













MONDAY

 Arrival 15-30 mins	<p>Welcome each learner.</p> <p>As learners arrive, ask them to pick an item from the theme table and place it in their lockers.</p> <p>Ask parents to send an old toothbrush and comb to school.</p>
 Health check	
 Morning Circle 10-15 mins	<p>Introduce the theme, 'Healthy Living', which will be covered over the next two weeks.</p> <p>Ask each learner to show the class the item they picked. Ask them to name the item and say how it is used. Give them the flash card with the item's name on it.</p> <p>Learners must then find the same item in Poster 4 for the Grade R kit. They can Prestik™ the flash cards onto the poster.</p> <p>(For help on using posters, refer to LSF Using Posters.)</p> <div data-bbox="1233 606 1503 884">  </div>
 Work Time Activities 30-35 mins	<p>Mathematics focus Learners complete six-piece puzzles.</p> <p>Creative focus Provide pots of paint, paper and small sponges for each learner. Learners make sponge prints.</p>
 Small Group Time Activity 10-15 mins	<p>Mathematics focus Learners count in ones to five clapping their hands. (For help on counting with learners, refer LSF, Counting). Revise the number flash cards '1' and 'one'. Learners use the cut out flash cards prepared in week 3. Revise the number one. Ask the following questions to reinforce the value of one: 'How many noses do you have?' 'How many mouths do you have?' 'How many heads do you have?' Each time learners must write their answers on their whiteboards.</p>
 Tidy-up time	
 Hand washing	
 Snack time	
 Music and Movement Ring	<p>Introduce the theme related song 'This Is The Way' to the learners on page 68 of this Teacher's Guide. You can also use the LEAP audio lesson, Term 1-O7. The song can be sung every day of the teaching week. Learners perform the actions to the song.</p>
 Outdoor Play	<p>Include the activity below as one of your daily outdoor activities.</p> <p>Provide a large tub filled with soapy water. Learners use different items, like straws, whisks, sponges and eggbeaters to create bubbles.</p>
 Story Time	<p>Find a book about healthy living. Prepare flash cards with pictures and words on each one that describe items in the story. Read the book and show the pictures as you come to the words in the text.</p>