

Looking After Me – Staying Clean

Year 3 – Lesson 3

LESSON OBJECTIVES/SKILLS:

- To take increasing responsibility for keeping the mind and body safe and healthy.
- To form personal opinions and make informed decisions.
- To develop practical skills necessary for everyday life.

LEARNING ACTIVITY/LESSON OUTLINE:

- Discuss and brain storm with the children why it is important to always have clean hands and when we should wash our hands.
- Show children chart of how to wash hands (e-bug resource- hand washing section).
- If possible, use the Glitterbug resource.
- Children wash their hand, following the hand washing chart.
- Year 3 children teach year 2 children to wash their hands correctly.
- Create posters to displays around the school reminding everyone to wash their hands and how to do it.
- Compose and perform a song about washing hands correctly.

SKILLS ACROSS THE CURRICULUM:



KEY QUESTIONS:

Why do we need to keep ourselves clean?

What are germs?

What do they do to us?

How and when should we wash our hands?

RESOURCES:

- [PHW Infection Prevention and Control Guidance for Educational Settings](#)
- Glitter bug and hygiene teaching pack
- [E-Bug teaching resource](#)
- Henry the hand, 'Doin' the Handwash' song

ASSESSMENT – Learning Outcomes:

Can the child....

Explain what germs are and what they do to us?

Wash their hands using the correct technique?

Explain the occasions when it is vital to wash your hands?