
Lesson Plans and Learning Resources

Early Years Foundation Stage

Curriculum Links

Communication and Language

- Children listen attentively in a range of situations.
- Children follow instructions involving several ideas or actions. They answer 'how' and 'why' questions about their experiences and in response to stories or events.

Physical Development, Health and Self Care

- Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
- They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Lesson 1 Handwashing

Duration: 1hour 10 mins

Learning Objectives	
LO1	I can explain why handwashing is important.
LO2	I can explain when to wash my hands.
LO3	I can demonstrate how to wash my hands
Learning across the curriculum	Resources
<ul style="list-style-type: none"> Physical Development Communication, language and literacy 	<ul style="list-style-type: none"> Powerpoint Glo Gel (or glitter) AV light

Time & Learning Objectives	Pupil learning activities	Teaching points/ strategies / teacher role <i>including reference to how tasks have been differentiated</i>	Organisation and risk assessment.	Assessment for learning strategies <i>Formal and informal</i>
5 mins	Children view powerpoint slides with aims and objectives.	Instructor to introduce themselves and explain where they are from. Lesson aims and objectives to be clearly explained to children	Powerpoint slide 1 and 2	
5 mins LO1	Children discuss what they think germs are.	Did children wash their hands at all today? When? Why? Ask children have they heard of germs? What do they think germs are? Can they see them? How do they know if their hands are dirty?	Powerpoint slide 3 and 4	Hands up to answer questions
5 mins LO1	Children think about why germs are bad.	Sometimes we can see that our hands are dirty. But germs are very small and we can't see them	Powerpoint slide 5	



		without a microscope. Germs are types of bacteria and virus that make us sick		
5 mins LO2	Children think about how the germs get inside us?	What ways can germs get inside us? How do we get germs on us? The most common way for us to get germs is on our hands. We then put our hands in our mouths and the germs go inside us. If you have germs on your hands they also spread to whatever you touch. Let's look at all the things we touch.	Powerpoint slide 6	Hands up to answer questions
5 mins LO2	Brainstorm all the ways we can pick up germs	Note the ideas the children have and compare with the ideas on slide 5. How many times do you touch things and then eat or put your fingers in your mouth? What can we do to stop the germs going inside us? When should we wash our hands?	Powerpoint slide 7	Talking pairs
10 mins LO1	Children are in rows. 1 child in each row has glo gel put on their hands. They then shake the hands of the next person in the line, they then shake hands with the next person and so on.	Explain we are using glo gel and pretending it is the germs. We are going to see how germs can be passed on. When all children have shaken hands use the AV light to check for traces of glo gel. What has happened? Why do the people that didn't put glo gel on have some on their hands?	Gol Gel (use glitter if unavailable)	
10 mins LO1	Children wash their hands using soap and water	Use the AV light to see if all the glo gel has gone. Look especially at any crevices and between fingers. Why is there still some there? Explain how drs wash their hands in a special way to make sure they don't have germs on them.		questions
10 mins LO3	Children observe and practice the movements of washing their hands singing happy birthday.	Demonstrate the moves to wash your hands. All practice together.	Powerpoint slide 8	



10 mins LO3	In small groups children practice washing hands again. Have they removed all the gel this time?	Help children to wash hands and adult to assist and remind how to do it. Adult to use light to check.		Observe how they wash their hands Question why and when.
5 mins	Children think about what they have learnt today	Can the children explain to each other when, why and how to wash hands?	Powerpoint slide 9 Handwashing handout	

Lesson evaluation

LO1	
LO2	
LO3	
Optional extras:	Doctors role play area with handwashing signs, bowls, towels. Draw a picture of when you wash your hands Create signs for your school about hand washing.



UNIVERSITY OF
LEICESTER

Department of Health Sciences
