



Grade 1 Lesson Plan:

Unit 2– Germ Transfer

SOLs (Health Standards of Learning)

- 2.1 f
- 2.3 e

Objectives/Goals

- Students will learn how germs are spread
- Students will learn how to limit risk for spreading germs

Materials

- Glo Germ Gel – see link in references for ordering information
- UV Light
- Sink, soap, and paper towels
- Tagging Noodles – 3 per 20 students
- Hula Hoops – 5 per 20 students

Procedure

Step 1- Glo Germ Activity

- Apply a nickel sized amount of Glo Germ Gel in students' palm. Students should rub it in well and even scratch their palms to get gel under fingernails
- Use UV light to see all the "germs"
- Students wash hands as they normally would
- Use UV light again to see how effective they were
- Review proper hand washing technique (see handout)
- Students wash one more time using recommended technique
- Use UV light

Step 2- Germ Tag

- Taggers represent various germs (cold, flu, bronchitis, etc.). Taggers carry noodles
- Hula Hoops are "sinks". Hula Hoops are set up in space near the perimeter of the gym
- When students get tagged, they have been exposed to a "germ"
- Their re-entry task is to go practice proper hand washing technique at the imaginary sink. Students should say the alphabet song as they pretend to lather their hands with soap.

Step 3- Class Discussion

- Washing our hands regularly is essential to prevent the spread of germs. What are other things we can do? (cover when sneezing or coughing, don't share items that could have a lot of germs, stay home and/or visit the doctor when you are sick)
- Review the steps for proper hand washing technique
- When should we wash our hands? (after using bathroom, before eating, after playing outside, after touching something that could have a lot of germs on it)

Assessment Idea

- Class Discussion Questions
- Exit Slip
- Cumulative Verbal Assessment: Questions included on handouts for all lessons in this unit

References

- Kids Health: <https://kidshealth.org/en/parents/hand-washing.html>
- Glo Germ: <https://www.glogerm.com/> -purchase glo-germ supplies and see glo germ lessons

Handout

The next pages include:

- Germ Transfer Tips Handout
- Exit Slip
- Cumulative Verbal Assessment

Germ Transfer Tips

Wash Your Hands Regularly

- After using the bathroom
- Before eating
- After playing outside
- After touching something that could have a lot of germs on it

Proper Hand Washing Technique

- Rinse hands with clean running water
- Use soap to lather your hands well. Rub the soap in while you sing the alphabet song in your head. Make sure to get all parts of your hands and under your nails.
- Rinse hands well and dry with a clean towel

Other Ways to Prevent Germs from Spreading

- Cover when sneezing or coughing
- Don't share items that have a lot of germs
- Stay home and visit the doctor when you are sick

Exit Slip

Name 2 things we can do to help prevent the spread of germs

You can either write your answer in the blanks, or tell your teacher on the way to get in line

Cumulative Verbal Assessment

Teacher should ask these questions to each student verbally in a 1 on 1 setting

- 1) Name 2 things you can do to protect yourself from the sun**
- 2) What are the 2 things we need to do every day to take care of our teeth?**
- 3) How many hours of sleep should we get each night?**
 - A) 6
 - B) 8
 - C) 10
 - D) 24
- 4) Why is soda an unhealthy hydration choice?**
- 5) To prevent getting sick, what should always we do before eating, after using the bathroom and after touching anything that might have germs on it?**