

## P.1 LITERACY LESSON NOTES TERM ONE

**WEEK ONE** –Revision and Orientation

**WEEK TWO** – Monday lesson 3 and 4

**Theme:** Our school

**Sub-theme:** People in our school

**Content:**

**A school**

What is a school? A school is a place where we go to learn.

### People found in our school

Teacher

Cook

Pupils/learners

Nurse

Driver

Head teacher

Matron

Deputy head teacher

Bursar

Librarian

Accountant

Principal

Administrator

Security guard

Hygiene assistants

**Name these people found at school**



### Activity A

1. A ..... is a place where we go to learn.
2. Name these people in our school.



Draw a school

### Activity B

1. How do we call a place where we go to learn?
2. What is the name of your school?
3. Write two people found at school.
4. Who heads a school?

### Activity C

1. What is a school?
2. Draw and name four people found in a school

### Reference:

Our Lives Today Social Studies book 1 page 36  
Our School Fountain SST page 1  
Monitor English Course book 1 page 10  
Comprehensive SST book 1 page 4  
Fountain SST-Our School book 2 page 1

### Week 2 - Tuesday – Lesson 2 and 3

**Theme:** Our school

**Sub-theme:** People in our school

**Content:** Roles of people in our school

### Examples

Nurse .....	looks after sick people (patients)
Teacher.....	teaches
Cook.....	prepares food
Driver.....	drives cars
Head teacher.....	heads a school

### Activity

1. Match correctly  

Teacher	heads a school
Cook	drives
Head teacher	looks after sick people
Doctor	cooks/prepares food
Nurse	treats sick people
2. Fill in the correct people
  - a) A .....heads a school
  - b) A .....looks after sick people
  - c) A .....drives cars
  - d) A .....treats sick people
  - e) A .....prepares food
  - f) A .....teaches learners
3. A nurse looks after\_\_\_\_\_.

4. Who prepares food at school?
5. Who heads a school?

## Week 2 - Wednesday – Lesson 2 and 3

**Theme:** Our school

**Sub-theme:** People in our school

**Content:** Roles of people in our school.

### Examples

Librarian ..... keeps books  
 Security guard..... protects the school  
 Bursar/accountant..... collects and keeps money  
 Secretary ..... types examinations  
 Hygiene assistants..... cleans the school  
 Principal..... oversees the school  
 Administrator..... manages the school needs  
 Chaplain ..... prays for people in a school.

### Activity

1. Match people to their roles
 

Librarian	types schools work
Security guard	keeps the school clean
Bursar/accountant	keeps books
Secretary	collects and keeps money
Hygiene assistants	protects the school
2.
  - a) A ..... types examinations and homework
  - b) A librarian records and keeps .....
  - c) How do we call a person who protects our school?
  - d) Hygiene assistants ..... the school.
  - e) Circle people found at school
 

mother	cobbler	carpenter
nurse	teacher	cook
pilot	father	bursar
head teacher	principal	librarian
- f) Draw these people

Nurse	Teacher	Cook	Security guard

**Reference:**

NPSC book 1 page 14  
 Monitor English book 1 page 10  
 Comprehensive SST book 1 page 49  
 Fountain SST – Our school book 2 page 6-8

**Week 2 - Thursday – Lesson 6**

**Theme:** Our school

**Sub-theme:** People in our school

**Content:** Role play

Identifying; Own name and friend's name

Welcoming, greeting, farewell: in different situations

**A dialogue**

**Kantu:** Good morning Isaac

**Isaac:** Good morning Kantu

**Kantu:** How are you?

**Isaac:** Fine, thank you.

**Kantu:** Bye, Bye, Isaac

**Isaac:** Bye, Bye, dear

**Farewell**

Bye – bye

See you – see you

Good night – good night

Good day – good day

**Reference:**

NPSC book 1 page 14-15

**Week 2 - Friday – Lesson 4**

**Theme:** Our school

**Sub-theme:** People in our school

**Content:** School activities

**Examples**

Praying

Reading

Teaching

Slashing

Playing

Writing

Learning

Singing

Touring

Sweeping

Dancing

Swimming

Cleaning

Gardening

**Activity**

1. Tick only the activities done at school

Reading      crawling      dancing      writing

2. Draw yourself

Swimming	Playing

3. Write down any three activities done at school

**Reference:**

MK Standard Social Studies book 1 page 69-71

NPSC book 1 page 16

Comprehensive SST book 1 page 52-53

Sharing Our World book 1 page 18-19

**Week 3 - Monday – Lesson 3**

**Theme:** Our school

**Sub-theme:** Things found in our school

**Content:**

**Things in our school**

Classrooms  
Toilets/latrines  
Swings  
Furniture

Buses  
Offices  
Library  
Stores

Slides  
Sign post  
Kitchen  
Sick-bay

**Activity**

1. Name these buildings



2. Mention any other three buildings in our school

3. Fill in correctly

Furnit\_re                      to\_let                      K\_tchen                      Off\_oe  
Lat\_in                      sickb\_ay                      sw\_ngs b\_s

**Reference:**

NPSC book 1 page 14

**Week 3 - Tuesday – Lesson 5 and 6**

**Theme:** Our school

**Sub-theme:** Things found in our school

**Content:**

**Uses of thing in class**

Duster .....cleaning the chalkboard  
Chair .....sitting on  
Chalk .....writing on the chalkboard  
Books .....writing in  
Chalkboard .....writing on  
Rubber .....rubbing in the book

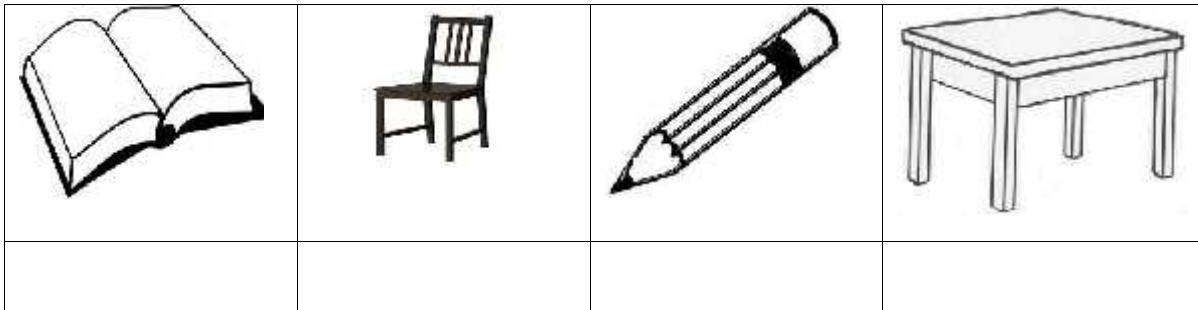
**Activity**

1. Listen and write  
a) ..... b) ..... c).....
2. Match objects to their uses;

Books                      writing on the chalkboard

Duster	sitting on
Chalkboard	writing in
Chalk	rubbing/cleaning the chalkboard
Chair	writing on

3. Name these things found in a class.



**Reference:**

### Week 3 - Wednesday – Lesson 3 and 4

**Theme:** Our school

**Sub-theme:** Buildings found in our school

**Content:** Uses of things in our school

**Examples**

Library.....reading and storing books  
 Toilet.....for easing.  
 Kitchen .....it is where food is prepared from.  
 Sickbay.....for treating patients  
 Classrooms.....learning from  
 Store .....keeping school property  
 Main hall .....

### Activity

1. Name four important buildings in our school.
2. A place where we keep things is a .....
3. We prepare food from the .....
4. The school property are kept in a .....
5. We learn from the .....
6. Children who are sick rest from the .....

**Reference:**

Monitor English Course book 1 page 11

**Week 3 - Thursday – Lesson 6**

**Theme:** Our school

**Sub-theme:** Things found in our school

**Content:** School rules and regulations

**Examples**

- Keep the compound clean
- Order should be kept on assemble
- Listening attentively to your teacher
- Don't talk while eating
- Respect others
- Don't run anyhow
- Keep order as you enter class.

**Activity** – Read the school rules orally

**Reference:**

MK Primary SST book 1 page 77

Comprehensive SST book 1 page 54

**Week 4 - Monday – Lesson 3**

**Theme:** Our school

**Sub-theme:** Activities done in our school

**Content:** School symbols

**What are school symbols?** School symbols are things which make one school different from other school.

**Examples**

- |                    |                  |
|--------------------|------------------|
| ➤ School uniform   | ➤ School anthem  |
| ➤ School flag      | ➤ School motto   |
| ➤ School sign post | ➤ School prayer  |
| ➤ School badge     | ➤ School mission |

**Activity**

1. Name the school symbols below



2. ....are things which make our school different from other schools.  
(school badge, school symbols)
3. Mention five school symbols you know.
4. Draw these school symbols.

School flag	School badge	School sign post	School uniform

**Reference:**

Comprehensive SST book 1 page 51  
Fountain SST – Our School page 2-3  
Our Lives Today SST book 1 page 37  
MK Standard SST book 1 page 72-73

#### **Week 4 - Tuesday – Lesson 5 / Wednesday – Lesson 3 and 4**

**Theme:** Our school

**Sub-theme:** Activities done in our school

**Content:**

##### **Our school prayer**

Look at me Oh God  
As my heart silent all.  
To you all I turn.  
For the sins, I have committed,  
I pray to be forgiven  
In all that I've been good,  
I pray to be encouraged.  
For under your guidance, Oh God.  
Where all is peace, I'll be led,  
Not to sob but to rejoice,  
As my hand in yours lies,  
Amen.

##### **Activity**

Pronouncing the words correctly  
Reciting the prayer.

#### **Week 4 - Thursday – Lesson 6 and 7**

**Theme:** Our school

**Sub-theme:** Activities done in our school

**Content:**

##### **Importance of school symbols**

School badge . . . . .helps people to read the name of the school.  
School uniform . . . . .makes us look smart.  
School flag . . . . .for unity.  
School sign post . . . . .directs people to the school.  
School prayer . . . . .helps us to trust in God.  
School anthem . . . . .encourages children to work hard.  
School motto . . . . .encourages us to trust in God.

**NB;** Teach few at a time.

## Activity

1. Match school symbols to their uses

School uniform	encourages pupils to work hard
School motto	makes us look smart
School anthem	encourages us to trust God and work hard
School sign post	helps people to find the school

2. Circle the school symbols

Pencil	Pupils
Bus	School sign post
School motto	Children
Books	School anthem

3. Name the school symbol which helps people to read the name of the school.
4. The \_\_\_\_\_ helps people to find the school.

## Reference:

Comprehensive Social Studies book 1 page 51  
NPSC for P.1 page 283 – Teacher's guide  
Fountain SST – Our School book 2 page 2-3

## Week 4 - Friday – Lesson 5 and 6

**Theme:** Our Home

**Sub-theme:** People in our home

**Content:** Home

**What is a home?** A home is a place where people or animals live

**Things found in a home and around**

Example of a home

### Things in a home

Animals	Utensils	Rubbish pit/dust	Kettle
Granary	Kraal	bin	Cups
Gardens	Birds	Latrine	Knife
Kitchen	Trees	Store	Flask
Toilet	House	Tap	Lamp
Rack		Sauce pan	

### Activity A

1. A ..... is a place where people or animals live.
2. Tick things found in a home

Birds  
Chalk  
House

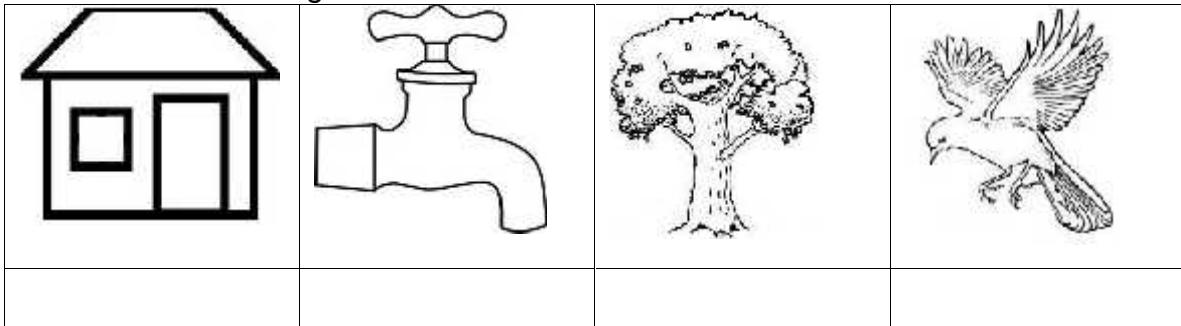
Granary  
Pens  
Kraal

Dust bin  
Chalkboard  
Lions

3. Draw these things found in a home  
a) house      b) rack    c) birds/hens

### Activity B

1. How do we call a place where people or animals live?
2. Write any four things found in a home.
3. Name these things found in a home



### Activity C

1. What is a home?
2. Draw a home.
3. Mention three things around your home

### Reference:

MK Primary Social Studies book 1 page 17  
Comprehensive SST book 1 page 1  
Fountain SST book 1 – Our home page 7

### Week 5 - Monday – Lesson 3

**Theme:** Our Home

**Sub-theme:** People in our home

**Content:** Types of Homes

There are two types of homes;

1. A town home
2. A village home

### What is a town home?

A town home is a home found in a town.

### Things in a town home

Taps, cars, garage, toilets, gate, fence, computers, television (TV), electricity, fridge, radio, cooker.

#### Activity A

1. There are .....types of homes.
2. Name any two types of homes
3. Write any four things found in a town home.
4. A .....home is a home found in a town.

#### Activity B

1. How many types of homes do we have?
2. Name these homes

a)





This is a .....home

b)

This is a .....home.

#### Activity C

1. Mention the two types of homes
2. Name these things found in a town home

3. Draw and name any type of a home
4. What is a town home

**Reference:**

MK Primary SST book 1 page 2  
 Comprehensive SST book 1 page 2-3  
 A New Primary SST for Uganda page 4-5  
 Our Home and School Standard 1 page 5  
 Teacher's English Resource book 1 page 12

**Week 5 - Tuesday – Lesson 5**

**Theme:** Our Home

**Sub-theme:** People in our home

**Content:** A village home

**What is a village home?**

A village home is a home found in a village.

**Things found in a village home**

Birds	Huts	Latrine
Trees	Well	Rack
Plants	Animals	Granary
Kitchen	Pot	

**A village home**

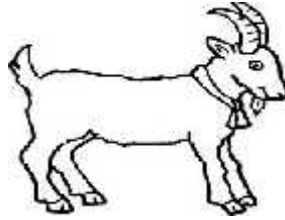
**Activity A**

1. A .....home is a home found in a village.
2. Ring the things found in a village home.
3. Name three things found in a village home

Plants	Rack	Gate
Garage	Garden	Wells
Taps	Huts	

### Activity B

1. How do we call a home found in a village?
2. Name these things found in a village



### Activity C

1. What is a village home?
2. Draw and name three things found in a village home.
3. Draw a village home.

### Reference:

Comprehensive Social Studied book 1 page 2  
A New Primary SST for Uganda book 1 page 5  
Our Home and School book 1 page 5  
MK standard Social Studies book 1 page 1  
Sharing our World book 1page 3  
Fountain SST – Our home book 1 page 1

### Week 5 - Wednesday – Lesson 3

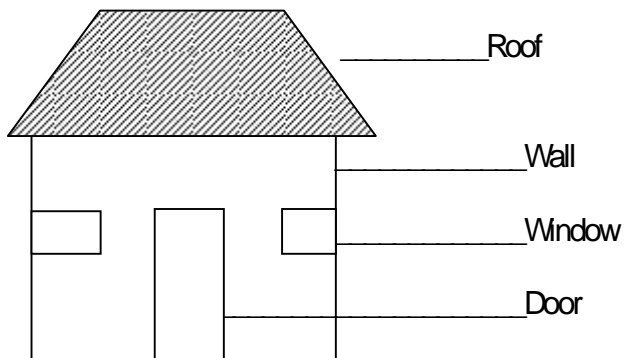
**Theme:** Our Home

**Sub-theme:** People in our home

**Content:** A house

What is a house? A house is a building where people live (stay)

### Parts of a house



### Other parts of a house

Veranda

floor

ventilators

### Activity A

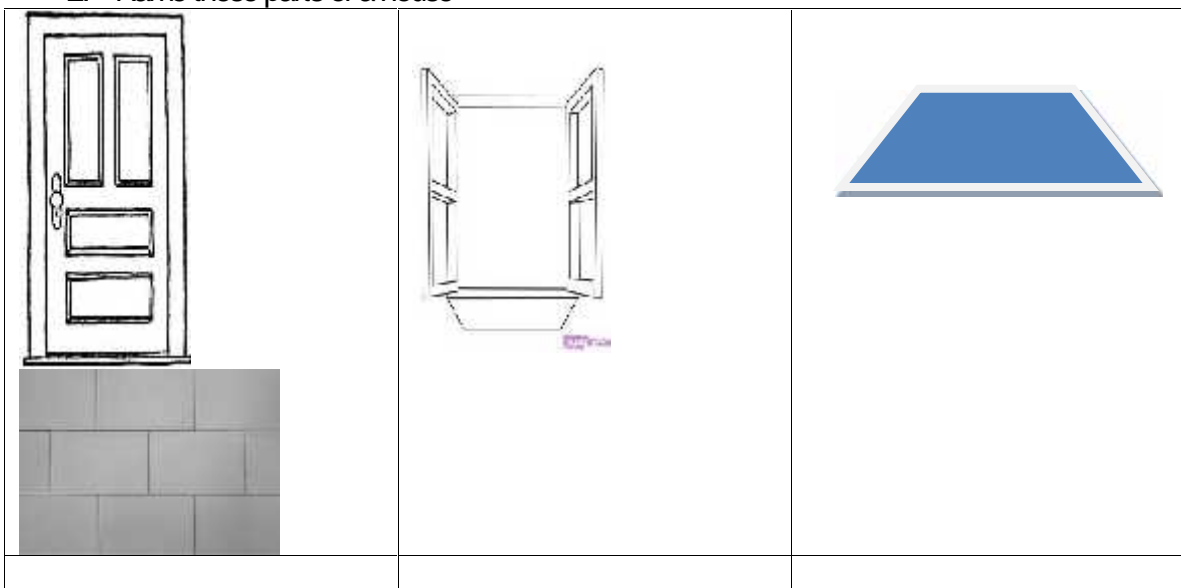
1. A ..... is a building where people live.
2. Name any two parts of a house
3. Draw a house

### Activity B

1. How do we call a building where people live?
2. Name the parts of a house

### Activity C

1. What is a house?
2. Name these parts of a house





**Reference:**

Comprehensive Social Studies book 1 page 11  
Monitor Primary SST book 1 page 6

**Week 5 - Thursday – Lesson 6**

**Theme:** Our Home

**Sub-theme:** Things in our home

**Content:** Types of houses

There are two types of houses;

1. Temporary houses
2. Permanent houses.

**Temporary house**

What is a temporary house?

A temporary house is a house which is weak

Examples of weak houses (temporary) Tent



Hut



Igloo



kiosk



Unipot



### Activity A

1. A ..... house is a house which is weak.  
( permanent, temporary)
2. Name these temporary houses



.....



.....



.....

.....

### Activity B

1. What is a temporary house?
2. Circle the temporary houses

Tent  
Flat

Bungalow  
Hut

Unipot  
Tree

3. Draw these houses

a) hut

b) tent

c) kiosk

d) unipot

### Reference:

MK primary SST book 1 page 8-9  
Comprehensive SST book 1 page 10  
Fountain SST – Our home book 1 page 3  
Our Home and School book 1 page 6  
A New Primary SST for Uganda book 1 page 7

### Week 5 - Friday – Lesson 5

**Theme:** Our Home

**Sub-theme:** People in our home

**Content:** Temporary houses

(Show real objects)

Materials used to build a temporary house

Grass

reeds

poles

banana fibre



Soil/mud

cowdung

strings

### Activity A

1. How do we call houses which are weak?
2. Mention four materials used for building weak houses.

### Activity B

1. Name these building materials

- .....
2. Draw these building materials  
a) poles b) strings c) grass
  3. What do we use to build a hut?

### Reference:

MK Primary SST Standard 1 page 13  
Fountain SST – Our home book 1 page 5  
A New Primary SST for Uganda book 1 page 8

## Week 7 - Monday – Lesson 3 and 4

**Theme:** Our Home

**Sub-theme:** People in our home

**Content:** Permanent houses

### What is a permanent house?

A permanent house is a house which is strong.

### Examples of permanent houses

Storeyed house

Bungalow

Flat roofed house



**Materials used to build permanent houses**

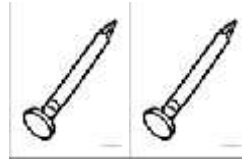
Bricks



timber



nails



Cement



tiles



stones



Poles



sand



iron sheets



Iron bars



### Activity A

1. A .....house is a house which is strong.
2. Draw these permanent houses.  
a) flat                      b) bungalow
3. Circle the materials used to build permanent houses.

Cement grass          nails          soil          sand  
Iron bars          reeds          stones.

### Activity B

1. What is a permanent house?
2. Name this permanent house.



Draw these building materials

a) nails

b) poles

c) stone

d) tiles

### Activity C

1. How do we call houses which are strong?
2. Name these building materials



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### Reference:

MK Primary      SST book 1 page 13  
Fountain SST – Our home book 1 page 5  
Monitor SST book 1 page 15

## **Week 7 - Tuesday – Lesson 5**

**Theme:** Our Home

**Sub-theme:** Things in our home

**Content:** Importance of houses

### **Uses of house**

- Houses are used to keep our property
- Houses keep us safe from wild animals and bad people.
- We sleep in houses
- They protect us from bad weather.
- We rest in our houses.

### **Activity A**

1. Fill in correctly  
Houses keep our .....safe.  
Houses keep us safe from wild .....and .....people.  
We .....in a house.

### **Activity B**

1. Write any four uses of a house
2. Draw your house.

### **Reference**

MK Standard 1 Social Studies book 1 page 14-15  
Comprehensive SST book 1 page 13  
Our Home and School pupils book 1 page 7  
A new Primary SST for Uganda book 1 page 9  
Our Lives Today SST book 1 book 9

## **MIDTERM EXAMS**

## **Week 7 - Wednesday – Lesson 3**

**Theme:** Our Home

**Sub-theme:** People in our home

**Content:** Family

### **What is a family?**

A family is a group of people living together related by blood, marriage or adoption.

There are two types of families:

1. Nuclear family
2. Extended family

### A nuclear family

What is a nuclear family?

A nuclear family has father, mother, and their own children.

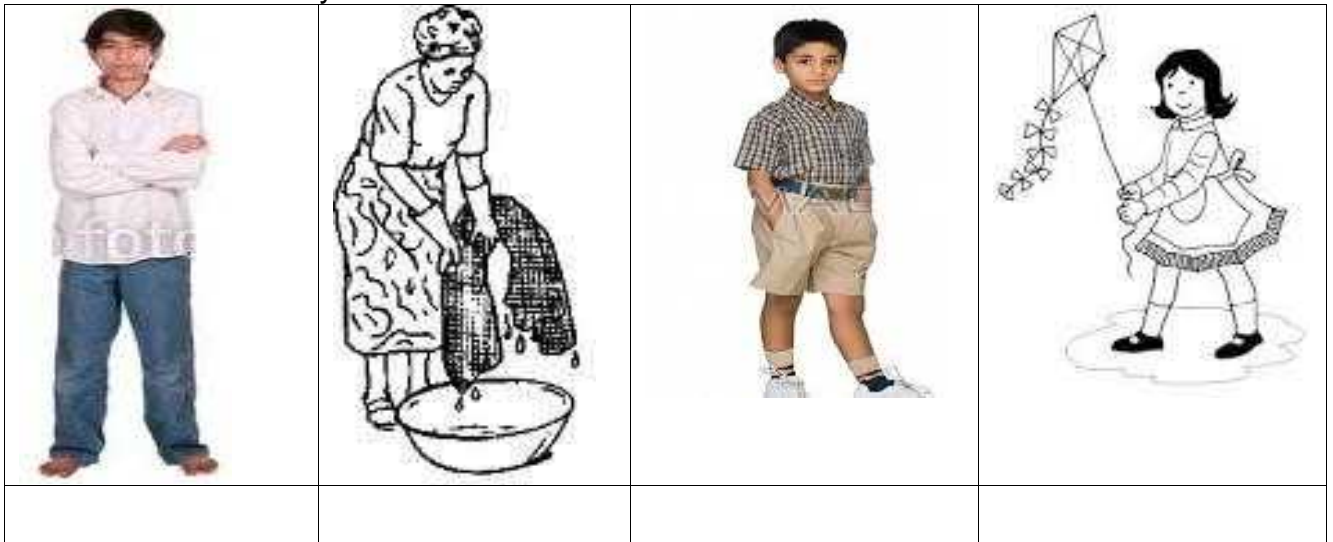
People in the extended family; father, mother, children and relatives.

#### Activity A

1. A .....is a group of people living together related by blood or marriage.
2. There are .....types of families.
3. The two types of families are .....and.....  
(nuclear, family, two, nuclear family, extended, extended family)

#### Activity B

1. How do we call a group of people living together related by blood or marriage?
2. Name these family members.



#### Activity C

1. A .....is a family which has father, mother and their own children.  
(family, nuclear family)
2. Write any four members of a nuclear family.

#### Activity D – Oral questions

1. What is a family?
2. What is a nuclear family?
3. Mention the members in a nuclear family.

#### Reference:

MK standard SST book 1 page 21

Comprehensive SST book 1 page 16-17  
Fountain SST – Our home book 1 page 10  
A new primary SST for Uganda book 1 page 12  
Our home and school book 1 page 2  
Our lives today SST book 1 page 12  
NPSC book 1 page 17  
Sharing our world book 1 page 6

## **Week 7 - Thursday – Lesson 7**

**Theme:** Our Home

**Sub-theme:** People in our home

**Content:** Roles and responsibilities of different family members

### **Father**

- Heads a family
- Buys food
- Pays school fees
- Builds a house

### **Mother**

- Cooks food
- Cares for children
- Breast feeds children
- Keeps a home
- Washes clothes

### **Children**

- Sweeps the compound
- Washes utensils
- Fetch water
- Carries babies

### **Activity A**

1. Match these activities correctly

Mother	helps with work
Father	cooks food
Children	heads a family

2. A ..... heads a family.
3. A ..... cooks food in a home.

### **Activity B**

1. Who heads a family?
2. Draw yourself sweeping the compound.



3. Write down two roles of a father.
4. Draw mother cooking.

### Reference:

MK standard –SST pupils book 1 page 18-20  
 A new primary SST for Uganda book 1 page 13-14  
 Fountain SST – Our home book 1 page 12-13  
 Comprehensive SST book 1 page 21  
 Sharing our world book 1 page 4-6  
 Our lives Today SST book 1 page 15-17  
 NPSC book 1 page 18

### Week 7 - Friday – Lesson 5 and 6

**Theme:** Our Community

**Sub-theme:** People in our Community

**Content:**

#### Examples

Doctor	Builder	Butcher	Cook
Teacher	Nurse	Bake	Farmer
Driver	Carpenter	Barber	pilot
Cobbler	Policeman	Religion leaders	
Tailor	Dentist	LC leaders	

#### Activity A

Name these people in a community

#### Activity B

1. Listen and write;

.....

2. Fill in the missing letter;

Ca\_penter      te\_cher      polic\_man      d\_ctor      dr\_ver      b\_ilder

3. Draw these people in our community
  - a) teacher      b) driver      c) nurse d) cook

**Reference:**

NPSC pupils book 1 page 21  
 Word power spelling book 1 page 9  
 Junior English book 1 page 50

**Week 8 - Monday – Lesson 3 and 4**

**Theme:** Our Community

**Sub-theme:** People in our community

**Content:**

**Roles of people in our community**

- 1) A teacher.....teaches children.
- 2) A policeman.....maintains law and order
- 3) A nurse.....cares for sick people
- 4) A cook.....cooks food
- 5) A barber.....cuts hair.
- 6) A farmer.....grows crops
- 7) A butcher.....sells meat
- 8) A dentist.....treats our teeth
- 9) A tailor.....makes clothes
- 10) A builder.....builds houses
- 11) A pilot.....flies aeroplanes

**Activity A**

Match people to their work

Doctor	sells meat
Tailor	teaches
Policeman	grows crops
Builder	keeps law and order
Teacher	builds houses
Butcher	treats sick people
Farmer	makes clothes

**Activity C**

1. A .....flies an aeroplane.
2. A.....sells meat.
3. A .....heads a school.
4. A .....treats eyes(oculist, optician).
5. A.....keeps law and order.

**Activity B**

1. How do we call a person who grows crops?
2. Draw these people.
  - a) doctor      b) barber

**Reference:**

English work book 1 page 40

NPSC book 1 page 21  
Word Power Spelling book 1 page 9  
Junior English book 1 page 50

## Week 8 - Monday

**Theme:** Our Community

**Sub-theme:** Important places in our community

**Content:**

### Important places in our community

- |            |               |             |
|------------|---------------|-------------|
| ➤ Bank     | ➤ Market      | ➤ Mosques   |
| ➤ Palace   | ➤ Clinic      | ➤ Salon     |
| ➤ Barracks | ➤ Post office | ➤ Taxi park |
| ➤ School   | ➤ Church      | Air port    |
| ➤ Hospital | ➤ Hotels      | Bus park    |

### Activity A

1. Role playing people in a; i) market      ii) hospital
2. Fill in the missing letters

Mo\_que                  barra\_ks                  h\_tel                  taxi pa\_k

3. Name these important places



### Activity B

1. Where do we go when we are sick?
2. Where do we buy food?
3. Draw these places
  - a) hospital
  - b) church
  - c) mosque
  - d) school

### Reference:

Our home and school book 1 page 18

**Week 8 - Monday**

**Theme:** Our Community

**Sub-theme:** Important people/places in our community

**Content:**

**Important people/places in our community**

People	place
Doctors .....	hospital
Policeman/soldiers .....	barracks
Teacher .....	school
Priests .....	church
Imam .....	mosque
Barber .....	salon
King/queen .....	palace
President .....	state house
Pilot .....	Air port.

**Activity A**

Match people to their places of work

Teacher	palace
Doctor	church
Soldiers	school
Priests	hospital
Kings	barracks

**Activity B**

1. A .....works in a salon.
2. A .....works in a workshop
3. A .....works in a hospital
4. How do we call a place where priests work?
5. How do we call a place where Moslems go to pray?

**Reference:**

Our Home and School pupils' book 1 page 18-20

NPSC book 1 page 25

**Week 8 - Thursday – Lesson 3 and 4**

**Theme:** The human body and health

**Sub-theme:** Personal hygiene

**Content:**

**What is personal hygiene?**

Personal hygiene is the general cleanliness of the body

**Things used to clean our body**

Water



toothbrush



tooth paste



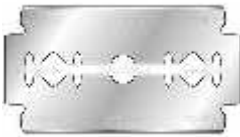
soap



brush



Razor blade



ear buds



toothpick



### Activity A

1. A ..... is the general cleanliness of the body. (family, personal hygiene).
2. Write any four things used for cleaning our body.
3. Draw these things used to clean our body.  
a) tooth brush b) water c) comb

### Activity B

1. How do we call the general cleanliness of the body?
2. Match correctly

Oral work – What is personal hygiene?

### Activity C

1. Circle things used to clean our body.

Brush                  soap                  paper                  sponge paint  
Chalk                  toothpaste

2. Name any three things used for cleaning.

### Reference:

Fountain Primary Science book 1 page10  
Integrated Science book 1 page 5-7  
Integrated Primary Science course book 1 page 7  
Understanding Integrated science book 1 page 11  
MK Primary science book 1 page 10

### Week 8 - Friday

**Theme:** Human Body and Health

**Sub-theme:** Personal Hygiene

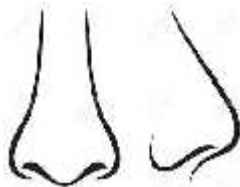
**Content:**

#### Parts of the body and their uses

Eye ..... seeing  
Nose ..... smelling  
Mouth..... breathing  
Legs..... walking  
Tongue..... tasting  
Hands ..... catching/holding  
Ears ..... hearing

### Activity A

1. Name these body parts



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## 2. Match correctly

Tongue	seeing
Nose	eating
Eyes	tasting
Mouth	smelling

### Activity B

1. Draw these body parts  
a) ear                      b) nose c) legs                      d) eyes
2. We use the ..... for smelling.
3. We use the ..... for tasting

### Reference:

Fountain Primary Science book 1 page 8-9  
Integrated Science Course 1 page 13  
Integrated Primary Science course book 1 page 10-11  
Understanding Int. Science book 1 page 5  
NPSC for Uganda page 25.

## Week 9 - Monday – Lesson 4

**Theme:** The human body and health

**Sub-theme:** Personal hygiene

**Content:**

### Importance of keeping our body clean

- To avoid bad smell
- To control diseases
- To avoid the spread of germs
- To be clean and smart
- To be healthy.

### Activity A

1. We must keep our body clean to avoid the spread of .....(eyes, germs)
2. We must keep clean and .....(dirty, smart)
3. We must avoid .....smell. (bad, good).
4. We must keep our body clean to stop .....(Cars, diseases)

### Activity B

Write down three ways of keeping our body clean.

### Oral activity

#### How to keep the things we use to clean the body

- By washing our tooth brush after cleaning
- By washing our towels
- By cleaning the bathrooms

- By cleaning our homes
- By cleaning the bathtubs.  
By putting it in warm water

**Reference:**

Integrated Science Course 1 page 7  
 Understanding Integrated Science book 1 page 5-13  
 Integrated Primary Science Course for Uganda page 7-9  
 Fountain Primary Science for Uganda book 1 page 8-13  
 NPSC book 1 page 26  
 MK Integrated Primary Science book 1 page 9-10

**Week 9 - Tuesday**

**Theme:** The human body and health

**Sub-theme:** Personal hygiene

**Content:**

**Ways of keeping the body clean**

- By washing clothes
- By cleaning
- By brushing teeth
- By bathing

**Treaming the hair**

**Cutting finger nails short**

**Activity**

1. Draw these activities
  - a) washing      b) sweeping      c) slashing
2. Write three ways of keeping clean.

**Reference:**

Integrated primary science course for Uganda book 1 page 8-9  
 Primary science book 1 page 3-6  
 MK Primary science book 1 page 9

**Week 9 – Wednesday – lesson 3 and 4**

**Theme:** The human body and health

**Sub-theme:** Common diseases

**Content:**



### Common diseases

- Malaria
  - Flu
  - Diarrhoea
  - Headache
  - Mumps
  - Chicken pox
- Aids  
Typhoid  
Cholera  
Measles

### Activity

1. Fill in the missing letters

- a) d\_ arrhoea                      b) ch\_ cken p\_x    c) fl\_                      d) he\_ dache  
e) stom\_ chache    f) mal\_ ria                      g) mu\_ ps                      h) co\_ gh

2. Write any four common diseases

3. Circle the common diseases

Malaria polio                      flu                      cough                      towels

### Reference:

MK Integrated primary science book 1 page 49  
NPSC for Uganda book 1 page 189 – Tr's guide  
NPSC for Uganda book 1 page 27 – pupil's book

## Week 9 - Thursday – Lesson 5 and 6

**Theme:** The human body and health

**Sub-theme:** Common diseases

**Content:**

### Causes of common diseases

- Dust
- Drinking unboiled water
- Eating raw food
- Eating bad and dirty food
- Not using a mosquito net
- Drinking boiled water
- Sleeping under a treated mosquito net
- Eating cooked food
- Slashing the bush around our homes

Washing fruits before eating

### Prevention of common diseases

### Activity

#### Oral work

Mention ways how common diseases are caused

#### Written work

1. Draw a person sleeping under a mosquito net
2. We should drink boiled .....(food, water)

3. Write two ways of preventing common diseases.
4. Tick the ways of preventing common diseases.

- Eating raw food.
- Drinking boiled water
- Eating dirty food
- Sleeping under a mosquito net

**Reference:**

NPSC for Uganda book 1 page 27 – Pupil's book  
NPSC teacher's guide book 1 page 189