

LESSON PLAN FOR



LOOKING AFTER OUR LUNGS

Health and Well-being

Descriptions of learning

- I can describe the behaviours, conditions and situations that affect my physical health and well-being, and I know how to respond to and/or manage these in order to actively reduce the risk of harm to myself.

Learning objectives

- To understand what the lungs do and how they work.
- To identify things that can cause harm to our lungs.
- To identify ways in which we can look after our lungs.

Skills development

- Following instructions
- Working with others



Resources needed

- Looking After Our Lungs Lesson Presentation
- Making a Model of the Lungs instruction sheet
- Biodegradable balloons (two per pupil)
- Small empty plastic bottles (one per pair)
- Scissors
- Keywords, if required
- Looking After My Lungs (home learning activity), if required

Key vocabulary

air, oxygen, carbon dioxide, gas exchange, breathing, inhale, exhale, lungs, capacity, diaphragm, ribcage, blood, respiratory system, mucus, exercise, pollution, pollen, allergies, harmful substances, health, wellbeing

Prior learning

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

Time	Teacher Activity	Adaptations
10 mins	<p>As a whole class, share the Lesson Presentation to introduce the lesson about lung health. Consider what pupils already know about the lungs and how they work.</p> <p>Explain that children's lungs are still growing and that because they are smaller, children breathe faster and take more breaths per minute. Pupils can then count their breaths in one minute using the timer on Slide 4.</p>	Explain the vocabulary in the presentation as required. Invite and answer questions throughout to ensure pupils' understanding.
20 mins	<p>Ask pupils to work in pairs to make their models to show how lungs work. Hand out the equipment needed and the Making a Model of the Lungs instruction sheets. The instructions are also contained within the Lesson Presentation.</p> <p>Ensure pupils understand which part of the model represents each part of the body.</p>	Some pupils may need extra support with completing the steps, such as cutting the plastic bottles and tying knots in the balloons.
5 mins	Bring the class back together continue to work through the Lesson Presentation and learn about how the lungs help protect us from bacteria and pollution.	Provide an opportunity for any children with a greater understanding of air pollution or lung conditions such as asthma to tell the class more about it.
10 mins	<p>Move on to learn about lung health and ways in which we can look after our lungs: exercise, eating healthily and drinking water, avoiding breathing in pollutants and harmful substances, taking treatment for allergies, and improving lung capacity through breathing exercises such as blowing up a balloon (which pupils can then try using a balloon each).</p> <p>Support pupils to try the belly breathing technique. Seated at their desks is probably easiest, but this can be done lying down.</p>	Some children might struggle to blow up their balloons. Reassure them that this is something they can practise and that their intercostal muscles will get stronger.
5 mins	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 identify harmful substances and pollutants that can aggravate breathing, and ways in which we can look after our lungs.	Encourage and support pupils to use the key vocabulary in their explanations.



Lesson reflections / teacher assessment

Assessment opportunities

- Can pupils explain what the lungs do?
- Can pupils recall some things indoors and outdoors that can cause some people breathing problems?
- 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 and avoiding pollutants, eating healthily and drinking water, and practicing breathing exercises.