

Perfect Match

Health Education

Grade

1

Dr Michael Chia

SAMPLE



HODDER
EDUCATION

AN HACHETTE SINGAPORE COMPANY

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Learning Log

65-70



Physical Health

In this section, you will learn:

- about your body and how it changes as you grow;
- how exercise, water, fresh air and sunshine are good for you;
- how to keep your body clean; and
- how to take good care of your teeth, gums and tongue.



Name:

Class:

Date:

Lesson 1

Members Of The Body



Sing the song below.



My Body



Verse 1:
 Head and shoulders,
 knees and toes,
 Knees and toes, knees
 and toes!
 Heads and shoulders,
 knees and toes,
 Members of my body!

Verse 3:
 Neck and chest, and
 hips and legs
 Hips and legs, hips and
 legs!
 Neck and chest, and
 hips and legs
 Members of my body!



Verse 2:
 Elbows, ankles,
 feet and soles
 Feet and soles,
 feet and soles!
 Elbows, ankles,
 feet and soles
 Members of my body!

Verse 4
 Eyes and ears, and
 mouth and nose,
 Mouth and nose, mouth
 and nose!
 Eyes and ears, and
 mouth and nose,
 Members of my body!

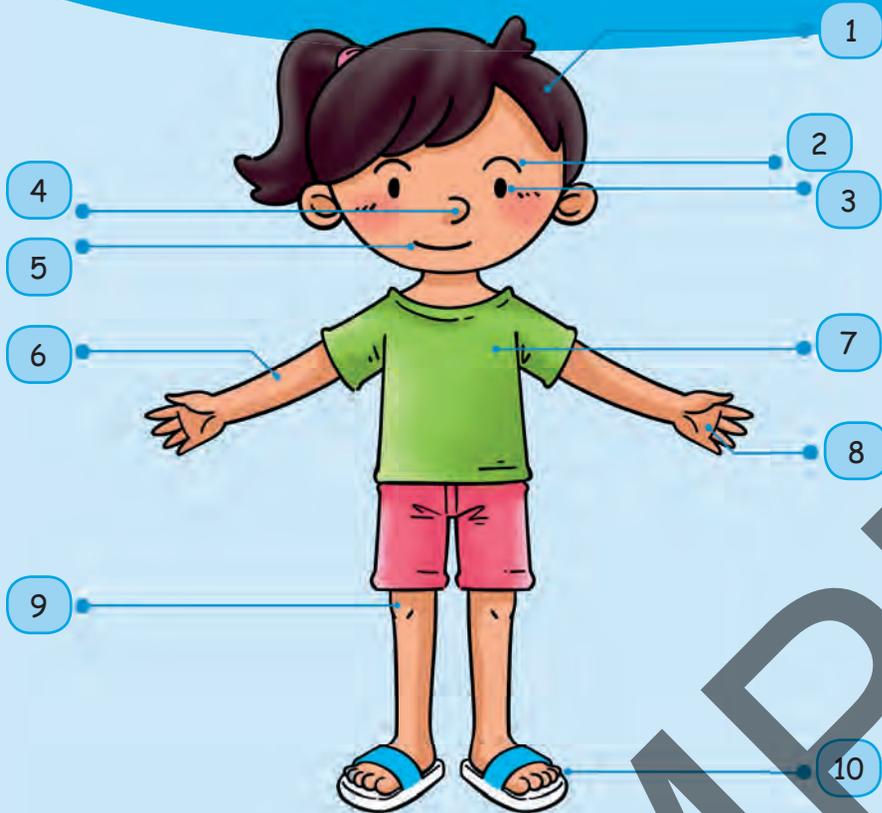


Learning Objective: Pupils will be able to recognise the different stages of growth and development of their bodies.



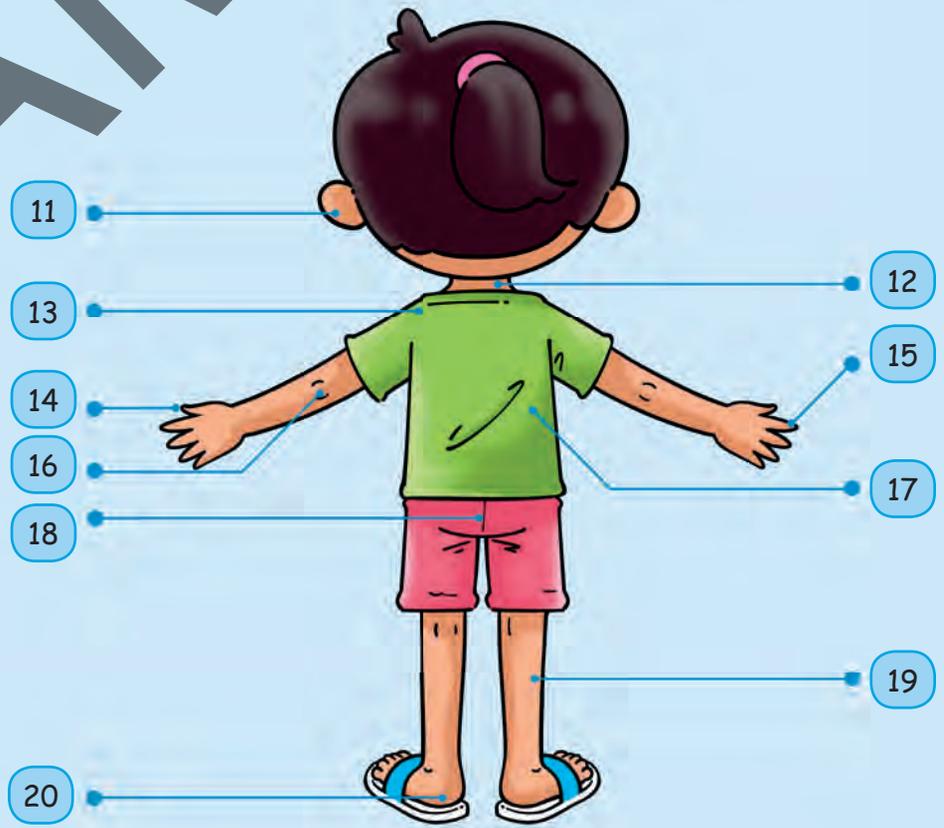


Label the pictures using the words below.



- head
- eye
- nose
- chest
- toes
- hand
- arm
- mouth
- knee
- eyebrow

- neck
- ear
- back
- elbow
- heel
- buttocks
- leg
- thumb
- fingers
- shoulder



Name:

Class:

Date:

Lesson 2

Taller And Heavier



Look at the superfriends when they were super babies!



We were much smaller then!

We were so cute!

Look at Eileen's hands and feet!

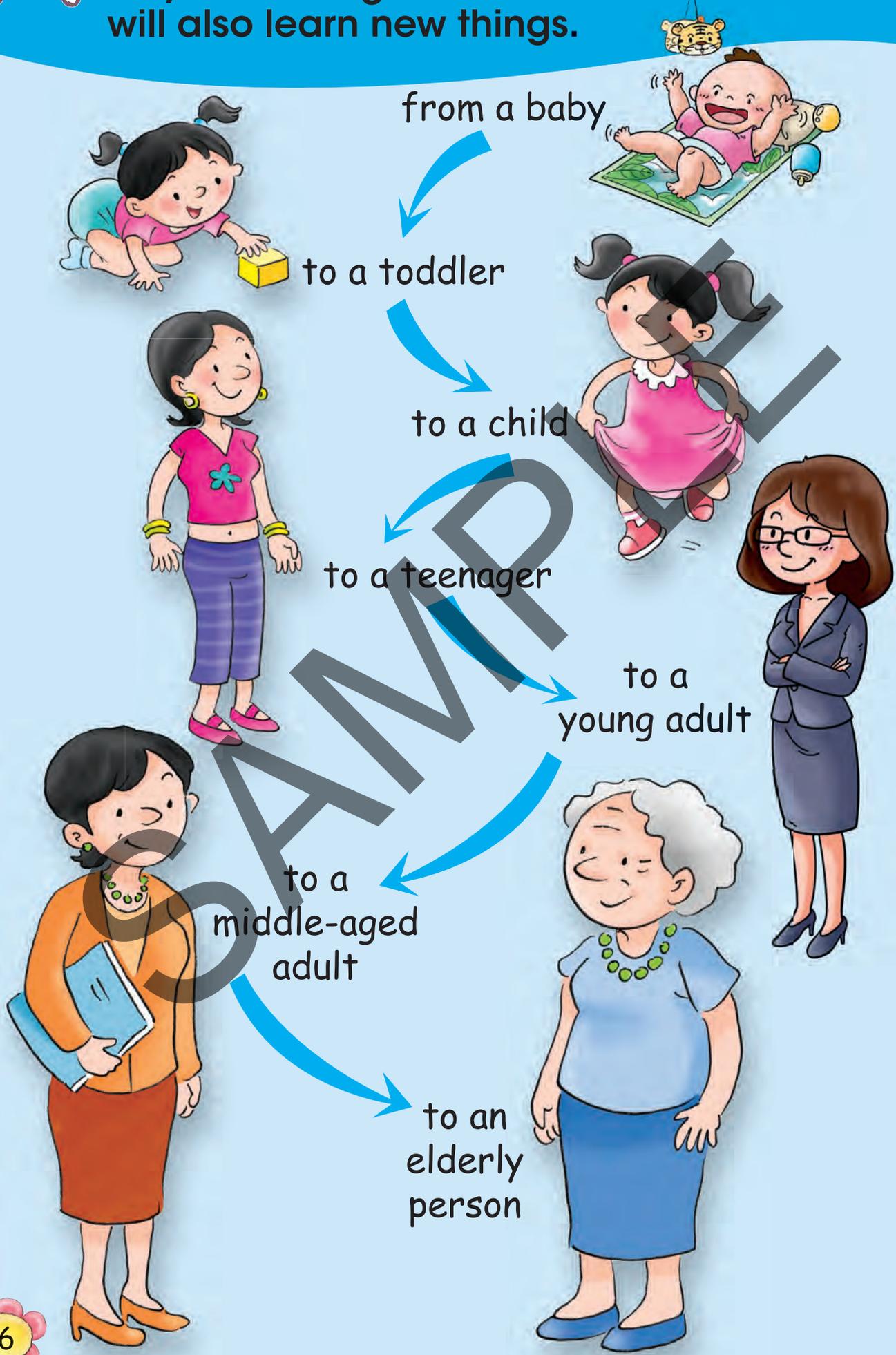
I am older now. I can do more things on my own.

Learning Objective: Pupils will be able to recognise the different stages of growth and development of their bodies.

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As you grow, you will change in many ways. You will grow taller and heavier. You will also learn new things.





What are some things you can do now which you could not do as a baby? Write them down in the spaces below.

Two things I could not do as a baby ...

Three things I can do on my own now ...

(Note: The form contains a large 'SAMPLE' watermark and a pink pencil icon at the bottom right of each box.)



Talk about what you have written in the two boxes with your friends.





Take off your right shoe and sock. Clean your foot with some tissue paper. Trace the shape of your foot below. Find an adult and ask him to put his foot over your outline. See how much bigger his foot is!

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