

**Title:** Health and Germs

### **Learning Intention/Description of Learning Activity:**

Students were taught the basics of germs and how they relate to health. This included understanding that germs are tiny and can cause illness, how germs spread, and how to prevent their spread through good hygiene practices like handwashing. They also learned about the importance of covering coughs and sneezes, and some basic concepts about healthy eating and rest. Healthy living education focused on building a foundation of good habits. This included teaching them about healthy eating (fruits, vegetables, balanced meals), drinking water, the importance of physical activity, and personal hygiene (brushing teeth, washing hands), dealing with stress and getting proper sleep. Students were required to follow along completing worksheet pages which consisted of writing, colouring and some cut and paste activities.

### **Teacher Comments/Feedback:**

NAME is currently at an “proficient” level of understanding for grade-level expectations.

HE/SHE participated in completing many of the worksheet pages with little or no one-to-one support. HE/SHE was also able to watch and listen to the videos and instructions appropriately and to follow along with the instructions, examples and modelling shown.

### **Next steps:**

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Teaching kids about healthy habits early on is crucial for their long-term health and well-being. By encouraging healthy eating and regular physical activity, you can help prevent chronic diseases, promote a healthy weight, improve academic performance, and foster positive self-esteem and body image. Continue to encourage an interest in learning about new topics or more about a topic already discussed such as learning more about ways to stay healthy and about germs. Visit your local library. Go out for a hike, practice fully brushing your teeth with the method your dentist taught, wash your hands with the surgical wash procedure, learn what does eating healthy mean today?

### **Student Self Reflection:**

## Proficiency Scale

<b>Emerging</b>	<b>Developing</b>	<b>Proficient</b>	<b>Extending</b>
Just beginning to demonstrate learning in relation to the Learning Standards of the Curriculum	Demonstrating learning in relation to Learning Standards of the Curriculum with growing consistency	Demonstrates the expected learning in relation to the Learning Standards of the Curriculum	Demonstrating learning in relation to Learning Standards with increasing depth and complexity

Emerging	Developing	Proficient	Extending
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