

## Year 4 Personal Hygiene and Health – Lesson Plan

| Overall aims and objectives               |
|---|
| To understand personal hygiene and health |

| Time    | Activity   |
|---------|--|
| 05 mins | <p><b>Slide 1 and 2 – Introduction</b></p> <ul style="list-style-type: none"> <li>• Introduce yourself and explain what the session is about</li> <li>• Read Ground Rules, add any more rules that the class have decided on</li> </ul>                                  |
| 05 mins | <p><b>Slide 3 – Personal Hygiene, what do we need to do?</b></p> <ul style="list-style-type: none"> <li>• Discuss what the children feel personal hygiene is and how we keep our bodies clean.</li> <li>• Discuss the pictures of the slide and the footnotes</li> </ul> |
| 07 mins | <p><b>Slide 4 – Sweat</b></p> <ul style="list-style-type: none"> <li>• Discussion around slide</li> </ul>  |
| 05 mins | <p><b>Slide 5 – What do you need to do?</b></p> <ul style="list-style-type: none"> <li>• Discussion around slide using footnotes</li> <li>• What's in the bag activity (toiletries)</li> </ul>   |
| 05 mins | <p><b>Slide 6 and 7 – Looking after our teeth</b></p> <ul style="list-style-type: none"> <li>• Discussion around slide using footnotes</li> </ul>  |
| 10 mins | <p><b>Slide 8 and 9 – Importance of sleep and a good bedtime routine</b></p> <ul style="list-style-type: none"> <li>• Discussion around slide using footnote</li> </ul>  |
| 10 mins | <p><b>Slide 10 – Personal hygiene video</b></p>  |
| 05 mins | <p><b>Slide 11 – Boundary song video</b></p>   |
| 05 mins | <p><b>Slide 12 – Any questions</b></p>   |

**Resources Required:**

- Ensure personal hygiene and health is on your laptop
- Toiletry bag should consist of the following:
- Deodorant - roll on and spray
- Body spray – explain the difference
- Toothbrush
- Toothpaste
- Pants
- Socks
- Nail cutters
- Shampoo
- Conditioner
- Body wash
- Soap
- Hairbrush