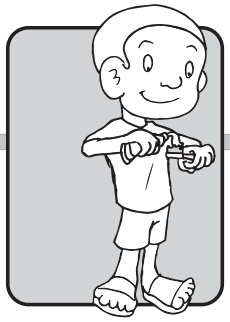
WEEKLY PLANNER: Weeks 7 and 8

Keeping clean and fit

	Monday	Tuesday	Wednesday	Thursday	Friday
Arrival 15 - 30 minutes	Welcome each learner back after the weekend. Ask learners to bring their toothbrushes to school tomorrow. (Put a special note in their lockers to inform parents of this.)		Before learners arrive, place an item from the theme table in each locker. Make sure that items are part of a pair, e.g. soap and towel. Learners collect these items and bring them to morning circle.		As each learner arrives, ask them to mime an activity that they did that morning to keep clean or fit. 
			HEALTH CHECK		
Morning circle 10 - 15 minutes		Direct learners' attention to Poster 4 on the theme table. Ask them to describe what the children on the poster are doing: how are they keeping clean and fit?	Learners bring the items from their lockers to the carpet. Ask each learner to show (mime) what they use the item for. Ask learners to find the child who has the partner to the object they found in their lockers, e.g. soap and washcloth, toothbrush and tooth-paste.	Use the sentence strip: I use ___ (soap, shampoo etc). 	Go for a walk around the school and find 'unhealthy' areas, e.g. stagnant ponds, pit latrines, litter, broken fencing, etc. Discuss how these unhealthy areas can impact negatively on learners' health. Talk about ways to remedy the situation.
Work time and small group time SMALL GROUP TIME: 10 - 15 minutes TOTAL TIME: 45 minutes	**Work time activities:** **1. Creative focus** Learners make dental floss art. They dip dental floss into paint and drag it over paper to make patterns. **2. Literacy focus** Learners look for pictures that begin with 'm' in magazines and make a collage. **3. Creative focus** • Learners mix two different colours of playdough. • Learners do ear-bud art by using ear-buds like paintbrushes.			**Work time activities:** **Creative focus** Learners make ball art. They dip a small old ball into paint and place it on a tray lined with paper. They then move the tray slowly to create a pattern. **Literacy focus** Place the flashcards for this theme on the table. Learners 'read' the words and mime the action. The flashcards can be found in the Learner Resource Book.	
	Small group time activity: **Numeracy focus** Introduce the number '4'. Learners jump, skip, hop, etc. four times each. Give learners six counters. Count out four from the total. Look for things that come in fours, e.g. table and chair legs, window panes, car wheels. Call out oral addition and subtraction word sums for learners to work out, e.g. I have four buttons. I drop two. How many do I have left?	**Small group time activity:** **Literacy focus** Introduce the letter 'j'. Get learners to identify any objects in the classroom, items on the phonics table and learners' names that begin with the letter 'j'. Teach correct letter formation. Let learners trace the letter in jelly powder. Let them jump, jive and jog over a large letter 'j' traced in chalk on the ground.	**Small group time activity:** **Numeracy focus** Revise circles, squares and triangles. Introduce the rectangle. Learners find items in the class that are rectangular. Discuss the properties of a rectangle and how it differs from the other shapes. Learners trace around rectangles onto paper. They then retrace the outline with wood glue and sprinkle it with sand coloured with powder paint.	**Small group time activity:** **Life Orientation focus** Talk about brushing teeth and why it is important. Have a picture of a mouth and teeth and a large toothbrush. Demonstrate correct brushing. Using their own toothbrush, learners brush their teeth. If possible have mirrors so they can watch themselves doing so. Make a small book for learners to take home. They tell you how to brush teeth and you write the sentences for them. Let them share their books.	**Small group time activity** **Literacy focus** Play the *memory box game*. Prepare three to five small differently coloured boxes. In each one place an item from the theme table. Learners can talk about each item. Close the boxes and ask learners what is in each one. Then shuffle the boxes and ask learners what is in each one. Open the lids to check. This is a good visual memory exercise.
			TIDY UP TIME **HAND WASHING** **SNACK TIME**		
Music and movement ring		Begin with stretches, jumps and jogging on the spot. Call out three instructions, e.g. touch your nose, bend, and stretch up high. Learners listen, remember and copy the sequence (auditory memory).		Begin the lesson by singing the song *The healthy way we do it* (on Poster 4). Call out the name of a sport. Learners act out a movement or action related to that sport. Repeat the activity to music. Make a circle of chairs, one per learner. Play musical chairs to a sports theme. As learners move around the circle their movement should reflect a type of sport, e.g. dribbling a soccer ball, swinging a cricket bat, etc.	
Outdoor play					
Story time	Show learners four individual pictures illustrating the procedure for brushing teeth. Learners put the pictures in order. Then they use the pictures to tell a story.		Learners use the toothbrush they made previously from toilet roll inners and pipe cleaners (see the Daily Planner) to tell a story about brushing teeth and visiting the dentist.		