

Specific Competences	Learning Activities	Activities to be done by pupils		Week	Number of Periods	Teaching and Learning Methods	Teaching and Learning Resources	Assessment Tools	References	Remarks
Care for one's health and that of immediate community	To facilitate pupil to Care for one's body	Care for one's body	J A N U A R Y	3	2	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works	<b>TIE (2023), Care for health and environment for Tanzania primary schools Standard 1. DSM</b>	
	To facilitate pupil to Care for one's body	Care for one's body		4	2	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
	To facilitate pupil to Care for one's body	Care for one's body	F E B R U A R Y	1	2	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
	To facilitate pupil to Care for one's body	Care for one's body	Y	2	2	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works	<b>TIE (2023), Care for health and environment for Tanzania primary schools Standard 1. DSM</b>	
	To facilitate pupil to Care for one's body	Care for one's body		3	2	Brainstorming, Group discussion, Questions and answer,	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
	To facilitate pupil to Care for one's body	Care for one's body		4	2	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
	To facilitate pupil to Care for one's body	Care for one's body	M A R	1	2	Brainstorming, Group discussion, Questions and answer,	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		

To facilitate pupil to Care for one's clothes	Care for one's clothes	<b>C H</b>	<b>2</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Care for one's clothes	Care for one's clothes		<b>3</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
<b>MID TERM ASSESSMENT</b>									
<b>MID TERM BREAK FROM 27/03/2026 TO 08/04/2026</b>									
To facilitate pupil to Care for one's clothes	Care for one's clothes	<b>A P R I L</b>	<b>2</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Care for one's clothes	Care for one's clothes		<b>3</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Care for one's clothes	Care for one's clothes		<b>4</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works	<b>TIE (2023), Care for health and environment for Tanzania primary schools Standard 1. DSM</b>	
To facilitate pupil to Care for one's clothes	Care for one's clothes	<b>M A Y</b>	<b>1</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Care for one's clothes	Care for one's clothes		<b>2</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Care for one's clothes	Care for one's clothes		<b>3</b>	<b>2</b>	Brainstorming, Group discussion,	Real objects for body and clothes	Exercise, Quiz, Tests,		

						Questions and answer, Role-play	cleanliness and pictures	Group works		
	To facilitate pupil to Care for one's clothes	Care for one's clothes		<b>4</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Real objects for body and clothes cleanliness and pictures	Exercise, Quiz, Tests, Group works		
<b>TERMINAL ASSESSMENT</b>										
<b>FIRST TERM BREAK FROM 05-06-2026 TO 06-07-2026</b>										
Protect oneself from hazardous environment/situations/substances	To facilitate pupil to Avoid hazardous environments and substance	Avoid hazardous environments and substance	<b>J U L Y</b>	<b>2</b>	<b>1</b>	Brainstorming, Group discussion, Questions and answer,	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works	<b>TIE (2023), Care for health and environment for Tanzania primary schools Standard 1. DSM</b>	
	To facilitate pupil to Avoid hazardous environments and substance	Avoid hazardous environments and substance		<b>2</b>	<b>1</b>	Brainstorming, Group discussion, Questions and answer,	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
	To facilitate pupil to Avoid hazardous environments and substance	Avoid hazardous environments and substance		<b>3</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
	To facilitate pupil to Avoid hazardous environments and substance	Avoid hazardous environments and substance		<b>3</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
	To facilitate pupil to Avoid hazardous environments and substance	Avoid hazardous environments and substance		<b>4</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
	To facilitate pupil to Avoid hazardous environments and substance	Avoid hazardous environments and substance	<b>A U G U S T</b>	<b>1</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		

To facilitate pupil to Avoid hazardous environments and substance	Avoid hazardous environments and substance	<b>AUGUST</b>	<b>2</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Avoid hazardous environments and substance	Avoid hazardous environments and substance		<b>3</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer,	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
<b>MID TERM ASSESSMENT</b>									
<b>MID TERM BREAK FROM 04-09-2026 TO 14-09-2026</b>									
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment	<b>SEPTEMBER</b>	<b>3</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer,	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment		<b>4</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment		<b>1</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer,	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment		<b>2</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment	<b>OCTOBER</b>	<b>3</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works	<b>TIE (2023), Care for health and environment for Tanzania primary schools Standard 1. DSM</b>	
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment		<b>4</b>	<b>1</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		

To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment		<b>4</b>	<b>1</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment	<b>N O V E M B E R</b>	<b>1</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment		<b>2</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		
To facilitate pupil to Identify road signs and other safety signs in the environment	Identify road signs and other safety signs in the environment		<b>3</b>	<b>2</b>	Brainstorming, Group discussion, Questions and answer, Role-play	Road safety signs chart and animal pictures	Exercise, Quiz, Tests, Group works		

**ANNUAL ASSESSMENT**

**ANNUAL HOLIDAY 5/12/2025**

## **SCHEME OF WORK**

NAME OF THE SCHOOL: \_\_\_\_\_ NAME OF THE TEACHER: \_\_\_\_\_

CLASS: **ONE**

TERMS: **ONE AND TWO**

YEAR: **2026**

### **MAIN COMPETENCE: CARE FOR HEALTH AND ENVIRONMENT**

#### **Objectives of Primary Education Standard I-II**

The Main Objectives of Primary Education Standard I –II are to enable a pupil to:

1. Develop Reading, Writing, and Arithmetic skills (3Rs), including the use of Braille, Tanzanian Sign Language (TSL), and tactile communication;
2. Enhance the ability to communicate appropriately, including using ICT and assistive technologies;
3. Improve physical fitness, develop talents, collaborate with peers, and have a positive attitude towards learning;
4. Develop metacognition and aesthetics as well as love and take care of health, environment, and the available resources;
5. Promote ethics and the ability to appreciate and uphold National Values and the culture of his or her community, as well as recognize cultural differences; and
6. Develop the ability to interact in an inclusive environment

