

Science

Week 6

Our Science Learning Journey

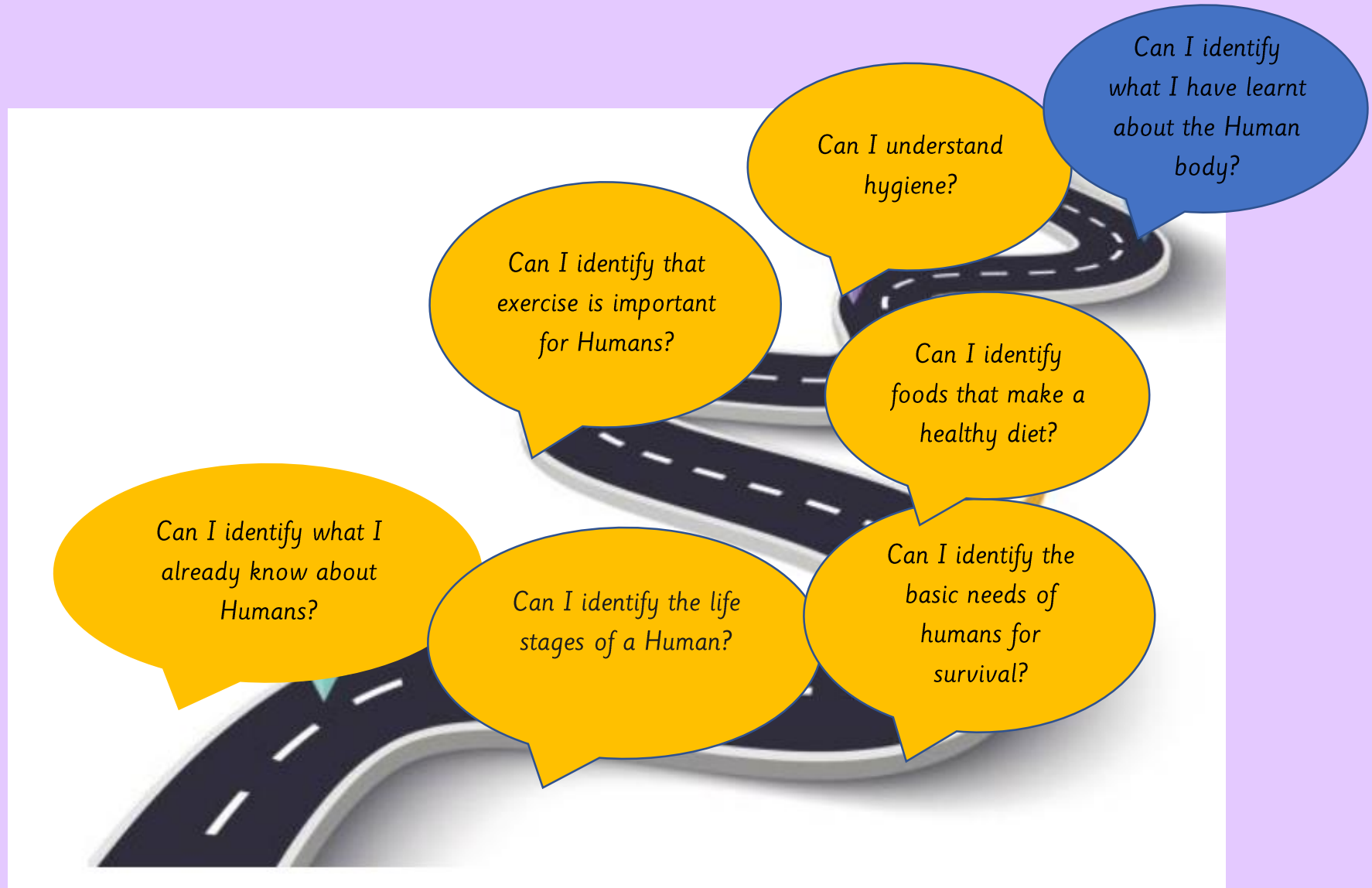
Key Vocabulary:

Hygiene

Healthy

Wash

Clean



Wednesday 10th December 2025

LQ: Can I understand hygiene?

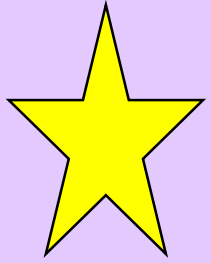
Steps to Success

All – I know what hygiene means.

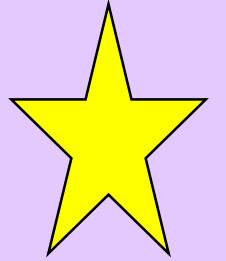
Most – I can list ways to keep hygienic.

Some – I can understand the importance of hygiene for humans.





STAR WORDS



Healthy



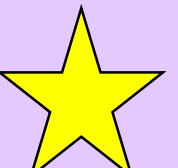
Hygiene



Wash



Clean



RECAP!

Last week we learnt about why exercise is important for humans.



Exercise is important for humans because it strengthens the heart, lungs, muscles and bones. Exercise lowers the risk of humans becoming unwell. Humans feel better when they exercise and they **do not** become **overweight** (become fatter or heavier).

RECAP!

Here are some different ways to exercise...



TPs: Which of these exercises have you tried?

LQ: Can I understand hygiene?

Wednesday 10th December 2025



Today we are going to identify the importance of *hygiene*.



LQ: Can I understand hygiene?

Wednesday 10th December 2025



TPs: What is hygiene?



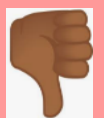
LQ: Can I understand hygiene?



Hygiene is how we look after our bodies. Keeping ourselves *clean* and *tidy* makes us feel better about ourselves and also keeps us, and those around us, healthier!

Self Assessment

Do you understand what hygiene is?





Personal hygiene includes the following:

Brushing our teeth

Washing our hands

Wearing clean clothes

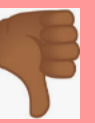
Showering or bathing regularly

Keeping our noses clean

Minimising the spread of germs where we can!

Self Assessment

Do you understand what personal hygiene is?



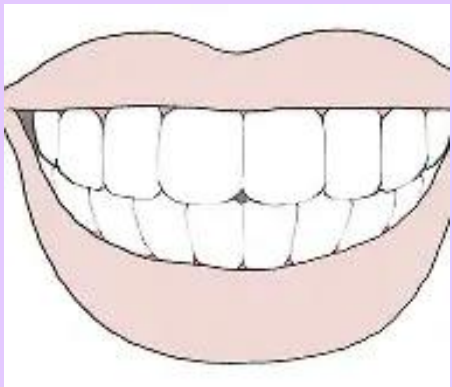
TPs: How often do you brush your teeth?



It is recommended that we brush our teeth *twice a day*, for around *2 minutes*.

We should visit the dentist every *6 months* for a check up.

Brushing our teeth properly removes *plaque* (whitish build-up on unbrushed teeth). Plaque can cause *cavities* (dark painful holes in teeth), toothache, gum disease and even our teeth may fall out! Brushing also gives us lovely fresh smelling breath!



Class discussion!

How do you keep clean?

Think about the body parts which may need to be cleaned most frequently. Under our arms, between our legs and our feet which can become sweaty and smelly!

What do you use to wash your hair? Why?

Why do we need to wash ourselves often?

How do you keep clean when you have a cold?



Using a Tissue

Bring a small packet of tissues with you to school if you have a really bad cold. Your tissues can even stay on your table!

However:

Dirty tissues must be binned or flushed down a toilet straightaway!

Don't share used tissues with others.

Wash your hands after using a tissue.



TPs: Do we need to wear clean clothes everyday? Why?

It is really important to wear clean clothes. If we wore the same thing all the time, they would get dirty and start to **smell**.

We **don't** need to wear clean clothes every day, but if, for example, you wear the same trousers to school for a few days, make sure that you take them off as soon as you get home and let them air out for a while!



Don't Forget Your Underwear!

Underwear is different. Underwear covers our *personal parts*, which can get the most sweaty.

This includes socks!! Our feet are covered in sweat glands and can get sweaty and smelly as we're on our feet a lot!
Remember to change your underwear everyday!



TPs: Why is it important to wash your hands?



*When we touch things, we pick up **germs**, which we can then spread by rubbing our eyes, or putting things into our mouths. We can even spread germs to our friends and family without realising. Some germs can make us feel unwell, from a cold to a tummy bug and more.*

TPs: When should we wash our hands?



When they are dirty!

Before we eat or help prepare food.

After petting / touching animals.

After using the toilet.

After we sneeze, cough or blow our noses.

*Before **and** after visiting someone who is unwell.*

Task!

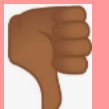
Let's write a list of how we can be hygienic as a class.



Record pupil voice on blurb.

Self Assessment

Do you know what to do?



What a child should be able to do: (Assessment)

All: I can name at least three basic needs of a human.

Most: I can explain different stages of the human life (baby, toddler, child, teenager, adult elderly).

Some: I can explain why exercise is important.