



Germ Attack Lesson Plan

45 mins

Learning Objectives	Every Child Matters
<ul style="list-style-type: none"> To understand what germs are and how they spread To understand the importance of good hygiene in keeping healthy To develop good self care practice 	<ul style="list-style-type: none"> Stay Safe Be Healthy Enjoy and Achieve
Success Criteria	Early Years Foundation Stage Principles
<ul style="list-style-type: none"> I know what germs are and that they can spread I know germs can make me and my friends unwell I know that tissues and paper towels can spread germs, if not disposed of correctly 	<p>Unique Child 1.3 Keeping Safe</p> <p>Unique Child 1.4 Health and Well-being</p> <p>Enabling Environments 3.2 Supporting Every Child</p>

Early Years Foundation Stage Early Learning Goals

Personal Social and Emotional Development

Self care – manage their own personal hygiene

Behaviour and self control – consider the consequences of words and actions for themselves and others

Making relationships – work as part of a group or class, taking turns and sharing fairly, understanding that there needs to be agreed values and codes of behaviour for groups and people, including adults and children, to work harmoniously together

Knowledge and Understanding of the World

Exploration and investigation – ask questions about why things happen and how things work

Physical Development

Using equipment and materials – handle tools and objects safely and with increasing control

Health and bodily awareness – recognise the importance of keeping healthy and those things that contribute to this

Resources

- Scrunched up paper towels, waste paper or bean bags/balls to suit the hand and eye co-ordination of the children playing
- Bins or buckets
- Small spot stickers
- Laminated 5 steps to clean hands poster, cut into pieces

Health and Safety: ensure the children don't actually sneeze or wipe their noses on the paper/towels.



Albie
The Hygiene Expert

Learning Experience:

Introduction (10 mins)

Building on the 'stop the spread' activity, talk to the children about how else germs can spread.

Q: What about when they wipe or blow their noses, where do they put the tissues?

Q: Do they clean their hands after wiping their noses or sneezing?

Q: What do they do with the paper towels when they have cleaned their hands?

Talk about the importance of disposing of tissues and paper towels hygienically to stop the spread of germs.

Good practice tip: do you have a personal hygiene station in your classroom, where children can find tissues, a mirror to see to wipe their noses properly and a pedal bin to dispose of tissues? This is a great addition to any classroom as it helps to promote independence and self-care.

Main Input: (15mins)

To promote good hygiene and reinforce the good practice of putting tissues etc into the bin, explain to the children they are going to play a team throwing game.

The game focuses on getting the children to throw scrunched up paper or bean bags representing tissues with germs on into a bin, everyone that misses getting their tissue into the bin risks spreading germs to their classmates and becoming ill.

Each team is provided with a 5-piece puzzle of the 5 steps to clean hands poster. For every paper towel they get into the bin they receive a puzzle piece, the first team to complete their puzzle is the winning team.

However, each time that they miss the bin, that person receives a germ sticker; if a team member gets 5 germ stickers within a game then the whole team are ill and they lose the game.

- Divide the class into small groups (suggested is 6 in a group with mixed abilities)
- Provide each team with a bucket or bin (ensure they are clean)
- Each team needs a selection of scrunched up paper towels/waste paper or bean bags/balls
- Each team will need a puzzle of the 5 steps to clean hands poster
- Each team will need a supply of small stickers to represent germs.

Plenary (10 mins)

- Regroup the children and discuss how difficult or easy it was to get the tissues into the bin and how quickly their team became ill when the paper towels were not put into the bins. Reinforce the need for good hygiene and the importance of disposing of tissues into the bins and cleaning their hands afterwards. Look at ways this can be supported within the classroom, for example developing a personal hygiene station to support independence or make signs to go into the toilet area to remind others to dispose of their towels and tissues properly.

Extension

- Share with the pupils the 5 steps to clean hands animation.
- Ask the children to draw germs onto their paper before they scrunch them up, who can create the worst looking germ?
- Recap on the 5 steps to hand cleaning.



Albie
The Hygiene Expert



Stopping the Spread Lesson Plan 40 mins

Learning Objectives	Every Child Matters
<ul style="list-style-type: none"> To know the 5 steps to clean hands To understand what germs are and how they spread To understand the importance of good hygiene in keeping healthy 	<ul style="list-style-type: none"> Stay Safe Be Healthy Enjoy and Achieve
Success Criteria	Early Years Foundation Stage Principles
<ul style="list-style-type: none"> I know the 5 steps to use when I clean my hands I know germs can make me and my friends unwell I know how germs can spread 	<p>Unique Child 1.3 Keeping Safe</p> <p>Unique Child 1.4 Health and Well-being</p> <p>Enabling Environments 3.2 Supporting Every Child</p>

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Knowledge and Understanding of the World

Exploration and investigation – ask questions about why things happen and how things work

Physical Development

Movement and space – move with confidence, imagination and in safety. Move with control and co-ordination. Show an awareness of space, of themselves and others

Health and bodily awareness – recognise the importance of keeping healthy and those things that contribute to this

Resources

- The 5 steps to clean hands animation
- Coloured tabards
- Paper and pens for extension activities.



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Learning Experience:

Introduction (10 mins)

Q: Do you know how to clean your hands properly?

Q: Do you know why we need to clean our hands?

Explain how cleaning our hands reduces the number of germs on them. Explain how these germs can sometimes cause disease and make us unwell and if we don't clean our hands we spread the germs onto everything and everyone we touch.

Show the children the 5 steps to clean hands animation.

Sing along to the 5 steps song and get the children to add actions for the 5 different steps. Practise with the children until they are familiar with the 5 steps.

Main Input: (20 mins)

To expand the learning about how quickly germs can spread through not washing and drying your hands, explain to the children that you are going to play a game called 'Stop the Spread'. Can the Special Agents stop the germs from spreading, through good hand cleaning?

- Use a hall or suitable outside space
- Pick some children to be 'germs' identified by a tabard or similar (ratio 1 germ to 10 children)
- Pick some children to be 'Special Agents' identified by a different coloured tabard (ratio 1 Special Agent to every 2 germs)
- The children without tabards can begin to move around the space in varying speeds (walking pace to start with until familiar with rules)

- The 'germs' have to touch the children, once touched they are then frozen until released by the 'Special Agents'. To be fully released and able to rejoin the game the children must mime the 5 hand cleaning steps
- After an agreed length of time (dependent on number and age of children), stop the game. All children who are frozen at that point in time must sit down, have the germs spread quicker or has good hand cleaning stopped the spread?
- The game can be repeated as many times as concentration allows.

Good practice suggestion – swap all roles around to ensure no stigmas are attached

Plenary (10 mins)

- Regroup the children. Promote a discussion about how quickly the germs spread amongst their friends, reinforcing the introductory messages of how cleaning our hands reduces the number of germs on them. Explain how these germs can sometimes cause disease and make us unwell and if we don't clean our hands we spread the germs onto everything and everyone we touch.

Extension

- Ask the children to draw their own instructions on how to clean their hands following the 5 steps.



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