

**BEACON PRIMARY SCHOOL
SCHEME OF WORK**

LEVEL: PRIMARY ONE (TERM 3)

SUBJECT: HEALTH EDUCATION

TERM: 3

Week	Lesson	Topic	Key Ideas/Enduring Understandings	Specific Instructional Objectives	Lesson outline	Physical Skills involved	Materials	Thinking Skills/National Education	ICT/HBL
1	Lesson 1	<u>Environment & Your Health:</u> Watch Out!	<ul style="list-style-type: none"> Accidents can happen if we are not careful; e.g. fires, falls, bodily injuries such as cuts and bruises, poisoning through medications, drowning and road accidents. Accidents can be prevented by: <ul style="list-style-type: none"> - not running on slippery floors or along staircases; - not jumping from high places; and - not sitting on the parapet. 	Pupils will be able to: <ul style="list-style-type: none"> understand that it is everyone's responsibility to keep safe by paying attention to environmental dangers recognize that accidents and unsafe situations can occur in school, at home or in unexpected places and circumstances know how to play safely, especially in crowded places such as the playground. 	<ol style="list-style-type: none"> Lecture/discussion on occasions when they had fallen or hurt themselves due to their carelessness or mischief on their part and if those injuries could have been avoided. Project flipchart of Pg 27-28 of AB; discuss flipchart. Physical activity: Boundary Games Activity debrief. Term 3 HE Learning Log 	Fundamental locomotor movements (running, jogging, skipping, galloping)	<ul style="list-style-type: none"> Activity book Pg 27-28 Teacher's Resource Booklet Pg 36-37 IWB flipcharts of Pg 27-28 Pencils & erasers Hoops, beanbags, cones, scooters (as obstacles) Term 3 HE Learning Log 		
2	Lesson 2	<u>Environment & Your Health:</u> Fire, Fire!	<ul style="list-style-type: none"> Accidents can happen if we are not careful; e.g. fires, falls, bodily injuries such as cuts and bruises, poisoning through medications, drowning and road accidents. Accidents can be prevented by not playing with matches and lighters. 	Pupils will be able to: <ul style="list-style-type: none"> understand that it is everyone's responsibility to keep safe by paying attention to environmental dangers recognize that accidents and unsafe situations can occur in school, at home or in unexpected places and circumstances know what to do if they are caught in a smoke-filled room or if they are on fire 	<ol style="list-style-type: none"> Lecture/discussion on students' experiences with matches and how they obtain them. Project flipchart of Pg 29 of AB; discuss flipchart. Physical activity: Stop, Drop, Roll! Activity debrief. AB Pg 30. Term 3 HE Learning Log 	Fundamental locomotor movements (running, jogging, skipping, galloping)	<ul style="list-style-type: none"> Activity book Pg 29-30 Teacher's Resource Booklet Pg 38-39 IWB flipcharts of Pg 29-30 Pencils & erasers Term 3 HE Learning Log 		
3	Lesson 3	<u>Environment & Your Health:</u> Road Safety – Where Do I Cross?	<ul style="list-style-type: none"> Accidents can happen if we are not careful; e.g. fires, falls, bodily injuries such as cuts and bruises, poisoning through medications, drowning and road accidents. Accidents can be prevented by using pedestrian crossings to cross the road. 	Pupils will be able to: <ul style="list-style-type: none"> understand that it is everyone's responsibility to keep safe by paying attention to environmental dangers recognize that accidents and unsafe situations can occur in school, at home or in unexpected places and circumstances know how to do the kerb drill 	<ol style="list-style-type: none"> Lecture/discussion on the different types of pedestrian crossings and how to cross the road safely. Project flipchart of Pg 33 of AB; discuss flipchart. Physical activity: The Kerb Drill Activity debrief. AB Pg 34 & 36. Term 3 HE Learning Log 	Fundamental locomotor movements (running, jogging, skipping, galloping)	<ul style="list-style-type: none"> Activity book Pg 33-34, 36 Teacher's Resource Booklet Pg 42-43 IWB flipcharts of Pg 33 Pencils & erasers Cones, gym mats, signages, spot markers Term 3 HE Learning Log 		

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4	Lesson 4	<u>Environment & Your Health:</u> Playing with Water	<ul style="list-style-type: none"> Accidents can happen if we are not careful; e.g. fires, falls, bodily injuries such as cuts and bruises, poisoning through medications, drowning and road accidents. Accidents can be prevented by not playing with or in water if unsupervised by an adult. 	Pupils will be able to: <ul style="list-style-type: none"> understand that it is everyone's responsibility to keep safe by paying attention to environmental dangers recognise that accidents and unsafe situations can occur in school, at home or in unexpected places and circumstances know what to do if they are caught in a dangerous situation in the water 	<ol style="list-style-type: none"> Lecture/discussion on water sports and dangers of water. Project flipchart of Pg 31 of AB on screen; discuss flipchart. Physical activity: Help! Help! Activity debrief. AB Pg 32. Term 3 HE Learning Log 	Running Jogging Dodging	<ul style="list-style-type: none"> Activity book Pg 31-32 Teacher's Resource Booklet pp 40-41 IWB flipcharts of Pg 31-32 Pencils & erasers Hoops Term 3 HE Learning Log 		
5	Lesson 5	<u>Environment & Your Health:</u> Going Home Alone	<ul style="list-style-type: none"> It is important to know some ways of ensuring safety in public places: <ul style="list-style-type: none"> do not go into the lift with a stranger; and do not walk in dark and lonely places. 	Pupils will be able to: <ul style="list-style-type: none"> understand that it is everyone's responsibility to keep safe by paying attention to environmental dangers recognize dangerous situations and react to them in ways to reduce any harmful effects 	<ol style="list-style-type: none"> Lecture/discussion on fetch pupils everyday from school and what they have done/would do if their parents/guardians were late. Project flipchart of Pg 37-39 of AB; discuss flipchart. Physical activity: The Fetching Game Activity debrief. AB Pg 40-42. Term 3 HE Learning Log 	Fundamental locomotor movements (running, jogging, skipping, galloping)	<ul style="list-style-type: none"> Activity book Pg 37-42 Teacher's Resource Booklet Pg 47-48 IWB flipcharts of Pg 37-40 Pencils & erasers Term 3 HE Learning Log 		
6	Lesson 6	<u>Emotional & Psychological Health:</u> Feelings	<ul style="list-style-type: none"> There are different types of emotions such as happiness, sadness, fear, anger, restlessness, at peace and at ease. 	Pupils will be able to: <ul style="list-style-type: none"> understand different positive and negative emotions experienced develop an awareness of the needs & feelings of others 	<ol style="list-style-type: none"> Project flipchart of Pg 45; read poem together. Lecture/discussion on the poem. Physical activity: "How do you feel" Toss Activity debrief. AB Pg 46-48. Term 3 HE Learning Log 	Fundamental locomotor movements (running, jogging, skipping, galloping) Jumping	<ul style="list-style-type: none"> Activity book Pg 45-48 Teacher's Resource Booklet Pg 66-67 IWB flipcharts of Pg 45-48 Pencils & erasers Term 3 HE Learning Log 		
7	Lesson 7	<u>Emotional & Psychological Health:</u> How Do I Feel?	<ul style="list-style-type: none"> It is important to recognise different emotions caused by different situations. e.g. celebrations, loss of a pet, being alone, not getting what one wants. 	Pupils will be able to: <ul style="list-style-type: none"> understand different positive and negative emotions experienced develop an awareness of the needs & feelings of others 	<ol style="list-style-type: none"> Project flipchart of Pg 45; read poem together. Lecture/discussion on the flipchart; use adjectives to describe feelings. Physical activity: Group Tag Activity debrief. AB Pg 50. Term 3 HE Learning Log 	Fundamental locomotor movements (running, jogging, skipping, galloping) Jumping Crawling	<ul style="list-style-type: none"> Activity book Pg 49-50 Teacher's Resource Booklet Pg 68-69 IWB flipcharts of Pg 49-50 Pencils & erasers Term 3 HE Learning Log 		

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8	Lesson 8	<u>Emotional & Psychological Health:</u> May I Touch?	<ul style="list-style-type: none"> A good touch can mean a pat on the shoulder / hand / head, or a hug or a peck on the cheek as a sign of affection. A bad touch occurs when one's private areas are touched by others. The body is very personal and one should not allow anyone to touch the private areas unnecessarily. 	Pupils will be able to: <ul style="list-style-type: none"> understand different positive and negative emotions experienced develop an awareness of the needs & feelings of others differentiate between good and bad touch 	<ol style="list-style-type: none"> Survey pupils on whether they have received pats on the head by their family members or relatives. Show flipchart 53-54; discuss flipchart. Physical activity: Body Parts Tag Activity debrief. AB Pg 53-54. Term 3 HE Learning Log 	Fundamental locomotor movements (running, jogging, skipping, galloping)	<ul style="list-style-type: none"> Activity book Pg 53-54 Teacher's Resource Booklet Pg 71-72 IWB flipcharts of Pg 53-54 Pencils & erasers Term 3 HE Learning Log 		
9	Lesson 9	<u>Emotional & Psychological Health:</u> Being Safe At Home	<ul style="list-style-type: none"> When there are no adults at home, do not allow anyone to enter. 	Pupils will be able to: <ul style="list-style-type: none"> understand the dangers of strangers knocking on the door know what to do when someone knocks on their doors 	<ol style="list-style-type: none"> Lecture/discussion on pupils' habits when someone knocks on their doors. Show flipchart of pages 59-60; discuss flipchart. Physical activity: Home Protection Activity debrief. AB Pg 59-60. Term 3 HE Learning Log 	Fundamental locomotor movements (running, jogging, skipping, galloping)	<ul style="list-style-type: none"> Activity book Pg 53-54 Teacher's Resource Booklet Pg 71-72 IWB flipcharts of Pg 53-54 Pencils & erasers Term 3 HE Learning Log 		
10	Lesson 10	Summative Assessment	<ul style="list-style-type: none"> 	Pupils should be able to: <ul style="list-style-type: none"> show understanding of the different facets of environmental and emotional & psychological health show ability to apply knowledge in environmental and emotional & psychological health show ability to do simple reflections on Learning Logs 	<ol style="list-style-type: none"> Pupils to complete written test. Showcase of good Learning Logs. Discussion on materials covered for the term. 	Nil	<ul style="list-style-type: none"> HE Test (Term 3) Pencils & erasers Term 3 HE Learning Log 		