

Grade

Big Book 2

2

Lesson Plan 2

Term 1

Lesson 2

Title:

Healthy habits

Topic

What we need to be healthy

Aims:

The learners develop and practise:

- Listening and speaking skills
 - Action rhymes and songs, games
 - Listening to a story
 - Questions and discussion
- Oral vocabulary and word recognition skills around the theme of healthy habits
- Shared reading skills using the Big Book *Healthy habits*
- Writing skills – complete worksheets on aspects of healthy living
- Integrated language skills (listening, speaking, reading, comprehension and writing)

Age/Level:

7–8 years (Gr 2 South Africa)

Time:

120 minutes over 5 days

Materials:

Big Book (pdf to project via data projector) *Healthy habits*
Flashcards
Audio recordings – text and flashcards
Photocopies of Big Book 2 Lesson 2 Activity 2
Stationery

Introduction:

Day 1
Listening and Speaking
(15 minutes)

1. Begin every lesson with a good morning chant

2. **Main activity: Sing the song: “Wash your hands”**

Tune: Row, row, row your boat
Wash, wash, wash your hands
Make them nice and clean
Wash the front and wash the back
And even in between

(Listen to the audio clip and practise singing the song before the lesson as part of your preparation)

- Encourage learners to stand at their tables and do the actions as they sing with you. If you have enough space, learners make a circle in front of the class or do this activity outside
- Practise and sing the song at least 3 times

Reading:

Day 1, Day 2, Day 3
(15 minutes)

See Teacher notes on the procedure for Shared Reading

For this lesson use the Grade 2 Big Book 1: *Healthy habits*

Day 1: 15 minutes

Before reading:

- Ask: Can anyone remember the book *Healthy habits*?
- Learners recall the different habits and give some details of what they remember

During reading:

- Read the text aloud with the learners, page by page discussing details of the pictures and asking questions which use learners’ prior knowledge e.g. how many servings of fruit and vegetables should you have every day?

Day 2: 15 minutes

Second read:

- Learners read the complete text with the teacher and respond to both lower order (answers that can be found in the text) and higher order (answers that make learners think) questions posed by the teacher
e.g.
 - what do you think the main message of the book was?
 - what was your favourite part?
 - do you think the title is a good fit for the book? Why or why not?

After reading:

Whole class discussion

- Questions of the day: How do you feel when you do exercise? Which is your favourite way to exercise?
- Ask learners to raise their hands and ask at least 10 learners to tell the class their responses

Day 3: 15 minutes

Third read:

- Learners read aloud the complete text with the teacher

After reading:

- In small groups, learners choose a healthy habit and make a list of all the ways they can be healthier e.g. Sleep – Go to bed earlier on school nights, only stay up late on the weekends

Vocabulary development: See Teacher notes on the procedure for using the flashcards
Day 4
(15 minutes) Words: healthy, food, water, exercise, clean, sleep, vaccination, play, fun

Activity: **Group Guided Reading (GGR)** (see Teacher notes)
Day 3 or 4 (1 day per group) • Explain how to complete Big Book 2 Lesson 2 Activity 2
Reading and Writing • Wordsearch
Integrated Skills • Demonstrate on the board
(15 minutes)

Conclusion: End the lesson with a game e.g. "Fruit salad"
Day 5
Listening and Speaking
(15 minutes)

Assessment: See Teacher notes and Assessment Activities below to choose from

Further ideas and resources: LEAP materials and DBE Workbook

Assessment Activities

Main Activity	What will be assessed?	How will it be assessed?	Recording Tool
Listening and Speaking: Songs, chants, games	Is the learner able to: <ul style="list-style-type: none"> • Sing along a chant or song with the teacher • Respond to greetings • Follow instructions • Respond to the questions related to the text: <i>Healthy habits</i> • Engage in the discussion related to the topic: <i>Healthy habits</i> 	Observation Oral and practical	Checklist
Reading and Comprehension	Is the learner able to: <ul style="list-style-type: none"> • Respond to the illustrations in the Big Book text: <i>Healthy habits</i> • Respond orally to the questions related to the text: <i>Healthy habits</i> 	Oral and practical	Checklist
Vocabulary	Is the learner able to: <ul style="list-style-type: none"> • Read and memorise the words on the flash cards 	Oral and practical	Checklist
Integrated skills: Listening & Speaking, Reading and Writing Activities 1 & 2	Is the learner able to do Big Book 2 Lesson 2 Activity 2: <ul style="list-style-type: none"> • Read the words about healthy habits with understanding • Find words in a word search • Draw circles around the correct words 	Oral and practical, written recording	Checklist