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HEALTH AND WELLBEING - See you later Germs!



YEAR GROUP:
R/1 KS1



DURATION:
1 hour



LEARNING OBJECTIVES – students will learn...

- 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

- POSSIBLE STEM SENTENCE - *I am feeling because of*
- A
- B
- C



WHAT YOU WILL NEED

- Lesson 4 resources doc
- Biodegradable glitter or Germ sheet printed Slide 3
- Scissors
- Bluetac per child

Squeeze olympics - passing the squeeze

Imagine the squeeze is a germ that wants to spread

- ➔ Split the class into two groups and sit them in a line holding hands forming a human chain
- ➔ At one end of this human chain, the group leader tosses a coin. Only the first person (of each team) in the chain is allowed to see if the coin comes up heads or tails. If heads, the first person squeezes the hand of the next person and so on until the last person is reached.
- ➔ Once the last person has felt the squeeze they snatch the spoon/water bottle. The goal is to be the faster team getting the information (heads was tossed) through the chain and grabbing the spoon first. Looking at the first person in the group and talking are not allowed. This is a concentration game in which it is very often the case that the players squeeze hands even when tails comes up.

ACTIVITY 1 / EXPLORE**22 MINS****Sticky Germs - Red square germs activity**

Print sheets of germs slide 3

Cut into strips - 7 germs per child



Hand each child a strip of germs

Children then cut their 7 germs out (or can prep them for the class depending on needs)

Get class to put a bit of blue tac on the back of each

5 mins

- ➔ Retrace your steps when you came into the classroom this morning ... What did you touch?
- ➔ Go and stick a germ on things you touched today.

Back to desks

- ➔ Where are the germs?

Problem solving mindset - how could you stop the spread of germs?

- Wash your hands
- Put on gloves
- Cough into your hands
- Use a tissue put it in the bin
- Don't touch things if you don't have to
- Catch it kill it bin it

Alternative exercise is to put biodegradable glitter on the children's hands. See where it goes. Then at end of lesson all wash your hands observing the routine of how you have to wash your hands to get all of the glitter off.

Handwashing song

Together write very simple lyrics that cover the essential parts of handwashing:

Eg. (only an example)

We need soap and water

Palms..... tops.....

In between your fingers 1 2 3 4

In between your fingers 1 2 3 4

Thumbs, both!

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!

Toolbox Tutorial - How to write a song video RT**Rehearse Song (5 mins)**

Practice singing the song with gestures as a whole group

ACTIVITY 3 / EVALUATE & ASSESSMENT

5 MINS

Discussion

- ➔ 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?

