Helping my class stay healthy

How can I help my class to stay healthy?

## Outcomes and indicators

**Healthy, Safe and Active Lifestyles**

**PDe-7**

A student – identifies actions that promote health, safety, wellbeing and physically active spaces.

**What helps us to stay healthy and safe?**

Students:

* identify safe and positive health practices and display actions that promote health, safety and wellbeing, for example: (ACPPS006)
  + communicate the importance of personal hygiene practices, eg washing hands **S** **I** Literacy icon Personal and social capability icon

## Resources

* Recording wall – a display board or online slide to record students’ questions and ideas
* [NSW Health hand washing poster](https://www.health.nsw.gov.au/pandemic/Pages/hand-wash-community.aspx) – printed
* The [Hand-washing steps using the WHO technique (5minutes 26 seconds)](https://www.youtube.com/watch?v=IisgnbMfKvI)
* [Staying healthy starts with your hands. Become a Soapy Hero today (1 minute 27 seconds)](https://www.youtube.com/watch?v=EAiqYDucios) Better Health Channel
* Poster-making resources, for example paper and pencils or tablet applications if available

## Learning experiences

1. Using the think, pair share strategy, lead a class discussion around the following questions:   
   What are some ways that you keep yourself healthy?   
   How can we help our class to stay healthy?

Record students’ ideas to refer to throughout the learning experiences.

Teaching notes: Provide suggestions, for example washing hands, drinking water, getting enough sleep.

1. Pose the question, ‘Why do we wash our hands?’   
   Add students’ ideas to the ‘recording wall’.
2. Watch [Staying healthy starts with your hands. Become a Soapy Hero today (1 minute 27 seconds)](https://www.youtube.com/watch?v=EAiqYDucios) Better Health Channel  
   Ask the following questions:   
   What can make us sick?   
   How did they get rid of Gerry the Germ?   
   What else did we learn?

Teaching notes: record students’ ideas on the recording wall.

1. Watch the [Hand-washing steps using the WHO technique (5minutes 26 seconds)](https://www.youtube.com/watch?v=IisgnbMfKvI)  
   Stop the video after each step for students to ‘role play’ each action.   
   As a class, pretend to wash your hands whilst singing ‘Row, row, row your boat’ twice or whilst watching the clock move twenty seconds.

Teaching notes: visiting the bathroom to practise handwashing might be an appropriate way to end this activity.

1. Display the [NSW Health handwashing poster](https://www.health.nsw.gov.au/pandemic/Pages/hand-wash-community.aspx).   
   Point out each step in the process.   
   Refer back to the recording wall.   
   How can we help our class stay healthy?
2. Use the poster as a prompt to model how students could create their own poster that includes each step.

Teaching notes: the posters could be completed with paper or using available technology.

1. As a class, in pairs students offer feedback on the posters in the form of ‘I likes and I wonders’.   
   Provide time for students to make changes to their posters.   
   Refer back to the recording wall:   
   Have we answered any of our questions?   
   What would we like to learn more about?

[PDHPE K-10 Syllabus](http://www.educationstandards.nsw.edu.au/wps/wcm/connect/2f657694-dc52-48ba-a440-9256e92c00e3/pdhpe-k-10-syllabus-2018-pdf.pdf?MOD=AJPERES&CVID=) © NSW Education Standards Authority (NESA) for and on behalf of the Crown in right of the State of New South Wales 2018.