

The Character Curriculum

Flourishing for Life



<p>Y1: Healthy me L1 - Clean hands</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Identify why we need to wash our hands and the correct hand washing technique. 	<p>Key vocabulary: Bacteria, invisible, unwell, sick, clean, dirty</p> <p>Key virtues: Judgement, respect, kindness, self-control</p>
<p>Resources:</p> <p>Hand lotion, glitter, soap and warm water (optional)</p> <p>Clean hands images (resource 1)</p>	<p>Statutory links: Health Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> - About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. 	
<p>Key questions:</p> <p>What are bacteria?</p> <p>Why are some types of bacteria bad for humans?</p> <p>What can we do to prevent bacteria from growing?</p> <p>When should we wash our hands?</p> <p>How should we wash our hands?</p> <p>What virtues are we showing when we wash our hands regularly?</p>	<p>Learning activities:</p> <p>Starter: Bacteria</p> <p>Watch the BBC video available here: https://www.bbc.co.uk/bitesize/clips/zq4ygk7 [accessed 20.05.2020].</p> <p>Discuss the following questions:</p> <ul style="list-style-type: none"> - What are bacteria? - Why are some types of bacteria bad for humans? - What can we do to prevent bacteria from growing? <p>Show the picture of hands that look clean. Ask the children do they look clean/dirty? Do they need to be washed? Encourage them to use the word bacteria and emphasise that they are too tiny to be seen.</p> <p>Explain that, even when our hands look clean, we need to wash them after the toilet, before we eat, if we have been playing outside or with pets, and after we have coughed or sneezed.</p> <p>Activity 1: Washing our hands</p> <p>One of the best ways to prevent harmful bacteria, is to regularly wash our hands properly.</p> <ul style="list-style-type: none"> - When should we wash our hands? 	

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- How should we wash our hands?

There is a NHS video on washing your hands properly here: <https://www.youtube.com/watch?v=S9VjeIWLnEg> [accessed 20.05.2020].

You may wish to demonstrate by putting a small amount of hand lotion on a student's hand and then a pinch of glitter. Encourage pupils to observe how easily the glitter spreads and how to wash it off completely.

When we wash our hands regularly, we are showing respect and kindness to ourselves and other people. How do you think hand washing shows respect and kindness?

Activity 2: Sharing our learning

Ask children to create a poster/video/presentation about handwashing that can be used to teach the rest of the school. Include the words 'kind' or 'respect' in the posters.

Plenary: Reflection

Discuss the following questions in pairs and then feedback as a class:

- What one thing will you remember from this lesson?
- What virtues have you used in this lesson?
- What virtue have you seen someone else use in this lesson?