

WK	PD	THEME	S.THEME	CONTENT	COMPETENCES	TECH. METHODS	L. ACTIVITIES	LIFE SKILLS	INST. MATERIAL	REF.	RMKS
1	1	HUMAN BODY AND HEALTH	External parts of body and their uses	Parts of the head Eyes, lips, cheeks, tongue, nose, ears, fontanelle, etc. Diagram of the head	The learner <ul style="list-style-type: none"> - Identifies the parts of the head - Draws the parts - Reads the words - Pronounces and spells 	Question and answers	Naming Drawing Labeling	Care and concern Self awareness	A chart showing parts of the body	MK junior Lit. pupils bk 1 pg 34-35	
	2			Uses of the parts of head Eyes for seeing Caring for eyes Washing them Putting sunglasses Treat eyes when sick Eating food rich in vitamin A Provide enough light	The words <ul style="list-style-type: none"> - Mention the uses of the eyes - Reads, spells, writes, pronounces 	Guided discovery	Describing reading	Problem solving	Clean water Sunglasses carrots		
	1			Ears For hearing or listening Caring for ears When to clean ears Why do we clean the ears.	<ul style="list-style-type: none"> - Mentions the uses of the ears. - mentions ways caring for the ears - Reads, spells writes 	Brain storming Demonstration	Spelling Pronouncing	Fluency			

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1	4	HUMAN BODY AND HEALTH	External parts of body and their uses	Nose It is used for smelling Care for the nose Clean the nose Don't use dangerous objects	<ul style="list-style-type: none"> - Mentions the uses of the nose - Mentions ways of caring for the nose 	Observation	Mentioning	Critical thinking	Handkerchief water	MK junior Lit. pupils bk 1 pg 34-35	
	5			Teeth Uses of the teeth Caring for the teeth	<ul style="list-style-type: none"> - Mentions the uses of the teeth - Mentions ways of caring for the teeth 	Observation	Answering question	-			
2	1			<p>The arm Parts of the arm shoulder, armpits hands, elbow</p> <p>Diagram of the arm Parts of the hand</p> <p>Diagram and naming Uses of thumb fingers wrist, palm</p> <p>Uses of the hands Picking clapping, etc Caring for the hands</p>	<p>The learner; Identifies the parts of the arm Naming the parts of the arm Mentions the uses of the hand. Mentions the parts of hand. Mentions ways of caring for the hands</p>	Guided discovery	Naming reading	<p>Appreciation Fluency Audibility</p>	<p>A chart showing the parts of the arm, hand Water Soap sponger</p>		

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2	2	HUMAN BODY AND HEALTH	External parts of body and their uses	Parts of the leg Diagram of the leg, knee, thigh Shin, calf Uses of leg Caring for the legs	Names the parts of the legs Mentions uses of the legs Mentions ways of caring for the legs	Observations	spelling Pronouncing	Caring , problem solving Audibility	A chart showing the		
	3			Sense organs and their uses Eye seeing Ears hearing Nose smelling Tongue stating Skin feeling	Mentions body senses and organs - Reads the words - Spells the words - Answers questions	illustration	Writing Observing Illustration	- Fluency - Audibility	A chart showing parts of the leg - Water, brush, soap, sponge - Word cards		

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	4	HUMAN BODY AND HEALTH	BODY EXERCISE	<p>Examples of body physical exercises</p> <ul style="list-style-type: none"> - Kicking , jumping, boxing, press up, etc <p>Importance of body exercises</p> <ul style="list-style-type: none"> - It makes the body fit - It makes the body flexible - To reduce fats, etc - Things used during body exercise <p>Balls, ropes, swings, bicycles</p>	<p>The learner;</p> <p>Mentions examples of body exercises</p> <p>Mentions things during physical exercises</p> <p>Mentions the importance of boxing body exercises word</p> <p>Writes the words</p>	<p>Discussion</p> <p>Guided discovery</p>	Identifying	Fluency	Balls ropes	Mk Sci. bk 2 pg 13	
	5		Personal hygiene	<p>Definition</p> <ul style="list-style-type: none"> - Ways of keeping the body clean - Bathing daily - Washing clothes - Brushing the teeth <p>Things used to clean the body</p> <p>Sponge, water, soap, toothbrush, toothpaste, razorblade, basin, pair of scissors, etc</p>	<p>Defines the words personal hygiene</p> <p>Mentions ways of keeping the body clean</p> <p>Mentions things used to clean the body</p>	Brain storming	Reading Writing	Caring	A chart showing things used to clean the body	Mk bk 2 page	

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3	2	HUMAN BODY AND HEALTH	Personal hygiene How to clean the parts of the body	Ears How to clean the ears Things used to clean the ears. Why do we clean the ears	Mention ways of cleaning the ear Things used to clean Identifies the importance of cleaning ears	Brain storming Discussing guided discovery	Brain storming Discussion Guided discovery	Caring Fluency Audibility	Ear buds Water	Mk junior thematic 36	
	3			Eyes How to clean the eyes Things used to clean the eyes Eye diseases Trachoma, night blindness, river blindness	The learner - Mentions ways of cleaning the nose - Identifies things used - Mentions reasons for cleaning - Reads the words - Spells the words	Discussion	Reading clean Water soap spelling		Responsibility Caring	Pri. Level supp. Sci. bk Pg 116 - 117	
				Teeth - Ways of cleaning the teeth Things used to clean the teeth Why do we brush the teeth	Identify the ways of cleaning the teeth Things we use to clean Mention reasons of cleaning the teeth	Explanation	Writing		Problem solving		

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3	4	HUMAN BODY AND HEALTH	Personal hygiene How to clean the parts of the body	Hair How to clean the hair Things used to clean the hair Comb, hair, brush, etc Why do we clean the hair	Mentions the ways of cleaning the hair Identifies reasons for brushing the hair Reads the words Spells the words	Question and answer	Answering	Brush, comb, mirror	Audibility	Pri. Level supp. Sci. bk Pg 116 - 117	
	5			Nose Ways of leaning the nose Things used to clean the nose Why do we clean the nose	Mentions things used to clean the nose Ways of cleaning Reasons to clean Reasons for cleaning Reads, spells, the words	Brain storming	Pronouncing	Handkerchief Clean cloth water	Self awareness		

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4	1	HUMAN BODY AND HEALTH	Personal hygiene	Nose How to clean the nose - By blowing it - Washing it - Cleaning with a clean handkerchief Things used to clean Water, handkerchief Why to clean the nose	The learner Mentions ways of cleaning the nose Identifies things we use to clean mentions importance of cleaning the nose	Question and answer	Reading	Responsibility	Water Handkerchief	supp. Sci. bk 5, 67 pg 116 - 117	
	2			Hands How to clean your hands Things used to clean hands Why do we clean hands	- Identifies things we use to clean hands - Mentions importance of washing hands - Reads the words spells the words	Explanation	Answering question	Problem solving	Clean water, soap		
				Skin How to clean the skin - Bathing - Ironing clothes - Oiling it Things used to clean the skin Water, soap, bathing, towel Why to clean the skin	Mentions the ways of caring for the skin Identifies things used to clean	Guided discovery	Writing	Fluency		Pg 115	

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		HUMAN BODY AND HEALTH	Personal hygiene How to clean the parts of the body	To prevent skin diseases To prevent bad smell Skin diseases	Spells the given words Reads the given words	Question and answer	Reading spelling	Critical thinking Decision making	Charts		
	4		Sanitation	<ul style="list-style-type: none"> - Definition - Areas that need to be kept clean. house, kitchen , bath room Things used to clean them.	<ul style="list-style-type: none"> - Defines sanitation - Identifies areas that need attention - Identifies things we use 	Brain storming	Naming		A chart showing areas to keep clean		

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4	5	HUMAN BODY AND HEALTH	Sanitation	<p>Dangers of staying in a dirty environment.</p> <ul style="list-style-type: none"> - It leads to diseases - it leads to accidents - it causes bad smell - it attracts houseflies - 	<p>The learner;</p> <p>Identifies the dangers of staying in a dirty environment</p> <ul style="list-style-type: none"> - Reads words - Spells words - Writes the words 	Question and answers	Reading	Problem solving fluency	Things found in the environment	Supp. Sci. bk 5-7 Pg 121	
4 5	1			<p>Components of a good home.</p> <p>a) house</p> <ul style="list-style-type: none"> - how to keep it clean <p>Things used to clean the house</p>	<ul style="list-style-type: none"> - Identify the importance of keeping the houses clean - Mentions things to keep the house clean - Tools used to clean the house 	Guided discovery	Spelling	Brooms water Scrubbing		- Do	
	2			<p>b) Latrine</p> <p>things found in the latrine/toilet</p> <p>ways of keeping the latrine clean</p> <p>things used to clean the latrine</p> <p>why do we smoke the latrine</p>	<p>Describes the latrine</p> <p>Mentions things found in the latrine</p> <p>Draws and names things</p> <p>Mentions the importance of smoking pit latrines</p> <p>Mentions improper use and dangers of improper use of a latrine</p>	Observing drawing and naming Brain storming	Rag, jlk, vim	Fluency		- Do -	

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5	3	HUMAN BODY AND HEALTH		Kitchen <ul style="list-style-type: none"> - Ways of keeping it clean - Things used to clean - Dangers of a dirty kitchen - Importance of keeping the kitchen clean 	Identifies ways of keeping the kitchen clean Identifies things used to clean the kitchen	Brain storming	Answering question Writing	Audibility fluency	Jik vim, liquid soap	Suppl. Sci. bk 5-7 Pg 121	
	4		Areas that need to be cleaned	Bathroom Things we use in the bathroom <ul style="list-style-type: none"> - Improper use of a bathroom Ways of keeping the bathroom clean	The learner Identifies ways of cleaning the bathroom Identifies things we use to clean Reads the words Spells the words	guided discovery	Identifying	Fluency	Broom Water soap	Suppl. Sci. bk 5, 5, 7 Pg 121	
	5			Rack Ways of caring for a plate stand Things we use to clean the rack Dangers of a dirty rack	Mentions ways of keeping the rack clean Mentions dangers of a dirty rack Reads the words	Question and answers	Audibility				

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6	1	HUMAN BODY AND HEALTH		Compound How to keep the compound Things used to clean the compound clean Why do we keep the compound	Identifies ways of cleaning the compound Mentions things we use Identifies importance of a clean compound Reads and spells	Brain storming	Demonstrating	Caring	Broom Water soap	Suppl. Sci. bk 5, 5, 7 Pg 121	
	2			Health habits - Brushing teeth - Combing hair - Sweeping - Washing hands - Washing clothes - Doing body exercises	- Identifies good health habits - Reads the words - Spells the words - Writes the words	Demonstration Observation	Demonstration	Caring	Word cards - Do -	- Do-	
	3			Common diseases Flu, cancer, dysentery, ringworms, typhoid	- Identifies common diseases - Reads the words - Spells the words	Observation	Observing			Suppl. Sci. bk 5, 5, 7 Pg 122	

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	4 5	HUMAN BODY AND HEALTH	Sanitation	Spreading of common diseases <ul style="list-style-type: none"> - By vectors - Eating dirty food - Drinking contaminated water Through air Through body contact Prevention of common boiling drinking water	The learner Identifies the ways common diseases spread <ul style="list-style-type: none"> - Mentions examples of each - Reads, spells the words - Mentions the way of preventing common diseases 	Discussion	Answering questions	Fluency	charts	Supp. Sci. bk 5 , 6, 7 Pg 122	
7	1			Vectors Definition Diseases with their vectors How to prevent common diseases	Defines vectors Identifies diseases with their vectors <ul style="list-style-type: none"> - Read the words - Spells the words - writes the words 	Explanation Guided discovery	Spelling Writing	Critical thinking	illustration		

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	2	FOOD AND NUTRITION	Common food Classification of food	Examples of common food we eat Definitions of food Feeding Nutrition Common food Cassava, fish, meat	The learner <ul style="list-style-type: none"> - defines words - mentions examples of common foods - draws and names - read the words - spells the words 	guided discovery	drawing	critical thinking	maize, Irish potatoes, milk, beans, sugar	supp. sci. bk 7 pg 118	
	3			sources of food water bodies, plants water bodies, animals garden , matooke market shops	Identifies the sources of food Examples of food from each source. draws and name	observation question and answers	reading identifying	fluency	milk bean sugar	supp. sci. bk 7 pg 118	
	4		classification of food	the main reasons why we eat food (5H's) <ul style="list-style-type: none"> - health hospitality - hunger habit - happiness 	The learner <ul style="list-style-type: none"> - identifies the 5Hs spells the words reads the words write the words mentions the importance of food in the body	explanation	reading	fluency	word cards	supp. sci. bk 5 – 7 pg 118	

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7	5	HUMAN BODY AND HEALTH	classification of food	importance of food in the body <ul style="list-style-type: none"> - for growth - for repair - for protection against deficiency diseases - Food gives us energy & warmth 	The learner <ul style="list-style-type: none"> - identifies the 5Hs spells the words reads the words write the words mentions the importance of food in the body	discussion	spelling	audibility	Charts		
8	1			A balanced diet definition classes of food proteins, carbohydrates, vitamins, etc	<ul style="list-style-type: none"> - defines a balanced diet - mentions classes of food - identifies examples of protein food - mentions importance of food (protein) - mentions examples of protein foods 	question and answer observation	drawing and naming	problem solving	food stuffs e.g beans, rice, sugar, maize, etc		

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8	2	HUMAN BODY AND HEALTH	classification of food	proteins, body building foods definition importance of proteins examples of protein food	<ul style="list-style-type: none"> - identifies examples of protein food - mentions importance of food (protein) mentions examples of protein foods	question and answer observation	drawing and naming	problem solving	food stuffs e.g beans, rice, sugar, maize, etc		
	3			carbohydrates, go foods definition importance of carbohydrates examples of foods rich in carbohydrates	defines energy giving foods mentions importance of food identifies example of go foods	question and answer observation	drawing and naming	problem solving	food stuffs e.g beans, rice, sugar, maize, etc		
	5			vitamins, health, glow definition importance of vitamins examples of vitamin food	reads, spells, draw and names defines vitamin mentions examples	question and answer observation	drawing and naming	problem solving	food stuffs e.g beans, rice, sugar, maize, etc		

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8	5	HUMAN BODY AND HEALTH	classification of food	Fats and oil <ul style="list-style-type: none"> - sources of fats and oils - uses of fats and oils - dangers of too much fats in the body 	The learner <ul style="list-style-type: none"> - identifies sources of fats and oils - reads the words - spells the words 	discussion	reading	fluency	food stuffs e.g. simsim fish g. nuts	suppl. sci. bk 5 - 7 pg 118 - 119	
	1	FOOD AND NUTRITION	Classification Of Food	roughage <ul style="list-style-type: none"> - sources of roughage - uses of roughages 	mentions sources of roughage Mentions uses of roughage Mentions uses of minerals Identifies sources of minerals	explanation	reading spelling	fluency audibility	food stuffs e.g. simsim fish g. nuts	suppl. sci. bk 5 - 7 pg 118 - 119	
	2			Mineral salts Sources of minerals Uses of minerals	Mentions uses of minerals Identifies sources of minerals		answering question	critical thinking		suppl. sci. bk 5 - 7	

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9	3	FOOD AND NUTRITION	Food Preparation	water sources of water uses water in the body - Helps in food digestion - it removes waste materials - It forms part of blood	mentions sources of water Mentions uses of water in the body	guided discovery	writing	critical thinking	water	suppl. sci. bk 5 – 7	
	4			deficiency diseases definition examples of deficiency diseases Examples of deficiency diseases	defines deficiency diseases Identifies examples of deficiency mentions causes of deficiency	question and answers	drawing	caring	cards		
	5			Malnutrition definition - Signs of malnutrition - Dangers of poor feeding	Defines Malnutrition Mentions signs of malnutrition Identifies dangers of poor feeding	question and answers	drawing	caring	cards		

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10	1	FOOD AND NUTRITION	Food Preparation	definition methods /way of preparing - Mention examples of food why do we cook food?	The learner Mentions ways of preparing food Identifies examples Mentions reasons for cooking food Read words, spells words	guided discovery	naming	creative thinking	Food stuffs e,g eggs , maize	Mk int. bk 2 pg 7 - 4	
	2			food preservation Definition Methods of preserving food Local methods of preserving food modern methods of food preservation with examples of food reasons for preserving	defines food preservation Mentions ways of preserving food Identifies food preserved locally and in modern ways Mentions reasons of preserving food	question and answers explanation	identifying reading	critical thinking fluency		word cards	
	3			food storage safe places for keeping food store dry food granary dry food refrigerator e,g milk, meat	Identifies safe places of storage Mentions food kept in ; - refrigerator - granary	spelling writing answering	caring	problem solving	- do	supp. sci bk 3-7 pg 119	

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		FOOD AND NUTRITION	Food Preparation	Food contamination <ul style="list-style-type: none"> - definition - things that make food dirty - dangers of eating dirty food 	the learner; defines food contamination Identifies things that make food dirty <ul style="list-style-type: none"> - Reads and spells word 	explanation	reading spelling	problem solving caring	mixed card	supl. sci. bk 5 -7 pg 121	
				Good eating habits Washing hands before eating Bad eating habits Eating white standing	mentions good eating habits mentions bad eating habits Read and spells words	discussion question and answer	naming writing	critical thinking			