WEEKLY PLANNER: Weeks 9 and 10

Healthy eating

	Monday	Tuesday	Wednesday	Thursday	Friday
Arrival 15 - 30 minutes	Welcome each learner. As learners arrive ask them to pick an item of food they like off the theme table and place it in their lockers.		Welcome each learner. Have pictures of various fruits and vegetables. Cut them in half. Place a half in each locker. As learners come in they can see their half and decide on what it is.		Welcome each learner. As learners walk in they must go to the theme table and select a favourite item of food from a variety of food pictures (have duplicate copies of food that is generally more popular with children). They place this picture in their locker.
			HEALTH CHECK		
Morning circle 10 - 15 minutes	Introduce the theme for the next two weeks. Direct learners' attention to the theme table. Discuss what they see on it. Ask learners to show the class their item of food. What did they pick? Once all learners have showed their choice, collect all the items. As a class sort the items into healthy and unhealthy food choices.		Discuss the poster. Go through the questions on the poster. Discuss the theme words. Get learners to name their food item. They must then move around the room and find the person with the other half. As an extension see if learners can match their food item with the appropriate label.		Learners bring the pic of their favourite food to the carpet. Collect the pictures and sort them with the class. Do this on the board so learners can see how to sort data. Then use the pictures to create a picture graph showing the class's most popular foods.
Work time and small group time SMALL GROUP TIME: 10 - 15 minutes TOTAL TIME: 45 minutes		**Work time activities:** 1. Peanut and macaroni necklaces (use raw peanuts in shells) 2. Mielie cob prints (save the cob after eating a mealie, learners roll the cob in paint and print) 3. Egg shell collage 4. Edible art (use toothpicks and pieces of fresh fruit and vegetables. Creations can be eaten at snack time)		**Work time activities:** 1. Baking: pizza faces – use a slice of bread, carrots, cheese and apple slices 2. Eggbeater bubbles – use eggbeater to make soapy paint prints 3. Kitchen tong pick up – learners use tongs to pick small items and move them from one container to another. 4. Paint with kitchen gadgets – including spatulas, spoons, brushes etc.	
	Small group time activity: **Numeracy focus** Begin with counting to 10. Revise the number flashcards 1 to 4. Get learners to match flashcards of number, numeral, dots and pictures. Sing the song: *One potato, two potato* (see poster). Provide each child with straws and a cup. Call out verbal addition and subtraction problems to solve. Learners use the straws as counters.	**Small group time activity:** **Science focus** Grow your own food. Get learners to grow their own food. Here is a simple idea: **Cress eggheads:** You need: an eggshell half; an egg cup; Koki pens; cotton wool and cress seeds. **What to do:** Fill the empty eggshell with cotton wool and put the shell back in an egg cup, then carefully draw a face with a Koki pen. Sprinkle on a layer of cress seeds. Cover the egg with paper and leave for two or three days until the seeds start to sprout.	**Small group time activity:** **Numeracy focus** Begin by counting to 10. Revise the names for the previous shapes learnt. Show learners a heart: what is it called? Discuss the shape of the heart. What is the meaning of the heart? When do we use it? Give learners various shapes cut from paper – call out a pattern, they copy it with their shapes and then extend it. Each learner can have a turn to call out a pattern for the rest to copy and extend.	**Small group time activity:** **Literacy focus** Introduce the African Alphabet letter 'I' and 'i'. Get learners to make the sound they hear. Provide each learner with a paintbrush and a cup of water. They can then practise writing the letter 'i' on the windows of the classroom. Give each learner a stick and some ink and they can make ink designs on paper. They can write a few 'i's with the ink.	**Small group time activity:** **Literacy focus** Place all the food items from the theme table before the learners. Also have paper bags or baskets labelled with letters of the alphabet and a matching picture, for example an 'm' and a monkey. Learners take turns to pick up a food item, name the initial sound and then place it in the correct sound bag.
			TIDY UP TIME **HAND WASHING** **SNACK TIME**		
Music and movement ring	Begin the lesson by singing the song: *Ten fat sausages*... (see poster). Place 10 sausage pictures up on the board or the wall, to accompany the song. Learners can spread out around the space and on the "pop" and the "bang" they can create large movements to show the action. Play "Freeze Dance". Play a song with a varied tempo and a fun beat. Learners have to express themselves to the music and must move fast to a fast tempo, slow to a slow tempo, and then when the music stops they must freeze.		Begin the lesson by singing the song: *Jelly on the plate*... (see poster). Learners can move as desired to the song. Play *Hot Potato*. Pass a potato around to music. When the music stops, whoever is left holding the potato must sit out. Continue until one person is left in the circle.		Begin the lesson by singing the song: *Jump up and down*... (see poster). Do the following activity using the food containers from the theme table: Choose a learner to sit in a chair and blindfold him/her. Begin to bang or hit the container with a continuous pattern. Ask the blindfolded learner to stand up and walk towards the sound. Once they've found you, have them feel and name the container being played. Continue the game with a few more learners.
Outdoor play		Create an outdoor obstacle course using benches, ropes, tyres etc. Learners can have fun working their way through it		Create a closed off space where learners can move freely. Put on some music and learners can do some free dance or aerobics with the teacher.	
Story time		Create an 'I like' book. Each learner can make their own. They can draw the picture and you complete the sentence – 'I like carrots', 'I like peas' etc. Learners then get a turn to read their books to the class.	Picture story strip: show learners four pictures of a child eating a sandwich. Learners must dictate a story to match each of the pictures. Write this story down and re-read it to the class when they are done.		Make a class zig-zag book. Use the data from the graph to make a class book of favourites: We like... Each learner can help to decorate the book. Read the book to the class. Keep book in the reading centre for learners to access at their leisure.