

Catch it! Bin it! Kill it!

Year: Y1

Subjects and Issues

◆Hygiene ◆Illness

Note: There are no Programme of Study statements relating to hygiene for Year 1 in the Science National Curriculum (England and Wales). Because SCARF provides a spiral curriculum we feel it important that hygiene is covered in both Years 1 and 2. We have therefore mapped this lesson plan to the relevant Y2 National Curriculum Science statements.

Introduction

Why is it so important that we wash hands etc.?

Children will probably mention spreading germs.

What diseases can be spread from one person to another? (e.g. cold, flu, chicken pox).

Can you think of think of diseases that cannot be spread? (e.g. asthma).

Explain that not all illnesses are caused by germs, but many are - and we can help to stop these from spreading by good hygiene routines.

Display the "Catch it, Bin it, Kill it" Poster - or suitable alternative - on the IWB.

What are these posters used for? Any ideas why the government want people to have them displayed - for example in hospitals and schools?

Activity

Explain to the children that they will be making some posters for around the school to help prevent the spread of germs, and diseases.

Children should design their poster to show one aspect of preventing spread of diseases, wash hands after toilet, hand over mouth when coughing etc.

Discuss what makes a poster eye-catching or memorable. (e.g. catchy slogan, rhyming, 3D posters?).

Plenary

Children could evaluate each other's posters bearing in mind discussions about posters that get attention or are memorable and then decide where in the school they are most likely to be noticed.

Summarise by asking children to review the key messages about preventing the spread of germs.

Use opportunities throughout the daily school routines to reinforce these messages - e.g. washing hands before lunch or snack time, and after going to the toilet.

Finally, watch one of the films (links are in the Resources needed area) that show good hand washing technique. Get children to act this out, or ideally, practice at some point during the day with supervision from an adult to check that it's being done effectively.

Extension (optional)

There are some fantastic kits available that use UV light to pick up how well we wash our hands. Children would rub the UV lotion on their hands, wash as they normally would and then the UV light can be used to highlight areas that they may have missed. This is an excellent visual demonstration of the importance of good hand washing and kits can be purchased at various online stores or borrowed from local organisations such as the NHS, Food Standards Agency, local Health Promotion services etc.

Learning Outcomes

Children will be able to:

- Understand how diseases can spread;
- Recognise and use simple strategies for preventing the spread of diseases.