HUMAN BODY AND HEALTH
Parts of the body and their function

MATHEMATICS

Dear learner, you are welcome for today’s activity.

You will;
Count up to 400
read number names 100-105
write number names 100-105

You will need; straws, stones, leaves, plastic bottle tops, sticks; a pencil and an exercise book.

Sing the parts of the body rhyme to people at home;
Head, shoulders, knees and toes
Knees and toes, knees and toes
Head, shoulders, knees and toes
Eyes, ears, nose and mouth

Use counters and count numbers 1—400
Fill in missing numbers. 50, ________ 150, 200, ________ 300,__________ 400
Read number names 100-105
100 103
101 104
102 105

LITERACY

Dear learner, you are welcome! In this activity you are going to talk about parts of body and their functions. You will:

• read words, sentences and short stories about parts of the body
• draw pictures of different parts of the body
• write words and sentences related to body parts

You will need a pencil and a book

Look at the picture. What can you see?

Read these words
head shoulder eyes ears nose mouth leg

Make a sentence
This is my head

Make 3 words with letter sounds l and g
leg ........, ........, .......

Now practise writing letters and words
L l L l L l L l
G g G g G g
Lule has long legs.
ENGLISH

Introduction
Dear learner, you are welcome to this lesson about the parts of the body and their function.

You are going to;
1. Mention the parts of the body
2. Make sentences
3. Match the same words
4. Read sentences
5. Write words

Get an exercise book, a pen, pencil and a rubber.

Step 1

Touch the body part and say the sentence. Make sure you have washed your hands very well before touching the face.

For example
1. Show me your nose.
   This is my nose.
2. Show me your fingers.
   These are my fingers.
3. Show me your eyes.
   These are my............
4. Show me your legs.
   These are my............
5. Show me your ears.
   These are my............
6. Show me your toes.
   These are my............
7. Show me your stomach.
   This is my.................

Key message:
Remind everybody at home to wash hands with soap and clean water all the time.
**Step 2**  
*Read these words.*  
Legs, eyes, fingers, stomach, head, toes.

**Step 3**  
*Use the structure; How many eyes has he got?*  
He has got 2 eyes.

**Different parts of the body**

- head
- eye
- mouth
- shoulder
- hand
- arm
- finger
- chest
- knee
- foot
- toe
- ankle
- mouth
- eye
- hand
- ear

**Step 6**  
*Write these words*  
Fingers, toe, stomach, leg, nose, hand, ear

**Look at the picture and answer the questions**

1. How many fingers has she got?  
   She has got.........................

2. How many toes has she got?  
   She has got......................

3. How many legs has she got?  
   She has got ......................

4. How many stomachs has she got?  
   She has got.......................  

5. How many eyes has she got?  
   She has got........................

6. How many heads has she got?  
   She has got......................

**Step 4**  
*Match the same*  
Fingers     head  
Toes        stomach  
Legs        eyes  
Stomach     legs  
Eyes        toes  
Head        fingers

**Step 5**  
*Read the sentences*  
1. She has two legs  
2. She has ten fingers  
3. She has two eyes  
4. She has ten toes

**Step 6**  
*Write these words*  
Fingers     toe     stomach     leg  
Nose        eyes

**Step 7**  
*Recite this rhyme*  
Head, shoulder, knees and toes  
Knees and toes  
Knees and toes  
Head, shoulder, knees and toes,  
Eyes, ears, nose and mouth

**Activity:**  
Draw a picture and name the different parts of the body.  
Eyes     nose     toes     fingers
You will show the work to your teacher when you go back to school

SANITATION
Dear learner, you are welcome for today’s activity. You are going to:

- count up to 400
- read number names 100-120
- write number names 100-120
- subtract 2 digit numbers vertically

Get; straws, stones, leaves, plastic bottle tops, sticks; a pencil and an exercise book.

Sing a hygiene song: Obuyonjo nga bulungi x3
Businga obujama
English: (Cleanliness is good x3
It is better than being dirty)
Use stones, bottle tops and sticks.
Count numbers up to 400

Read number names
100-------------One hundred
101-------------One hundred one
102-------------One hundred two
103-------------One hundred three
104-------------One hundred four
105-------------One hundred five

Fill in the missing numbers
106-----108----110-----112-----114-----106
d------d------119-----

Match numbers;
100 One hundred One
104 One hundred two
102 One hundred four

ASSIGNMENT: Subtract numbers.
33-25 72-16 88-11 77-12

Wash hands with soap many times to chase corona virus away

LITERACY
Dear learner, you are welcome to this activity. You are going to talk about sanitation. Sanitation is keeping the environment clean and healthy.

In this activity you will:

- read words, sentences and short stories about sanitation
- draw pictures about sanitation
- write words and sentences about sanitation?

Get a pencil and a book
Look at the picture. What can you see?
Read these words
bloom  hoe  slasher  brush  panga

Join the parts to make correct sentences
We use a bloom
to sweep the compound.

We use a brush
to scrub the bathroom.
We use a slasher
to slash the compound.
We use a hoe
to dig around the house.
We use a panga
to clear the bush.

Make 3 words with letter sounds  m  and  t
mat ........, ........, .......

Now practise writing letters and words
M  m       M  m       M  m
T  t        T  t        T  t

Jane mops the house.

Draw a picture
bloom  brush  Hoe  slasher  panga

Read the story and answer the questions
Keeping the home clean

In Mr. Mukasa’s family, everybody keeps the home clean.

Now answer these questions
1. What does Mrs. Mukasa do?
2. Who cleans the house?
3. Why do you think it is important to smoke the latrine?
4. What other activity do you do to keep your home clean which is not in the story?

In your free time, you will draw four pictures to show the way you keep your home clean. On each picture write a word or a sentence.

Key message:
Remind everybody at home to wash hands with soap and clean water all the time.
ENGLISH

Introduction
Dear learners, you are welcome to this lesson on sanitation. You are going to;
• Recite a rhyme
• Use structure I.................. every day.
• Read the words
• Circle the different words
• Write the words
• Complete the sentences

Get an exercise book, a pen, pencil and a rubber

Step 1
Stand up and recite this rhyme
I am going to sweep, the dirt away
I am going to sweep – the dirt away
I am going to sweep – the dirt away
Sweep, sweep, sweep.

Step 2
Use I..................... to answer the question

Example;
What do you do every day?
I sweep everyday

Picture 1.
What do you do every day?
I ........................... the house every day.
Picture 2.
What do you do every day?
I ........................... my teeth everyday
Picture 3.
What do you do every day?
I ....................... water everyday
Picture 4.
What do you do every day?
I .................... plates everyday
Picture 5.
What do you do every day?
I .................clothes everyday
Picture 6.
What do you do every day?
I ................ the compound every day

Picture 7.
What do you do every day?
I ................ water every day

Step 3
Read these words
Sweep    brush    boil
Clean    wash    slash

Step 4
Circle the word which is different
For example;
sweep    (wseep)  sweep  sweep
boil      boil      obil    boil
brush     brush     brush   shrub
clean     clean     nclea  clean
wahs      wash      wash   wash
slash     slash     salsh  slash
sweep     sweep     pswee  sweep

step 5
write these words
clean
slash
boil
brush
sweep
wash

match the correct word
I wash       the compound every day.
I brush      water every day.
I clean      my clothes every day.
I sweep      plates every day.
I boil       my teeth every day.
I slash      the house every day.

Activity: Write 5 words on the activities you do at home.
Make 5 sentences using.
“I ......................... every day.
PERSONAL HYGIENE
LITERACY

Dear learner, you are welcome. You are going to talk about personal hygiene. Personal hygiene is a way of keeping the body clean and preventing diseases.

In this activity you will:
• read words, sentences and short stories about the parts of the body
• write a short story about your body parts

Get a pencil and a book
Look at the pictures. What can you see?

Read and mime the actions
washing clothes brushing teeth
combing the hair cutting finger nails

Read the sentences
1. I comb my hair every day.
2. I brush my teeth every day.
3. I often wash my clothes.
4. I often cut my finger nails.

Make 3 words with letter sounds c and n
cut ………, ………, ……..

Now practise writing letters and words
C c C c C c
N n N n N n

Cate can cut her nails.

Draw a picture
comb
tooth brush
soap
water
razor blade

A dirty boy

There is a dirty boy in our class. His name is Messy. He does not wash his clothes. He does not comb his hair. He does not bathe. He does not brush his teeth. He does not play. He does not sing. He does not share with others. He is always alone. All children in our
class do not like him. He is sad all the time.

**Now answer these questions**

1. What is the name of the boy in the story?
2. Why is bad not to bathe?
3. If you are in my class, how can you help this boy?
4. What can happen if you do not brush the teeth?

**In your free time, draw four pictures of different things we must do to keep clean and healthy. You can write a word or sentence on each of your pictures.**

**Key message:**
Remind everybody at home to wash hands with soap and clean water all the time.

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**ENGLISH**

**Introduction**

Dear learner,

You are welcome to this lesson on personal hygiene. You are going to;

- Recite a rhyme
- Make sentences using I use................ to
- Read words
- Fill in the missing letter
- Read the sentences

**Step 1**

Recite the rhyme

This is the way
I comb my hair
I comb my hair
I comb my hair
This is the way
I comb my hair

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**Step 2**

Use, “I use a ............... to..................

What do you use tooth paste for?

**Example**

I use tooth paste to clean my teeth.

Get an exercise book, a pencil and a rubber

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1. What do you use a tooth brush for?
   
   I use a ................ to ..................

2. What do you use a comb for?
   
   I use a ................ to ..................

3. What do you use a brush for?
   
   I use a ................ to ..................

4. What do you use soap for?
   
   I use ................ to ..................

5. What do you use a sponge for?
   
   I use a ................ to ..................

6. What do you use water for?
   
   I use ............ to ............
Step 3
Read the words
Brush tooth brush
Comb sponge
Clean water
Tooth paste

Step 4
Fill in the missing letter
Co---b
Cle---n
_ oap
Bru---h
To---th
Wa-----er
Tooth _ aste

Step 5
Read these sentences
1. I use a toothbrush to brush my teeth
2. I use a comb to comb my hair
3. I use a sponge to wash my body
4. I use soap to clean the things
5. I use toothpaste to brush my teeth
6. I use water to clean the things

I wash my face
So early in the morning

2. This is the way
I brush my teeth
I brush my teeth
I brush my teeth
This is the way
I brush my teeth
So early in the morning

3. This is the way
I comb my hair
I comb my hair
I comb my hair
This is the way
I comb my hair
So early in the morning

Activity:
Draw and name the following
Comb, toothbrush, soap, sponge, water

Make sentences using each of the words
You will share your work with the teacher when you go back to school.

Key Message: Greeting while shaking hands is good. BUT AVOID SHAKING HANDS while greeting to avoid getting infected.
Patients with COVID-19 have experienced mild to severe respiratory illness.

**Symptoms** can include:

- **Fever**
- **Cough**
- **Shortness of breath**

*Symptoms may appear 2-14 days after exposure.*

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.