

Year 4 Personal Hygiene and Health – Lesson Plan

Overall aims and objectives
To understand personal hygiene and health

Time	Activity
05 mins	Slide 1 and 2 – Introduction <ul style="list-style-type: none"> Introduce yourself and explain what the session is about Read Ground Rules, add any more rules that the class have decided on
05 mins	Slide 3 – Personal Hygiene, what do we need to do? <ul style="list-style-type: none"> Discuss what the children feel personal hygiene is and how we keep our bodies clean. Discuss the pictures of the slide and the footnotes
07 mins	Slide 4 – Sweat <ul style="list-style-type: none"> Discussion around slide
05 mins	Slide 5 – What do you need to do? <ul style="list-style-type: none"> Discussion around slide using footnotes What's in the bag activity (toiletries)
05 mins	Slide 6 and 7 – Looking after our teeth <ul style="list-style-type: none"> Discussion around slide using footnotes
10 mins	Slide 8 and 9 – Importance of sleep and a good bedtime routine <ul style="list-style-type: none"> Discussion around slide using footnote
10 mins	Slide 10 – Personal hygiene video
05 mins	Slide 11 – Boundary song video
05 mins	Slide 12 – Any questions

Resources Required:

- Ensure personal hygiene and health is on your laptop
- Toiletry bag should consist of the following:
- Deodorant - roll on and spray
- Body spray – explain the difference
- Toothbrush
- Toothpaste
- Pants
- Socks
- Nail cutters
- Shampoo
- Conditioner
- Body wash
- Soap
- Hairbrush