

8

Keeping Fit and Clean

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ✧ keeping fit
- ✧ keeping clean

TEACHING AIDS

Pictures/charts/models/animations on children doing various physical exercises; children doing daily activities of cleanliness (all as given in chapter).

LESSON PLAN

- ✧ Teacher will start the chapter with 'Gear Up' section by giving examples of some good habits of cleanliness and some dirty habits. Teacher will help students to answer the question given in the section.
- ✧ With the help of teaching aids, teacher will explain the need of good health and the ways to keep oneself fit.
- ✧ Now, teacher will explain the importance of cleanliness of body and also the ways to keep oneself clean.
- ✧ Now, to evaluate the understanding of students, teacher will ask them to solve the Check Point.
- ✧ At last, teacher will sum up the lesson by going through the points given under the head 'Wrap up now'.
- ✧ Teacher will help students to answer the questions given under the head 'Practice Time'.

BOOST UP

Teacher should also tell students the harms of bad health and dirty habits.

EXPECTED LEARNING OUTCOMES

The students understand and know the benefits and ways

- ✧ to maintain good health.
- ✧ of cleanliness.

EVALUATIVE QUESTIONS

Teacher may ask the following questions for evaluating learning and understanding of students:

1. Why should we take rest and sleep?
2. Why should we do exercise daily?
3. How can we keep healthy?
4. Should we wash our hands before and after eating food?