

HEALTH AND WELLBEING

LEARNING OBJECTIVES/WALT

- To know how and why hygiene matters to stop germs.
- Why hygiene is important and how simple hygiene routines can stop germs from being passed on (hand washing)

KEY VOCABULARY/LANGUAGE

- Germs
- Spread
- Hygiene
- Prevent

WHAT YOU WILL NEED

- Lesson 4 resources doc [link here](#)
- 1 coin for heads and tails
- Flag, spoon or paint brush x 2
- Biodegradable glitter or Germ sheet printed Slide 3 - cut out strips of germs or pre cut individual squares if lower ability.
- Scissors
- Bluetac per child
- Recording device - e.g. iPad

LESSON 4 - HEALTH AND WELLBEING - See you later Germs!

Lesson Content

EXPLORE - Squeeze Olympics

Imagine the squeeze is a germ that spreads, you are going to pass the squeeze from one hand to another like a germ and see which team can do it quickest

- Split the class into two groups and sit them in 2 lines holding hands forming a human chain.
- At one end of the 2 rows of children, the teacher tosses a coin for the end two people only to see. When they see heads on the coin they squeeze the hand of the next person in the chain to start the race. When each person feels the squeeze in one hand they pass it on with their other hand, and so on until the last person is reached.
- When the last person has felt the squeeze they snatch a flag, spoon, paintbrush (some indicator) and raise it in the air to show they have finished.
- Looking at the first person in the group and talking are not allowed. This is a concentration game. Can do with eyes closed.

Time guide

8 mins

Outcomes

Establish concept of spreading ability of germs

EXPLORE - Sticky germs!

- Hand out a strip of germs to each child with scissors and some blue tac each. They cut out their 7 germs and stick some tac to the back of each germ.
- Ask the class to retrace their steps from when you came into the classroom this morning ... What did you touch? Go and stick a germ on things you have touched today. (Could ask for predictions of places the germs will most likely be ahead of exercise)
- Back to desks or into a circle - Where are the germs? Investigate and discuss why they are where they are.
- Problem solving mindset - How could you stop the spread of germs? (slide 4 question and slide 5 answers)

22 mins

Fine motor scissor practice

Experiment and investigation

Problem solving mindset

IDEATE MUSIC - Handwashing song

Together write very simple lyrics that cover the essential parts of handwashing: E.g. (only an example)

1. We need soap and water
2. Palms..... tops.....
3. In between your fingers 1 2 3 4
4. In between your fingers 1 2 3 4
5. Thumbs, both!
6. Rinse your hands and dry!

Line by line find a simple melody and sing, and add appropriate hand-washing gestures. Now this song can be sung while washing your hands! And even taught to the whole school?

25 mins

Embedding the learning with a catchy song

A memorable song class can sing again and teach others

EVALUATE - Song and Discussion

Practice singing the song with gestures as a whole group and perform to record it.

- Have we included everything we should in the song? Anything you would change?
- What do you think the impact of this song would be if we were to sing it to the whole school in an assembly?
- Do you think this will change the way you now think about washing your hands?
- Why is this simple hygiene routine important?

5 mins

Assessment of their song

Assessment of learning