

14

HEALTH AND WELLBEING - Daily routines



YEAR GROUP:
R/1 KS1



DURATION:
1 hour



LEARNING OBJECTIVES – students will learn...

- What they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing
- Practice daily self-care routines e.g. exercise, healthy eating, hygiene



KEY VOCABULARY/LANGUAGE

- POSSIBLE STEM SENTENCE - *I feel good because I ...*



WHAT YOU WILL NEED

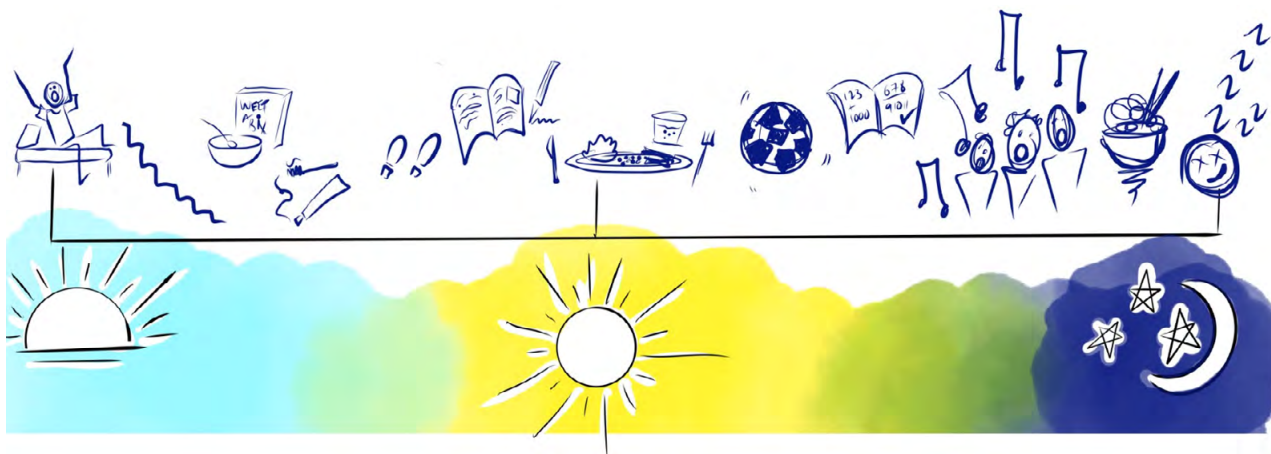
- Lesson 5 resources doc
- White board or large paper roll or pieces taped together
- Pens
- Print slide 5 - 1 cube for each child 2 per page
- Scissors
- Crayons, felt tips pencils etc
- Blue tac or glue to make tower of cubes
- Musical instrument (any)

Daily routines demonstrating health & wellbeing

- Find a space
- Ask individuals for an example of something they do daily e.g. 'exercise' 'clean my teeth' etc.
- All act this thing out around the space (jumping, cleaning teeth, washing hands)

ACTIVITY 1 / EXPLORE**30 MINS****Day in the life of our class demonstrating health & wellbeing**

- Talk them through the stages of the day and decide on actions and order
- Create a class 'day in the life of' that has a picture score - slide 3 blank timeline



Children draw on white board or make similar timeline on paper

- In a semi-circle, ask the class to decide what they do as soon as they wake up e.g. run downstairs and eat breakfast/clean my teeth
- Have a volunteer draw a simple picture of this on the left hand side of the paper or whiteboard board
- Find a quick action, an onomatopoeic word (e.g. brush or swish), and an instrumental sound for the decided 'thing' and perform it four times all together - sound with action - after 4 steady beats from the teacher (counted or on an instrument).
- Skip forward to the next routine - prompt after breakfast or after teeth cleaning and begin to form routines (with sounds) covering the whole day - healthy breakfast/wash hands after break time/ fresh air, sing a song, have some time away from digital and exercise/wash hands after lunchtime/ drinking water/good dinner/off digital.
- Each time draw a picture for the routine, creating a 'picture score', reading left to right, and keep performing from the start after each new addition (always with a 4-beat introduction)
E.g. 1,2,3,4
Brush brush brush brush (with maraca) - *brushing teeth*
Chomp chomp chomp chomp (with tambourine) - *eating breakfast*
Etc.
- Once you have completed the day ending in 'a good nights sleep' look at the picture score that has been created
- Perform the score as a whole: words, instruments and actions.

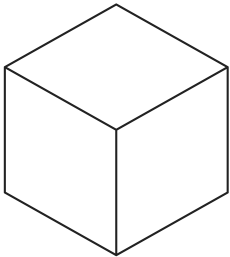
If teacher is using a xylophone (or other tuned instrument) as the accompaniment, try changing the note every four beats to add variety. These can be random, or can move up (starting on a low note) or down (from a high note) a scale.

RT Toolbox extension - playing a xylophone

Building blocks for a good day

Individually create a 2d building block decorated to represent one of these daily routines

→ Each child cuts out a cube (slide 5)

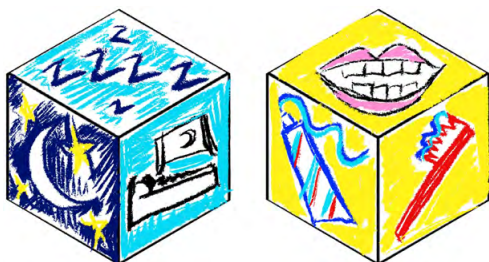


→ Decorate your cube to show one of these routines e.g.

- Sleep
- Healthy Breakfast
- Water
- Fresh air
- Nutritious lunch
- Singing
- Football
- Etc

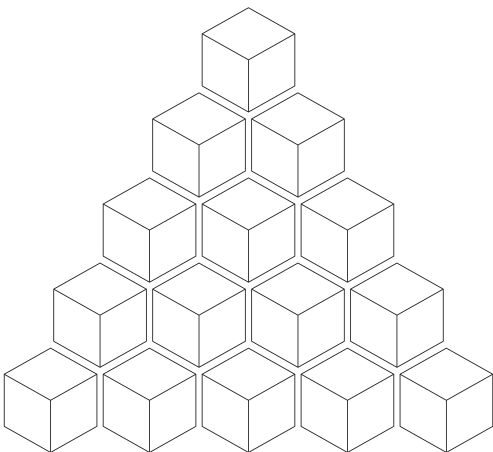
E.g. (slide 6 examples) use simple drawings to indicate the routine and add background colour.

Make them bold and bright



Put all the decorated blocks together to build a big strong tower - We need these building blocks to make yourself strong for the day.

Build a strong tower with all your daily routine cubes by sticking them together



Arrange the cubes and stick them to a large piece of paper for display

Head shoulder knees and toes scale

Head = strongly agree/ confident

Shoulders = less confident but still quite sure

Knees = not very confident

Toes = don't agree/ not confident

- ➔ I understand what being healthy means
- ➔ I understand different foods will make me feel differently
- ➔ I know how to protect myself in different seasons and for different activities
- ➔ I understand how to use medicines safely
- ➔ I understand that hygiene routines can stop germs from being passed on
- ➔ I understand how to take care of myself on a daily basis

