

THIRD TERM

WEEKLY LESSON NOTES

WEEK 7

Week Ending: 28 th OCT, 2022	Day:	Subject: Career Technology	
Duration: 60MINS		Strand: Designing & Making of Artefacts	
Class: B7	Class Size:	Sub Strand: Making Artefacts	
Content Standard: B7.5.4.1 Demonstrate skills of making artefacts/ products		Indicator: B7.5.4.1.2: Demonstrate skills of making artefacts/products in sewing and crocheting	Lesson: 1 of 2
Performance Indicator: • Learners can cook food using the boiling method of cooking food.		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
Reference: Career Technology Curriculum Pg. 36			
Keywords: boiling, stewing, poaching			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Revise with learners to review their understanding in the previous lesson. Share performance indicators with learners.		
PHASE 2: NEW LEARNING	Revise with learners on the types of stitches. Through demonstrations, guide learners to make specimens or samples of basic sewing stitches individually. E.g., tacking (even, long and short), running stitches, back stitches, overcasting. Display specimens for appraisal.	Pictures and charts of food	
PHASE 3: REFLECTION	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.		

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Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Revise with learners to review their understanding in the previous lesson. Share performance indicators with learners.		
PHASE 2: NEW LEARNING	Revise with learners on the types of stitches. Through demonstrations, guide learners to make specimens of basic crocheting stitches. E.g., chain, slip stitches, double crochet, treble. Display specimens for appraisal.	Pictures and charts of food	
PHASE 3: REFLECTION	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.		