

# Theme: My Body



## Web Plan on My Body - PS-I



# Web Plan on My Body - PS-II



## CLOTHING FOR MY BODY

- For different Seasons
- Primary and Secondary colours (Red, blue, green, orange, yellow, pink etc)
- Textures
- Pattern

Follow or copy the given pattern Complete the pattern

## FOOD

- Food good for my body
- Healthy and unhealthy food

- Get aware about good food through discussion and activities
- Identify and name healthy and unhealthy food.

## HEALTH & HYGIENE

- Personal care
- Care for surrounding
- Personal safety
- Harmful objects
- Benefits of play and exercise (Indoor and Outdoor)

- Get Aware
- Observe
- Discuss
- Identify

## EXTERNAL BODY PARTS

- Head
- Eyes
- Ears
- Nose
- Mouth
- Teeth
- Tongue
- Neck
- Shoulder
- Arms
- Hands
- Legs
- Feet
- Toes
- Fingers
- Stomach
- Chest
- Skin
- Hips
- Knee
- Lips

## GROWTH

- My weight
- My height
- Movement-“What I can do with my body”?
- Measure height and weight

## MY FIVE SENSES

Identify, name and differentiate familiar objects using sense organs

## Web Plan on My Body - EPC

