

Catch – up Friday
Health Education
Lesson Plan

Grade 1

Third Quarter

Topic: Taking Care of Our Body Parts, Including Private Sexual Parts

I. Objectives:

Students will understand the importance of taking care of their body parts.

Students will be able to identify and name different body parts, including private sexual parts.

Students will learn the basics of personal hygiene and why it is essential.

Students will develop an understanding of the concept of privacy and boundaries.

II. Content:

Introduction to body parts:

Interactive session to identify and name different body parts.

Discussion on the importance of knowing and taking care of our body parts.

Private sexual parts:

Introduce the concept of private sexual parts using age-appropriate language.

Emphasize the importance of privacy and boundaries when it comes to private parts.

Personal hygiene:

Discuss basic personal hygiene practices, such as washing hands, brushing teeth, and taking regular baths.

Explain the importance of keeping all body parts, including private ones, clean.

III. Procedure:

Icebreaker activity:

Engage students in a fun activity like a song or game to get them comfortable talking about their body parts.

Example:

Head, Shoulders, Knees and Toes

(Verse 1)

Head, shoulders, knees and toes, knees and toes,
Head, shoulders, knees and toes, knees and toes,
And eyes, and ears, and mouth, and nose,
Head, shoulders, knees and toes, knees and toes.

(Verse 2)

Eyes and ears and mouth and nose,
Head, shoulders, knees and toes, knees and toes,
Head, shoulders, knees and toes, knees and toes,
And eyes, and ears, and mouth, and nose,
Head, shoulders, knees and toes, knees and toes.

Activity Idea:

Play the song and encourage the students to sing along while touching each body part mentioned in the song.

Make it a game by gradually increasing the speed of the song, challenging the students to keep up.

Use visuals or flashcards with images of body parts to enhance the learning experience.

This song is not only entertaining but also a great way to make students comfortable discussing and identifying their body parts in a lighthearted manner.

Body parts identification:

Use visuals, such as diagrams or pictures, to help students identify and name different body parts.

Private parts discussion:

Introduce the concept of private sexual parts using a simple and clear language.

Discuss the importance of privacy and boundaries, explaining that these parts are personal and should not be touched by others.

Personal hygiene demonstration:

Demonstrate basic personal hygiene practices using visual aids.

Encourage students to participate in a hands-on activity, like washing their hands or brushing a model tooth.

IV. Assessment:

Observe students' participation and engagement during the activities.

Ask open-ended questions to assess their understanding of the importance of taking care of their body parts.

Review students' drawings or responses during the lesson to gauge their comprehension.

V. Enrichment:

Provide additional resources or activities for students who grasp the concepts quickly.

Allow students to ask questions and share their thoughts, fostering a supportive and inclusive environment.

VI. Reflection with Student-Centered Activities:

Conduct a reflection session where students can share their thoughts and feelings about the lesson.

Encourage students to express themselves through drawings or simple writings about how they can take care of their body parts.

Foster peer discussions in small groups, allowing students to share their ideas on maintaining personal hygiene and respecting privacy.

This lesson plan aims to create a safe and open environment for Grade One students to learn about their body parts, including private sexual parts, while emphasizing the importance of personal hygiene and respect for privacy.