



THE REPUBLIC OF UGANDA

Ministry of Education and Sports



# Primary Two

**SELF STUDY MATERIALS**



**NCDC**  
NATIONAL CURRICULUM  
DEVELOPMENT CENTRE

unicef   
for every child



# HUMAN BODY AND HEALTH

Parts of the body and their function

## MATHEMATICS

Dear learner, you are welcome for today's activity.

**You will;**

Count up to 400

read number names 100-105

write number names 100-105

**You will need; straws, stones, leaves, plastic bottle tops, sticks; a pencil and an exercise book.**

**Sing the parts of the body rhyme to people at home;**

**Head, shoulders, knees and toes**

**Knees and toes, knees and toes**

**Head, shoulders, knees and toes**

**Eyes, ears, nose and mouth**

**Use counters and count numbers 1–400**

**Fill in missing numbers. 50, \_\_\_\_\_ 150,  
200, \_\_\_\_\_ 300, \_\_\_\_\_ 400**

**Read number names 100-105**

100      103

101      104

102      105

## LITERACY

Dear learner, you are welcome! In this activity you are going to talk about parts of body and their functions. You will:

- read words, sentences and short stories about parts of the body
- draw pictures of different parts of the body
- write words and sentences related to body parts

You will need a pencil and a book



Look at the picture. What can you see?

**Read these words**

head      shoulder      eyes      ears      nose  
mouth      leg

Make a sentence

This is my head

Make 3 words with letter sounds l and g  
**leg** ....., ....., .....

**Now practise writing letters and words**

L l      L l      L l      L l

G g      G g      G g

Lule has long legs.

## Draw a picture

leg            head            mouth  
eye            ear



### Ali breaks his arm

Ali escapes from home. He goes to play football with his friends. As he plays, he falls down. He breaks his arm. All his friends run away except Peter. Peter takes Ali home.

Mother is very angry. She wants to beat Ali. Father asks her to forgive him. They take Ali to the doctor. The Doctor puts the bandages the arm. Ali cannot write. Ali cannot wash his clothes. He feels a lot of pain.

### Now answer these questions

1. What happens to Ali?
2. Who takes Ali home?
3. Why do you think Ali's friends ran away?
4. If you are Ali's mother, what do you do to him?

**In your free time, draw four pictures of Ali's story. Write a word or sentence for each picture.**

### Key message:

**Remind everybody at home to wash hands with soap and clean water all the time.**

# ENGLISH

## Introduction

Dear learner, you are welcome to this lesson about the parts of the body and their function.

You are going to;

1. Mention the parts of the body
2. Make sentences
3. Match the same words
4. Read sentences
5. Write words

**Get an exercise book, a pen, pencil and a rubber.**

### Step 1

**Touch the body part and say the sentence. Make sure you have washed your hands very well before touching the face.**

### For example

1. Show me your nose.

This is my nose.

2. Show me your fingers.

These are my fingers.

3. Show me your eyes.

These are my.....

4. Show me your legs.

These are my.....

5. Show me your ears.

These are my.....

6. Show me your toes.

These are my.....

7. Show me your stomach.

This is my.....

**Step 2**

**Read these words.**

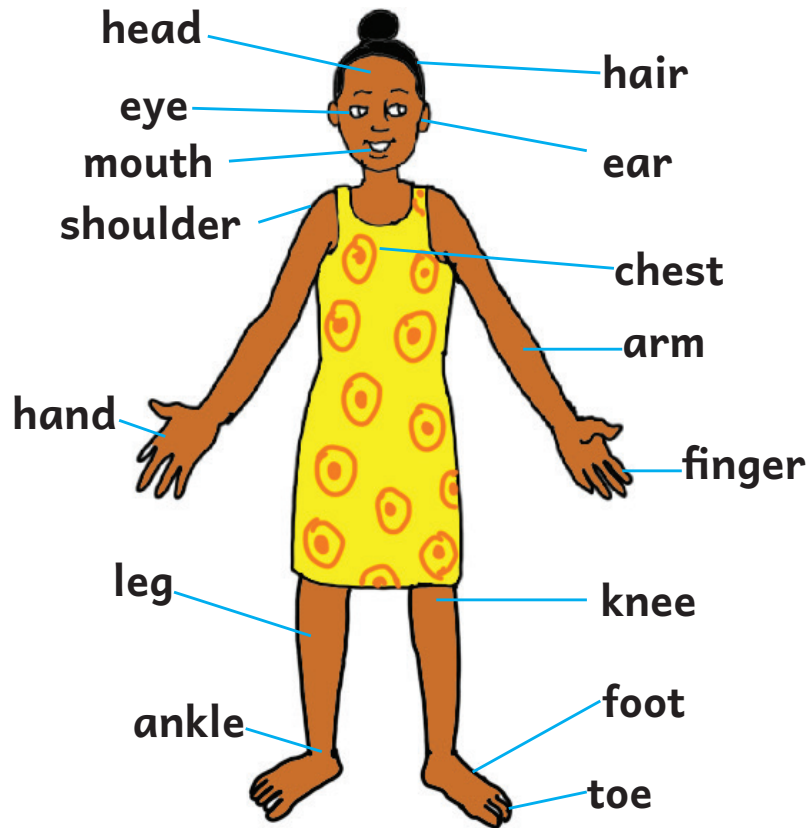
Legs, eyes, fingers, stomach, head, toes.

**Step 3**

**Use the structure; How many eyes has he got?**

He has got 2 eyes.

Different parts of the body



Fingers, toes, stomach, leg, head, eyes, nose, hand, ear

**Look at the picture and answer the questions**

1. How many fingers has she got?  
She has got.....

2. How many toes has she got?  
She has got.....

3. How many legs has she got?  
She has got .....

4. How many stomachs has she got?  
She has got.....

5. How many eyes has she got?  
She has got.....

6. How many heads has she got?  
She has got.....

**Step 4**

**Match the same**

Fingers	head
Toes	stomach
Legs	eyes
Stomach	legs
Eyes	toes
Head	fingers

**Step 5**

Read the sentences

1. She has two legs
2. She has ten fingers
3. She has two eyes
4. She has ten toes

**Step 6**

**Write these words**

Fingers	toe	stomach	leg
Nose	eyes		

**Step 7**

Recite this rhyme

Head , shoulder, knees and toes  
 Knees and toes  
 Knees and toes  
 Head, shoulder, knees and toes,  
 Eyes, ears, nose and mouth

**Activity:**

Draw a picture and name the different parts of the body.

Eyes	nose	toes	fingers
------	------	------	---------



legs      stomach

You will show the work to your teacher when you go back to school

## SANITATION

Dear learner, you are welcome for today's activity. You are going to;

- count up to 400
- read number names 100-120
- write number names 100-120
- subtract 2 digit numbers vertically

Get; straws, stones, leaves, plastic bottle tops, sticks; a pencil and an exercise book.

Sing a hygiene song: *Obuyonjo nga bulungi* x3

*Businga obujama*

English;(Cleanliness is good x3

It is better than being dirty)

Use stones, bottle tops and sticks.

Count numbers up to 400

### Read number names

100-----One hundred  
101-----One hundred one  
102-----One hundred tw0  
103-----One hundred three  
104-----One hundred four  
105-----One hundred five

### Fill in the missing numbers

106-----108----- 110-----112-----114-----106  
----- 119 -----

### Match numbers;

100              One hundred One  
104              One hundred two  
102              One hundred four

105              One hundred five

103              One hundred

101              One hundred three

### ASSIGNMENT: Subtract numbers.

33-25              72-16              88-11              77-12

Wash hands with soap many times to chase corona virus away

## LITERACY

Dear learner, you are welcome to this activity. You are going to talk about sanitation. Sanitation is keeping the environment clean and healthy.

In this activity you will:

- read words, sentences and short stories about sanitation
- draw pictures about sanitation
- write words and sentences about sanitation?

### Get a pencil and a book

Look at the picture. What can you see?



### Read these words

bloom      hoe      slasher      brush      panga

### Join the parts to make correct sentences

We use a bloom  
to sweep the compound.

We use a brush  
to scrub the bathroom.

We use a b slasher  
to slash the compound.

We use a hoe  
to dig around the house.

We use a panga  
to clear the bush.

**Make 3 words with letter sounds m and t**  
mat ....., ....., .....

### Now practise writing letters and words

M m      M m      M m  
T t      T t      T t

Jane mops the house.

### Draw a picture

bloom  
brush  
Hoe  
slasher  
panga

### Read the story and answer the questions

Keeping the home clean



In Mr. Mukasa's family, everybody keeps the home clean.

Mrs. Mukasa slashes the compound. Nalule cleans the house and the compound. Ali fetches water. Father washes utensils.

### Now answer these questions

1. What does Mrs. Mukasa do?
2. Who cleans the house?
3. Why do you think it is important to smoke the latrine?
4. . What other activity do you do to keep your home clean which is not in the story?

In your free time, you will draw four pictures to show the way you keep your home clean. On each picture write a word or a sentence.

### Key message:

**Remind everybody at home to wash hands with soap and clean water all the time.**

# ENGLISH

## Introduction

Dear learners, you are welcome to this lesson on sanitation. You are going to;

- Recite a rhyme
- Use structure I..... every day.
- Read the words
- Circle the different words
- Write the words
- Complete the sentences

Get an exercise book, a pen, pencil and a rubber

### Step 1

Stand up and recite this rhyme

I am going to sweep, the dirt away  
I am going to sweep – the dirt away  
I am going to sweep – the dirt away  
Sweep, sweep, sweep.

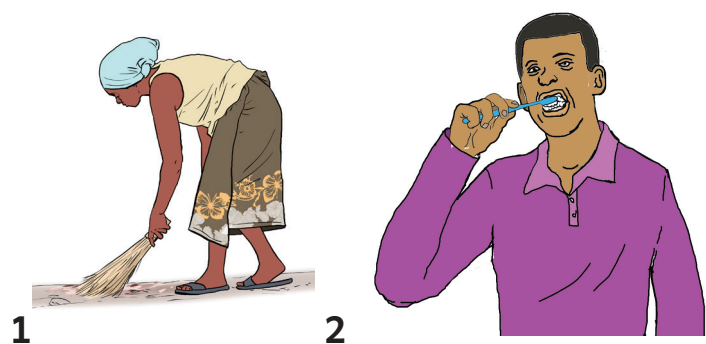
### Step 2

Use I..... to answer the question

#### Example;

What do you do every day?

I sweep everyday



Picture 1.

What do you do every day?

I ..... the house every day.

Picture 2.

What do you do every day?

I ..... my teeth everyday

Picture 3.

What do you do every day?

I..... water everyday

Picture 4.

What do you do every day?

I ..... plates everyday

Picture 5.

What do you do every day?

I .....clothes everyday

Picture 6.

What do you do every day?

I ..... the compound every day

Picture 7.

What do you do every day?

I ..... water every day

### Step 3

Read these words

Sweep brush boil

Clean wash slash

### Step 4

Circle the word which is different

For example;

sweep **w**sweep sweep sweep

boil boil obil boil

brush brush brush shrub

clean clean nclea clean

wahs wash wash wash

slash slash salsh slash

sweep sweep pswee sweep

### step 5

write these words

clean

slash

boil

brush

sweep

wash

### step 6

match the correct word

I wash the compound every day.

I brush water every day.

I clean my clothes every day.

I sweep plates every day.

I boil my teeth every day.

I slash the house every day.

Activity: Write 5 words on the activities you do at home.

Make 5 sentences using.

“I ..... every day.



# PERSONAL HYGIENE

## LITERACY

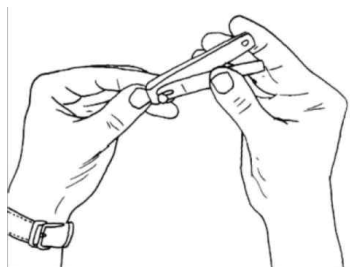
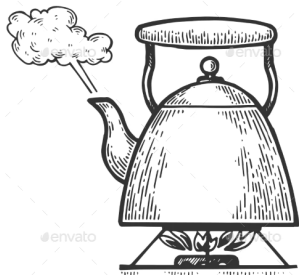
Dear learner, you are welcome. You are going to talk about personal hygiene. Personal hygiene is a way of keeping the body clean and preventing diseases.

In this activity you will:

- read words, sentences and short stories about the parts of the body
- write a short story about your body parts

Get a pencil and a book

Look at the pictures. What can you see?



### Read and mime the actions

washing clothes      brushing teeth  
combing the hair      cutting finger nails

### Read the sentences

1. I comb my hair every day.
2. I brush my teeth every day.
3. I often wash my clothes.
4. I often cut my finger nails.

### Make 3 words with letter sounds c and n

cut ....., ....., .....

### Now practise writing letters and words

C c      C c      C c  
N n      N n      N n

Cate can cut her nails.

### Draw a picture

comb  
tooth brush  
soap  
water  
razor blade

### A dirty boy



There is a dirty boy in our class. His name is Messy. He does not wash his clothes. He does not comb his hair. He does not bathe. He does not brush his teeth. He does not play. He does not sing. He does not share with others. He is always alone. All children in our

class do not like him. He is sad all the time.

### Now answer these questions

1. What is the name of the boy in the story?
2. Why is bad not to bathe?
3. If you are in my class, how can you help this boy?
4. What can happen if you do not brush the teeth?

In your free time, draw four pictures of different things we must do to keep clean and healthy. You can write a word or sentence on each of your pictures.

### Key message:

Remind everybody at home to wash hands with soap and clean water all the time.

## ENGLISH

### Introduction

Dear learner,

You are welcome to this lesson on personal hygiene. You are going to;

- Recite a rhyme
- Make sentences using I use..... to
- Read words
- Fill in the missing letter
- Read the sentences

### Step 1

Recite the rhyme

This is the way

I comb my hair

I comb my hair

I comb my hair

This is the way

I comb my hair

### So early in the morning

### Step 2

Use, "I use a ..... to....."

What do you use tooth paste for?

### Example

I use tooth paste to clean my teeth.

Get an exercise book, a pencil and a rubber



1. What do you use a tooth brush for?

I use a ..... to .....

2. What do you use a comb for?

I use a ..... to .....

3. What do you use a brush for?

I use a ..... to .....

4. What do you use soap for?

I use ..... to .....

5. What do you use a sponge for?

I use a ..... to .....

6. What do you use water for?

I use ..... to .....

### Step 3

#### Read the words

Brush      tooth brush

Comb      sponge

Clean      water

Tooth paste

### Step 4

#### Fill in the missing letter

Co---b

Cle---n

\_ oap

Bru---h

To---th

Wa-----er

Tooth    \_ aste

### Step 5

#### Read these sentences

1. I use a toothbrush to brush my teeth
2. I use a comb to comb my hair
3. I use a sponge to wash my body
4. I use soap to clean the things
5. I use toothpaste to brush my teeth
6. I use water to clean the things

### Step 6

#### Recite this rhyme

1. This is the way  
    **I wash my face**  
    **I wash my face**  
    **I wash my face**  
    **This is the way**

**I wash my face**

**So early in the morning**

2. This is the way

**I brush my teeth**

**I brush my teeth**

**I brush my teeth**

**This is the way**

**I brush my teeth**

**So early in the morning**

3. This is the way

**I comb my hair**

**I comb my hair**

**I comb my hair**

**This is the way**

**I comb my hair**

**So early in the morning**

#### Activity:

#### Draw and name the following

Comb, toothbrush, soap, sponge, water

#### Make sentences using each of the words

**You will share your work with the teacher when you go back to school.**

**Key Message: Greeting while shaking hands is good. BUT AVOID SHAKING HANDS while greeting to avoid getting infected.**

# SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

FEVER



COUGH



\*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.