


BASIC 7

WEEKLY LESSON PLAN – WEEK 7

Learning Indicator(s)	B7.5.4.1		
Performance Indicator	B7.5.4.1.2: Demonstrate skills of making artefacts/products in sewing and crocheting.		
Week Ending	28-10-2022		
FORM	B.S.7		
Subject	Career Technology		
Reference	Curriculum, Teachers Resource Pack, Learners Resource Pack.		
Teaching / Learning Resources	Textbook, Word Chart, Pictures, Audio and Video Player.		
DAYS	PHASE 1 : STARTER	PHASE 2: MAIN	PHASE 3: REFLECTION
MONDAY 24-10-2022	Review Learners knowledge on the previous lesson.	<p>1. Assist Learners to make specimens or samples of basic sewing stitches. E.g. tacking (even, long and short), running stitches, back stitches, overcasting.</p> <p>2. Discuss with Learners examples of basic sewing stitches.</p> <p>Basic Sewing Stitches;</p> <ol style="list-style-type: none"> 1. running baste stitch and running stitch 2. catch stitch 3. blanket stitch 4. whip stitch 5. slip/ladder stitch 6. back stitch 	<p>Core Competencies;</p> <ol style="list-style-type: none"> 1. Reflect on work and explore thinking behind thoughts and processes. 2. Reflect on work and explore thinking behind thoughts and processes. 3. Ability to merge simple/complex ideas to create novel things.

THURSDAY

27-10-2022

Learners brainstorm to explain the meaning of basic Crocheting stitches.

1. Assist Learners to identify 5 types of basic Crocheting stitches.
2. Discuss with Learners the process of sewing the various crocheting stitches.
3. Learners are to be guided to make specimens of basic crocheting stitches.

Meaning of Crochet stitches;

A crochet stitch is a result of moving a crochet hook through yarn to achieve a specific shape and look in your crochet pattern.



Types of Crocheting Stitches;

1. chain stitch
2. single crochet
3. double crochet
4. treble crochet
5. half-double crochet
6. slip stich

Core Competencies;

1. Reflect on work and explore thinking behind thoughts and processes.
2. Reflect on work and explore thinking behind thoughts and processes.
3. Ability to merge simple/complex ideas to create novel things