



TEACHERS' GUIDE  
UNIT TWO: BODY HEALTH

**Contents:** parts of the body, the senses, actions

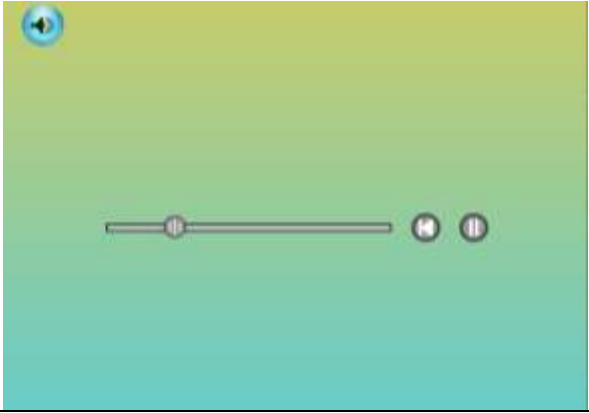
**Transversal theme:** Education for Health

**Functions:**

1. describing parts of body
2. identifying personal hygiene habits
3. identifying healthy actions

<b>"Parts of my body"</b>	<p><b>Function:</b> identifying parts of the body <b>Content:</b> body parts, actions <b>Seating arrangement:</b> I <b>Skills:</b> L <b>MI:</b> Intra, VL, VS, M <b>Time:</b> 3' <b>Materials:</b> 1 Computer per student. Procedure:</p> <ol style="list-style-type: none"><li>1. Tell the students to click on the speaker icon to listen to the song and perform the actions they hear.</li><li>2. The students are presented with the "Parts of my body" song. As they listen to the song, they see a child mimicking the actions.</li></ol> <p><i>Parts of the Body</i></p> <p><i>I have a wonderful body; With many wonderful parts. I have a head with hair on top And one ear on each side. I have two eyes I can see with, A mouth to eat my food. I have a nose in the middle Of my face and so do you.</i></p> <p><i>Hug your body tight Move your head from left to right, Touch your hair, touch your nose, Open your mouth so wide.</i></p> <p><i>Hug your body tight Move your head from left to right, touch your hair, touch your eyes, everything works just right.</i></p> <p><i>These are my hands and fingers,</i></p>
---------------------------	---

**I:** Individual, **G:** Groups, **R:** Rows, **P:** Pairs, **W:** Whole class, **C:** Circle **Hmwk:** Homework  
**L:** Listening, **S:** Speaking, **R:** Reading  
**VL:** Verbal Linguistic, **Inter:** Interpersonal, **Intra:** Intrapersonal, **LM:** Logical Mathematical,  
**VS:** Visual Spatial, **N:** Naturalistic, **B:** Bodily, **M:** Musical


	<p>Connected to my arms. It feels good to stretch them out And wave them all around. These are my feet, They're for walking. They're good for dancing, too. I have my knees in the middle Of my legs and so do you.</p> <p>Hug your body tight Move your head from left to right Clap you hands (clap, clap, clap) Now raise your arms up high.</p> <p>Hug your body tight Move your head from left to right Stamp your feet Everything works just right.</p> 
<p><b>Body parts</b></p>	<p><b>Function:</b> recognizing body parts <b>Content:</b> body parts, actions <b>Seating arrangement:</b> I <b>Skills:</b> L <b>MI:</b> Intra, VL, VS <b>Time:</b> 10' <b>Materials:</b> CPU</p> <p><b>Procedure:</b></p> <ol style="list-style-type: none"><li>1. Have the students click on the speaker icon to listen to the instructions.</li><li>2. They need to click on each picture to learn about their body parts.</li><li>3. On the screen, they will see different pictures and/or actions. When they click on the icon, they will listen to a sentence and see the actions being performed.</li></ol>

**I:** Individual, **G:** Groups, **R:** Rows, **P:** Pairs, **W:** Whole class, **C:** Circle **Hmwk:** Homework  
**L:** Listening, **S:** Speaking, **R:** Reading  
**VL:** Verbal Linguistic, **Inter:** Interpersonal, **Intra:** Intrapersonal, **LM:** Logical Mathematical,  
**VS:** Visual Spatial, **N:** Naturalistic, **B:** Bodily, **M:** Musical


4. These are the sentences they listen to:

*With my eyes, I can see.*  
*With my nose, I can smell.*  
*With my ears, I can hear.*  
*With my fingers, I can point.*  
*With my hands, I can clap.*  
*With my legs, I can run.*  
*With my knees, I can crouch.*  
*With my arms, I can hug.*  
*With my mouth, I can eat.*  
*With my feet, I can dance.*

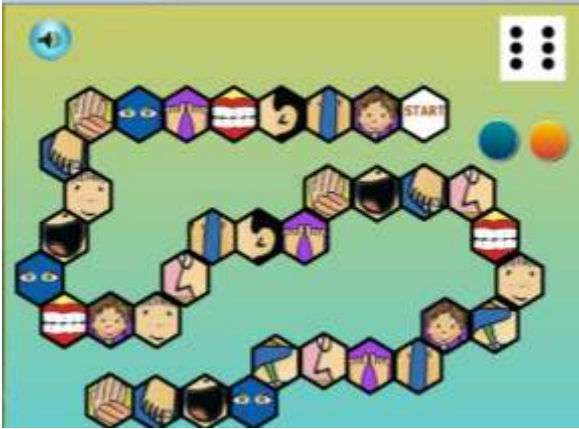


Poem Time	<p><b>Function:</b> identifying body parts and the senses <b>Content:</b> body parts, the senses, actions <b>Seating arrangement:</b> I <b>Skills:</b> L <b>MI:</b> Intra, VL, VS <b>Time:</b> 7' <b>Materials:</b> CPU</p> <p><b>Procedure:</b></p> <ol style="list-style-type: none"><li>1. Instruct them to click on the speaker icon to listen to the instructions.</li><li>2. They listen to a poem related to body parts. They are presented with a set of slides that depict the actions in the poem.</li></ol> <p style="text-align: center;"><i>My Body</i> By Roxana Chevez</p> <p style="text-align: center;"><i>This is me. This is you. I can see, and so can you. With my nose I can smell, With my legs, I can run and play. But, My arms I really like Cause they let me hug you tight</i></p> <p style="text-align: center;"><i>So you see, We are alike. We have all we need. We are alive.</i></p> 
-----------	--

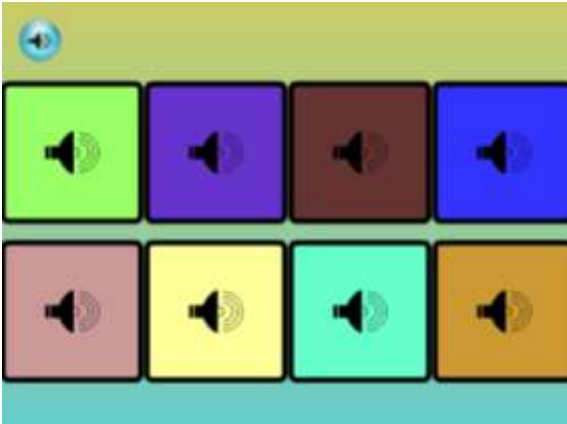
**I:** Individual, **G:** Groups, **R:** Rows, **P:** Pairs, **W:** Whole class, **C:** Circle **Hmwk:** Homework  
**L:** Listening, **S:** Speaking, **R:** Reading  
**VL:** Verbal Linguistic, **Inter:** Interpersonal, **Intra:** Intrapersonal, **LM:** Logical Mathematical,  
**VS:** Visual Spatial, **N:** Naturalistic, **B:** Bodily, **M:** Musical

<p><b>Picture it</b></p>	<p><b>Function:</b> discriminating actions and parts of the body <b>Content:</b> parts of the body and actions <b>Seating arrangement:</b> I <b>Skills:</b> L <b>MI:</b> Intra, VL, VS <b>Time:</b> 10' <b>Materials:</b> CPU</p> <p><b>Procedure</b></p> <ol style="list-style-type: none"><li>1. Tell your students to click on the speaker icon to listen to the instructions.</li><li>2. The students will have a set of pictures with different actions. Every time they click on the speaker icon, they will listen to actions being described. Students must select the action being mentioned.</li></ol> <p><i>With my legs, I can jump high.</i> <i>With my legs, I play soccer with friends.</i> <i>With my mouth, I eat lots of pizza.</i> <i>With my arms, I can hug my friends.</i> <i>With my hands, I can hold a ball.</i></p> 
--------------------------	---

**I:** Individual, **G:** Groups, **R:** Rows, **P:** Pairs, **W:** Whole class, **C:** Circle **Hmwk:** Homework  
**L:** Listening, **S:** Speaking, **R:** Reading  
**VL:** Verbal Linguistic, **Inter:** Interpersonal, **Intra:** Intrapersonal, **LM:** Logical Mathematical,  
**VS:** Visual Spatial, **N:** Naturalistic, **B:** Bodily, **M:** Musical

<p><b>Snakes and ladders Board game</b></p>	<p><b>Function:</b> identifying body parts and actions <b>Content:</b> body parts and actions <b>Seating arrangement:</b> I <b>Skills:</b> L <b>MI:</b> Intra, VL, VS <b>Time:</b> 15' <b>Materials:</b> CPU</p> <p><b>Procedure:</b></p> <ol style="list-style-type: none"><li>1. Tell the students to click on the speaker icon to listen to the instructions.</li><li>2. The students are given a snake and ladders board game and a set of pictures.</li><li>3. They must roll the die and listen to a sentence.</li><li>4. Then, they click on the corresponding picture to move forward. If the answer is incorrect they have to move backwards.</li></ol> <p><i>With my eyes, I can see. With my nose, I can smell. With my ears, I can hear. With my fingers, I can point. With my hands, I can clap. With my legs, I can run. With my knees, I can crouch. With my arms, I can hug. With my mouth, I can eat. With my feet, I can dance. With my legs, I can jump high. With my legs, I play soccer with friends. With my mouth, I eat lots of pizza. With my arms, I can hug my friends. With my hands, I can hold a ball.</i></p> 
---	---

**I:** Individual, **G:** Groups, **R:** Rows, **P:** Pairs, **W:** Whole class, **C:** Circle **Hmwk:** Homework  
**L:** Listening, **S:** Speaking, **R:** Reading  
**VL:** Verbal Linguistic, **Inter:** Interpersonal, **Intra:** Intrapersonal, **LM:** Logical Mathematical,  
**VS:** Visual Spatial, **N:** Naturalistic, **B:** Bodily, **M:** Musical

<p><b>Charades</b></p>	<p><b>Function:</b> identifying and performing healthy actions <b>Content:</b> running, walking, watching, hearing, talking, smelling, touching, eating <b>Seating arrangement:</b> I <b>Skills:</b> L <b>MI:</b> Intra, VL, VS <b>Time:</b> 15' <b>Materials:</b> CPU</p> <p><b>Procedure:</b></p> <ol style="list-style-type: none"><li>1. The teacher has the students do a charade show conveying different actions (running, walking, watching, hearing, talking, smelling, touching, eating)</li><li>2. Students must click on the speaker icon and mime the action they hear.</li></ol> 
------------------------	--

**I:** Individual, **G:** Groups, **R:** Rows, **P:** Pairs, **W:** Whole class, **C:** Circle **Hmwk:** Homework  
**L:** Listening, **S:** Speaking, **R:** Reading  
**VL:** Verbal Linguistic, **Inter:** Interpersonal, **Intra:** Intrapersonal, **LM:** Logical Mathematical,  
**VS:** Visual Spatial, **N:** Naturalistic, **B:** Bodily, **M:** Musical