

LESSON PLAN FOR



HEALTHY ME!

Health and Well-being

Descriptions of learning

- I can recognise some of the behaviours, conditions and situations that affect my physical health and well-being, and I know how to respond and get help in a safe way.

Learning objectives

- To learn that exercise helps our bodies to stay healthy.
- To understand what our lungs do.
- To identify ways in which we can look after our lungs.

→ Resources needed

- Healthy Me! Lesson Presentation
- Keywords
- Looking After My Lungs (home learning activity), if required

Skills development

- Following instructions
- Sharing ideas and listening to others

Key vocabulary

air, oxygen, carbon dioxide, breathing, inhale, exhale, lungs, ribcage, heart, muscles, blood, exercise, bacteria, pollution, pollutants, pollen, sea spray, gases, smoke, dust, fumes, pesticides, chemicals, health, wellbeing

Prior learning

Pupils may already have some knowledge about the human body and ways to stay healthy. Make links to prior knowledge pupils may have throughout the lesson.

Time	Teacher Activity	Adaptations
15 mins	<p>As a whole class, share the Lesson Presentation to introduce the lesson and the learning objectives. Ask children what they think being healthy means and about the different ways we look after our bodies and stay healthy.</p> <p>Discuss the importance of exercise as one way of looking after our bodies. Ask children to think of different ways to exercise (including different sports) and play a game of charades.</p> <p>Ask children to describe what happens to our bodies when we exercise, and which parts of the body get stronger and fitter when we exercise. Share the information on slide 6 about the heart, blood, muscles, the brain and the lungs.</p>	<p>You might play charades as a whole class, with a few children coming up to act out a mime, or you could play in groups, to ensure everyone has a chance to perform.</p> <p>Display the keywords to reinforce the terminology.</p>
20 mins	<p>Move on to learn more about the lungs. Read through the information on slide 7 and ask children to feel their ribcage. Use slide 8 to explain how our lungs help protect us from the bacteria and pollution that we breathe in.</p> <p>Slides 9 to 12 cover what air pollution is and where it comes from.</p>	
10 mins	<p>Tell children that we often forget about how important breathing is because we do it all the time. Explain that breathing is so amazing that it can even help us with our emotions and mood. Introduce some breathing techniques that they can use any time, especially if they are feeling angry, upset, nervous or worried.</p> <p>Try one or more of the breathing techniques, depending on how much time you have.</p> <p>You could display these printed slides in the classroom as a reminder of the techniques for children to use at any time during the school day.</p>	<p>You might try one breathing technique as a class or you could print out the relevant slides and let groups follow the instructions to try the one out that they have been given.</p> <p>Be mindful of children feeling light-headed or dizzy if they get carried away or rush their breathing.</p>
5 mins	<p>Consider what has been covered in this lesson and recap what the pupils have learned. Ask them to recall the job of the lungs and how the lungs work. Ask them to recall the ways in which we stay healthy and the importance of exercise. Recap ways in which we can look after our lungs.</p>	<p>Encourage and support pupils to use the key vocabulary in their explanations.</p>



Lesson reflections / next steps / teacher notes

Assessment opportunities

- Can pupils identify ways to stay healthy, including physical activity?
- Can pupils describe what the lungs are and what they do, in basic terms?
- Can pupils name some ways we can look after our lungs?

Suggestions for future learning

- You might like to create a display about looking after our bodies. This could include lung health, along with heart health and hygiene (including dental hygiene).
- You could learn more about clean air, pollution sources, the human body, lungs and lung conditions on Clean Air Day (which takes place in the UK in June each year).
- You could learn more breathing techniques with your class and use these at different times throughout the school day.

Home learning opportunities

- The **Looking After My Lungs** activity sheet can be sent home for pupils to complete following the lesson. Pupils can draw and/or write three ways that they look after their lungs, including different forms of exercise, breathing clean air, avoiding pollutants, eating healthily, drinking water, and practising breathing exercises.