















My Body

WEDNESDAY

 Arrival 15-30 mins	<p>Welcome each learner.</p> <p>In each locker, place a coloured card with a picture of one of the six body parts in brackets on it (head, arms, legs, feet, hands, mouth). Learners must bring the picture to the morning circle.</p>
 Health check	
 Morning Circle 10-15 mins	<p>Ask learners to show you the cards from their lockers. Discuss what they do with each of these body parts. How do certain parts of their body help them?</p> <p>With the learners, read through the labels on the poster 'My Body' and get learners to point to that body part on their own body.</p>
 Work Time Activities 30-35 mins	<div> <p>Life Orientation focus</p> <p>Learners point to various parts of their body as they are instructed to. They draw themselves in the block on page 24 of Workbook I.</p>  </div> <div> <p>Creative focus</p> <p>Learners make their own bodies from play dough. Make play dough mats of people (a body shape that is laminated or covered in plastic). Provide play dough, beads, pipe cleaners, etc. for learners to work with.</p>  </div>
 Small Group Time Activity 10-15 mins	<div> <p>Life Orientation focus</p> <p>Prepare puzzle cards of people and cut them in half. Learners match the tops and bottoms.</p> <p>Play a Memory Game with the cards. Turn them over. Learners get a chance to make a pair. They turn two cards over. If they match they keep them. If not, they turn them over again.</p>  </div>
 Tidy up time	
 Hand washing	
 Snack time	
 Music and Movement Ring	<p>Sing the theme related song 'Head, Shoulders, Knees and Toes' to the learners on page 67 of this Teacher's Guide. You can also use the LEAP audio lesson, Term I-O5. The song can be sung every day of the teaching week. Learners perform the actions, touching each body part as mentioned in the song.</p>
 Outdoor Play	<p>Include the activity below as one of your daily outdoor activities.</p> <p>Provide hula hoops for the learners. Ask the learners if they can twirl the hoops on different parts of their bodies (waist, arm, wrist, ankle, etc.).</p>
 Story Time	<p>Before reading a story related to the body, ask learners to talk about any accidents they may have had, where they broke or damaged a certain part of their body. Ask questions like: 'What did you break?' 'How did it happen?' 'Did you go to hospital?', 'Did you have a plaster cast?'</p>