



## Resource Pack Overview

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**Platform 2: Twisted Egg & Spoon – Lesson Plan KS1**  
(Including reception)

Key Message(s)	Brush twice a day (before bed and 1 other time) with a pea-sized amount (age 3 years and above) of fluoride toothpaste (1350-1450ppm) for 2 minutes. Spit, don't rinse after brushing. Children should be supervised/helped with brushing until at least 7 years old.	Materials Required	Time
<b>GRAB attention</b> Joke Fact	<b>What's a teacher's favourite vegetable?</b> Peas & quiet! "Do you put anything on your toothbrush?" "One of these?" "No?" "Look again." "Hmm. Are you sure?" Use a PEA-SIZED amount of FLUORIDE toothpaste! <b>What is fluoride?</b> (mineral) <b>Why is it good for teeth?</b> (Makes enamel harder & stronger, plus antibacterial = cleaner longer)	<ul style="list-style-type: none"> <li>• Ketchup bottle</li> <li>• Tin of garden peas</li> <li>• Alcohol gel or hand soap</li> </ul>	<b>30 seconds</b>
<b>SHARE the L.O</b> (learning objective)	"By the end of this activity you will know: how much fluoride toothpaste is recommended for brushing and how often and how long to brush for."	Smile	<b>30 seconds</b>
<b>RECALL current knowledge</b>	Look at the <b>HANDS-UP SHOUT-OUT KNOW-HOW QUIZ</b> which can be found on <b>"2a Equipment TE&amp;S List PDF"</b>	Teachers resource: <b>Platform 2a Equipment List</b>	<b>1 minute</b>
<b>PRESENT new information</b>	<b>Share key messages from above.</b> Rinsing after brushing washes away the fabulous fluoride in the toothpaste so it stops working. If we <b>Spit, don't rinse..</b> then it stays on making our teeth stronger and keeping the bacteria away for longer.	<b>Smile</b>	<b>1 minute</b>
<b>GUIDE</b> How to perform the activity  Get feedback to check the student understands what to do	<ul style="list-style-type: none"> <li>• Divide into <b>2 teams</b> and form a <b>queue</b> in each team.</li> <li>• The 1st team member grabs a <b>toothbrush</b> and balances a <b>pea</b> on the brush head. Start the <b>2 minute timer</b>.</li> <li>• <b>Walk along the line</b> balancing the pea, while your <b>team-mate counts your steps</b>. Pick up the pea if you drop it.</li> <li>• X marks the spot where you <b>shout out "Spit!"</b> before you turn around and walk back.</li> <li>• When you get back to your team, <b>hand over</b> the toothbrush &amp; pea for the next player's turn, <b>sit down</b> &amp; do the <b>sleep pose</b> (head leaning to 1 side, ear resting on hands).</li> <li>• <b>Repeat until 2 minutes</b> is up. How many <b>steps?</b></li> <li>• <b>Reset timer and start again</b> for another 2 minutes.</li> <li>• New step <b>count?</b> Add both together for <b>grand total</b>.</li> </ul>	2 Masking tape lines on floor ended by an X 2 manual tooth-brushes Garden peas 2 minute timer Dustpan and brush	<b>1 minute</b>  <b>For instructions</b>
<b>PRACTICAL</b>	Let's do it!	Above equipment	<b>4 minutes</b>
<b>ENHANCE retention</b> Encourage students to apply to personal contexts	Discuss with a partner: <b>Do you have a manual or electric?</b> 1) Have a guess, how many circles do you draw on your teeth and gums with your toothbrush in 2 minutes? 2) <b>Do you think it's more or less than your step total?</b> Even with a manual TB it should be more, but a modern electric brush can do between 24,000-48,000 movements per minute. <b>So 2 mins, twice a day = up to 200,000 times!</b>	Smile	<b>1 minute</b>
<b>RESET</b>	and tidy station for next group (and the floor!)	Smile	<b>30 seconds</b>
<b>TRAVEL By train</b>	Choo choo with locomotion arms around the room onto the next activity station	Smile	<b>30 seconds</b>



**Platform 2a: Twisted Egg & Spoon – Equipment List**  
 (For both KS1 & KS2. There is also further KS2 Expansion)

**For this activity you will need:**

- **Dustpan and brush** (to sweep floor of any dropped and squished peas!)
- A bottle of **ketchup** or other sauce
- **Tin** of garden peas
- **Peas** drained ready for use
- Alcohol gel or hand **soap dispenser**
- **Masking tape** and **scissors** to mark out 2 parallel lines (at least 1m apart) with an X at one end
- **2 manual toothbrushes**
- **A 2 minute timer** (stopwatch/ sand timer/ BrushDJ brushing app/ or:  
**For KS1** = play video of Hey Duggee brushing song:  
[The Tooth Brushing Song - The Tooth Brushing Badge - Hey Duggee Series 3 - Hey Duggee - YouTube](#)  
 (could get very annoying on repeat!!)  
**For KS2** = play BrushDJ app:  
<http://www.youtube.com/watch?v=plUxuzEvIng> (this will need setting up beforehand)

**Hands-Up Shout-Out Know-How Quiz**

**RECALL** current knowledge. What do you know now?

**Hands up:**

- 1 Who squeezes enough toothpaste to cover the whole brush head?
- 2 Just a pea-size?  
**KS1** = (Do your grown ups do it?)
- 3 How long do you brush for?
- 4 How do you time it?  
**Hands up:** clock/sand timer/app/fave song?
- 5 When do you brush?  
**Hands up:** B4 breakfast/after BF  
 after lunch/after school/after dinner/B4 bed?
- 6 How often? Once a day? Twice a day? Once a week?
- 7 Do your grown ups help remind you about brushing?
- 8 What flavour is your Toothpaste?
- 9 Do you like the taste?

