



EARLY CHILDHOOD CARE EDUCATION
SCHEMES OF WORK

HEALTH HABITS NURSERY TWO (AGE 4) THIRD TERM

WKS	TOPIC	LEARNING OBJECTIVES	LEARNING ACTIVITIES	EMBEDDED CORE SKILLS	LEARNING RESOURCES
1	REVISION OF 2 ND TERM'S WORK	By the of the lesson pupils should be able to 1. Recall the last term's topics through revision, with the aid of the teacher. 2. Attempt questions given by the teacher correctly to assess their level of understanding of the last term's works and their progress.	1. Pupils revise the last term's topics with the help of the teacher. 2. Pupils individually attempt the questions given and proffer correct answers.	-Communication and Collaboration -Critical thinking and Problem solving -Leadership and Personal development.	AUDIO VISUAL RESOURCES Toys, charts, pictures, books and some of last term's videos.
2	CARE OF THE NOSE I	By the end of the lesson, pupils should be able to: 1. Explain the uses of the nose e.g smelling, breathing and sneezing	i. Pupils in pairs identify nose on the body. ii. Pupils in small groups study charts and posters on nose. iii. Pupils in pairs perform breathing activity -breathing in air & breathing out air -sneezing.	Personal development.	AUDIO VISUAL RESOURCES -Nose mask/face mask Pictures/charts/posters of nose -Handkerchief -Perfume -Air freshener -Rotten fruit -Smoke -Dolls WEBSITE RESOURCE https://www.pinterest.com
3	CARE OF NOSE II	By the end of lesson, pupils should be able to 1. State proper care of nose e.g use of clean handkerchief to remove dirt / mucus from the nose, cover nose when environment is dusty/ stinky in order not to inhale foul odour or smoke. 2. Avoid blowing their noses when they have cold 3. Use clean and soft cloth to clean nose if dirty.	i. Pupils in small groups demonstrate proper care of nose. ii. Pupils individually wash hands after cleaning the nose or sneezing. iii. Pupils watch a video on proper care of nose (Shutterstock.com, Clipartstation.com, bomrealist.com) NOTE: HEALTH TIPS -Stay away from someone who sneezes all the time -If nose bleeds, slightly press the nose and tilt the head slightly	Personal development.	-Soap -Detergent -Water -Basin/Bucket -Washing machine -Sun -Hangers -Iron -Handkerchief -Bleach -Spray starch -Raw starch

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4	CLEANLINESS: DRESSES I	By the end of the lesson, pupils should be able to 1. Give simple meaning of cleanliness in relation to dresses e.g pupils' school uniforms. 2. Mention dresses girls wear e.g gowns, blouse, skirt, wrapper. 3. Mention clothes boys wear e.g shirt, trouser, shorts, ties, etc NOTE: Pupils are to wash hands after eating	Pupils are guided during meal time not to soil their dresses while eating.	Leadership and Personal development.	AUDIO VISUAL RESOURCES -Soap -Detergent -Water -Bucket -Washing machine -Sun -Hangers -Iron -Handkerchief -Bleach -Spray starch -Raw starch WEBSITE RESOURCES https://www.pinterest.com
5	CLEANLINESS: DRESSES II	By the end of the lesson, pupils should be able to 1. Mention some materials that can be used for cleaning/ washing dresses e.g soap, detergent, bleach, water. 2. Explain steps to be taken in washing dresses .Separate white dresses from dark dresses 3. Read care tag of clothes, add detergent/ soap to water. -Dip in the cloth wash .Rinse -Squeeze the cloth -Dry and iron the cloth	i. Pupils in small groups watch videos on washing of clothes. ii. Pupils in pairs interpret pictures on washing of clothes. (gograph.com).	Leadership and Personal development.	Water Detergent Bucket/bowl etc
6	MID TERM BREAK				
7	CLEANLINESS: FOOTWEAR I	By the end of the lesson, pupils should be able to 1. Give a simple meaning of footwear. 2. Identify types of footwear e.g sandals, shoes, slippers, canvas, socks, etc	i. Pupils in pairs identify types of footwear. ii. Pupils in small groups watch video and recite nursery rhyme on footwear. - "I got boots" - "Cobbler cobbler, mend my shoe" - "One two buckle my shoe" - "Put on your shoe song"	Personal development	AUDIO VISUAL RESOURCES -Shoe -Slippers -Sandals -Canvas -Slip on -Socks -Foam -Shoe brush -Shoe polish - Picture/charts/photographs of types of footwear WEBSITE RESOURCES https://www.bobox.com.au

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8	CLEANLESS: FOOTWEAR II	By the end of the lesson, pupils should be able to State and discuss materials that are needed for cleaning footwear e.g shoe brush, shoe polish, foam NOTE: Pupils are not to remove socks and shoes while in school	Pupils in groups demonstrate cleaning/ polishing of footwears. (they are guided by their teacher).	Personal development	-Pictures/charls/ photographs/post different forms of -Playmate -Skipping rope -Whistle -Stopwatch -Softballs
9	EXERCISE	By the end of the lesson, pupils should be able to 1. Give simple meaning of exercise. 2. Identify types of exercise.	Pupils demonstrate some exercises in the classroom e.g jogging, jumping, bending, walking back and forth, etc	Creativity and imagination.	https://www.plan-it.com
10-11	REVISION				
12-13	EXAMINATION				