



EARLY CHILDHOOD CARE EDUCATION
SCHEMES OF WORK

HEALTH HABITS KINDERGARTEN (AGE 5) FIRST TERM

WKS	TOPIC	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
1	EXERCISE	By the end of the lesson, pupils should be able to 1. Give simple meaning of exercise. -Lists some exercises pupils can practice such as jogging on a spot, twisting, stretching of arms and legs, jumping on a spot, running on a spot, dancing, etc	i. Pupils in pairs perform the following exercises: jogging on a spot, twisting, stretching of arms and legs, jumping on a spot, dancing, etc	Personal development	-Pictures, charts, video clips -Self, mattress, mat, etc
2	SLEEP (BED-TIME)	By the end of the lesson, pupils should be able to 1. Explain sleep. 2. State the usefulness of sleep (benefits). 3. Identify the best bedtime that can be observed by the pupils e.g 8:00pm-6:00am. 4. Mention and explain what to do before going to bed.	i. Pupils in pairs demonstrate the act of sleeping. Pupils in small groups identify what to do in preparation for bed-time.	Collaboration and Communication	https://www.webmd.com
3	DISPOSAL OF REFUSE	By the end of the lesson, pupils should be able to 1. Give simple meaning of refuse. 2. Identify ways of disposing refuse.e.g the use of dust bin.	i. Pupils pick up the litters from their classroom environment into the dust bin ii. Pupils in small groups demonstrate the disposal of biscuits and sweet wrappers. iii. Pupils justify the reasons for disposing refuse..	Critical thinking and Problem solving.	-Pictures -Concrete objects -Broom parkers https://blog.himama.com -Trash can -Dust bin
4	DISPOSAL OF WASTE	By the end of the lesson, pupils should be able to 1. Give simple meaning of waste. 2. State the two types of waste: -Solid waste (paper, cans, cartons, leaves, bottles, etc), -Liquid waste: (Urine, water from drainage etc	i. Pupils in pairs identify waste. ii. Pupils in small groups move round the school compound to pick up refuse.	Critical thinking and Problem solving	-Trash can -Pictures of trash can, concrete objects, buckets cans, bottles

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5	DISPOSAL OF WASTE (ANIMAL WASTE)	By the end of the lesson, pupils should be able to 1. Explain the methods of disposing animal waste- burying inside the ground to prevent bad odour or epidemic. 2. State the use of animal waste (dung)	i. Pupils in small groups visit the flower beds area to observe the soil.	Critical thinking and Problem solving	www.rmwb.ca -Shovel, hoe, broom -Pictures
6	MID TERM BREAK				
7	WASTE DISPOSAL MATERIALS: COMPOST	By the end of the lesson, pupils should be able to 1. Give simple meaning of compost. 2. State the examples of compost materials.	i. Pupils identify the waste basket in their classroom/ school environment. ii. Pupils discuss the importance of disposal of refuse to the soil.	Critical thinking and Problem solving	-Hand gloves -Waste bin -Pictures
8	WASTE DISPOSAL MATERIALS: RECYCLING	By the end of the lesson, pupils should be able to 1. Give simple meaning of recycling.	Pupils in small groups display posters/charts and use them to discuss simple methods of recycling of waste e.g books metals, poly products, cans. Pupils as a class recite rhymes on recycling.	Critical thinking and problem solving.	https://www.naturespath.com . Charts, posters, pictures etc
9	CLEANLINESS: SCHOOL UNIFORM	By the end of the lesson pupils should be able to 1. Give the meaning of cleanliness. 2. Mention steps in taking care of the school uniform HEALTH TIPS Train pupils to always look neat and tidy in and out of school.	i. Pupils in small groups demonstrate or do a role-play on cleaning school uniforms (e.g washing, rinsing, drying, ironing, hanging/folding and keeping). ii. Pupils sing cleanliness songs- "Imototo lo le segun arun gbogbo..."	Personal development. Same as above.	AUDIO VISUAL RESOURCES it.com . -Water -Soap -Bowls -Buckets -Pressing iron -Clothes -Hangers WEBSITE RESOURCES https://www.presplan-
10-11	REVISION				
12-13	EXAMINATION				