# DAILY PLANNER: Weeks 7 and 8




## Keeping clean and fit

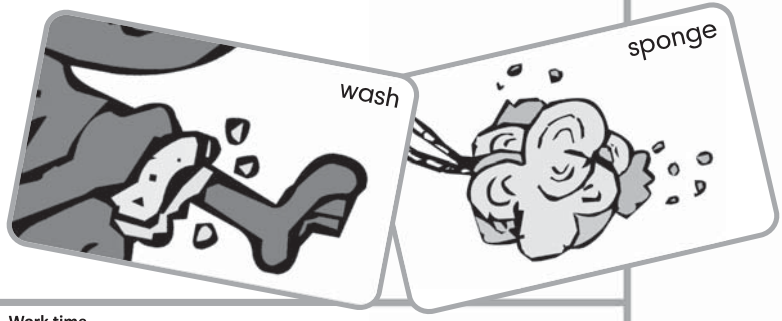
**Phonics focus:** j and m
**Day:** Wednesday
**Term:** 1

**Big Book story:** *Dirty Duduzile*
**Poster:** Keeping clean and fit

**1. Arrival time**
Welcome each learner as they arrive at school. Draw learners' attention to the items on the theme table. Tell them to take their name card and to place it next to an item on the theme table that they like using, e.g. skipping rope, ball.

**2. Health check**
Talk to parents about their child's immunisation records and advise them that it is essential for their child's immunisations to be up to date.

**3. Morning circle**
Read the theme message (sentence strip): Today we are learning about keeping clean and fit. Take the items from the theme table and place them in the centre of the circle. Keep the name cards together with the items (see arrival time above). Go through each item and ask learners to say why they placed their name next to that item. Ask how they use this item, where and when they use it, and how it helps them keep fit or clean.



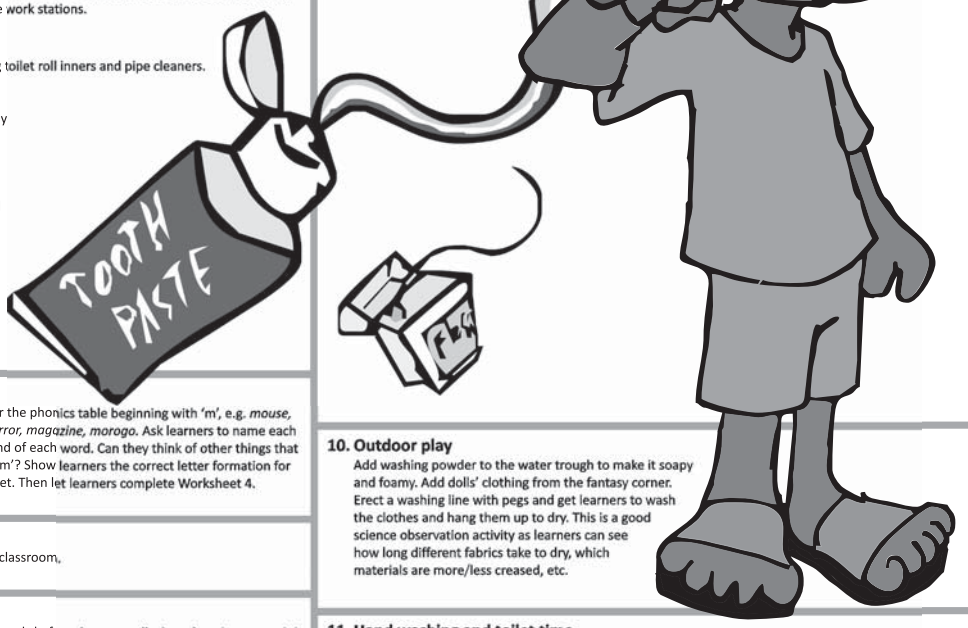

**4. Work time**
Have a quick talk with the learners about how we look after our bodies. What do we use to keep them clean and fit? Introduce the different activities at the work stations.

**Work time: work stations**
Technology table: Learners make toothbrushes using toilet roll inners and pipe cleaners.

Creative table 1: Learners do toothbrush painting. They dip an old toothbrush into paint and then gently brush the bristles over a sheet of paper to create splatter patterns.

Creative table 2: Learners make a tissue collage. They crumple different coloured pieces of tissue and glue them onto paper to make a collage.

Creative table 3: Learners do finger comb painting. They spread finger paint on the table, and then use a variety of old combs and brushes to create patterns.




**5. Small group time**
Show learners the letter m. Find items or pictures for the phonics table beginning with 'm', e.g. *mouse, muffin, mushroom, mop, mug, mat, milk, mealie, mirror, magazine, morogo.* Ask learners to name each item. Ask what they notice about the beginning sound of each word. Can they think of other things that start with the 'm' sound? Whose names begin with 'm'? Show learners the correct letter formation for 'm'. Let them use macaroni to make 'm's on the carpet. Then let learners complete Worksheet 4.

**6. Tidy up time**
Sing a tidy up song with learners as they tidy up the classroom.

**7. Hand washing**
As you lead learners to the bathroom to wash their hands before they eat, talk about how important it is to keep our hands clean, and when it is important to wash hands, e.g. after using the toilet, and before and after eating.

**8. Snack time**
Talk about why our bodies need food and how food keeps our bodies healthy. As they eat, learners can name a healthy item from their lunchbox.

**9. Music and movement ring**
Get learners to hold hands and stand in a circle. Stand in the middle of the circle and begin the song.

Learners copy your actions:
*Let everyone clap hands like me* (clap, clap) x2
*Come on and join the game*
*Let everyone clap hands like me* (clap, clap) x2
*Try and do the same*

Call out various actions related to the theme 'Keeping clean and fit'. Give learners a chance to come to the centre of the circle and to make up their own verses, e.g.
*Let everyone brush their teeth like me ...*
*Let everyone run on the spot like me, etc.*

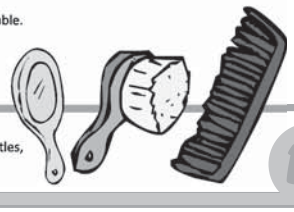
**10. Outdoor play**
Add washing powder to the water trough to make it soapy and foamy. Add dolls' clothing from the fantasy corner. Erect a washing line with pegs and get learners to wash the clothes and hang them up to dry. This is a good science observation activity as learners can see how long different fabrics take to dry, which materials are more/less creased, etc.

**11. Hand washing and toilet time**
Learners line up to go to the toilet. On the way there get them to do various exercises, e.g. jumping, hopping, skipping, etc.

**12. Story time**
Open the Big Book to page 10 for the story *Dirty Duduzile*. Before reading, talk about how Dudu looks in the pictures. Draw learners' attention to Dudu's grubby, untidy appearance at the beginning of the story compared to her clean, neat appearance at the end. Ask learners to predict what they think the story will be about. After each page discuss the events that occurred and ask learners to suggest what will happen next. After the story, divide the class into three groups. The first group can act out the beginning of the story, the second group can act out the middle of the story and the third group can act out the ending. Tell each group exactly which part they must do. This will help them understand that all stories have a beginning, a middle and an end.

**Theme table**
Use the following ideas to create a theme table to stimulate discussion and discovery. Use Poster 4 as a backdrop for the theme table. Place a blue tablecloth on the table.

Display a variety of hygiene products, e.g. soap, toothpaste, shampoo, dental floss, toothbrush. Also include items that we can use to help us keep fit, e.g. skipping rope, ball, boxing glove. Place a girl and boy doll with items of clothing on the table. Learners can 'wash' and dress them.



**Fantasy corner**
Set up a 'beauty salon' or 'parlour' where learners can pretend they are going to be groomed. On a small table place a mirror, comb, brush, nail file, old nail polish bottles, an old electric razor, an old hairdryer and shaving brush. Provide towels and empty plastic cosmetic bottles for learners to play with.