____

Topic: Personal Hygiene_____Sub-topic: Care of the body

Duration: 40 minutes_____Date:_____

Period: _____ Time: _____

Instructional resources: Soap, body cream, brush, sponge, toothpaste, towel, comb

Entry behaviour: Students had involved in the care of their bodies. They had at different times cared for their teeth, mouth, and taken their baths.

Behavioural objectives: At the end of the lesson, students should be able to

- i. define hygiene
- ii. mention at least three ways by which we can care for the body
- iii. identify reasons why we practice personal hygiene

Introduction: (5 mins.)

The teacher introduces the lesson by asking the students questions on their previous knowledge i.e.

- i. how do we take care of the body?
- ii. why do we take care of our body?

Lesson Presentation: (35 mins)

Step 1.(5mins.)

The teacher writes the topic on the board and defines hygiene i.e.

Hygiene is defined as the many practices that help people stay healthy.

The teacher further explains that good hygiene includes thoroughly and regularly washing one's body (especially the hands), washing one's hair and brushing the teeth. These grooming habits will reduce the threat of bacteria that constantly reside on the body. The teacher shows the students the instructional resources and explain what they are used for i.e. we use the soap with sponge to wash our body and towel the body after bath to get rid of the bacteria and germs on our body; we use the body cream to rub the body after taking our bath to avoid our skin from becoming dry and white; and we use the brush to clean our teeth to remove the remnants of foods that is stuck to our teeth and tongue to avoid the build up of bacteria in our mouth.

The teacher explains to the students that a build-up of bacteria can harm a person's health.

Step 2. (5 mins)

The teacher identifies the various ways we care for the body i.e.

We care for the body by:

- i. taking our bath at least twice a day
- ii. applying body cream after taking our bath
- iii. brushing our teeth everyday
- iv. brush or comb the hair daily and apply hair cream

Step 3. (5 mins)

The teacher explains the importance of practicing a good personal hygiene i.e.

We practice personal hygiene so as to prevent the contact with and the spread of diseases. We also practice personal hygiene so as to feel good about our body.

Step 4. (15mins)

The teacher summarizes the lesson by identifying salient points in the topic i.e.

- personal hygiene involves the various practices we engage in to help us be and stay healthy.
- We practice personal hygiene to prevent the contact with and the spread of diseases.

The teacher asks the students to ask questions on areas that they do not understand. The teacher writes short notes on the board for students to copy.

Step 5. (3 mins)

The teacher evaluates the lesson by asking the students to define hygiene, identify different reasons why we practice personal hygiene, and explain how we care for the body.

Step 6. (2 mins)

The teacher writes assignment on the board for the students i.e.

What are the diseases that can be contacted and spread due to poor practice of personal hygiene?

Study Questions

1. What are the basic features of a well prepared lesson note in health education?
2. Outline some basic procedures involved the preparation of a lesson note in health education.
3. Prepare a sample lesson note on a topic in health education for Junior Secondary Schools.

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