

Lesson Plans and Learning Resources

Key Stage 1

Curriculum Links

Science

- Asking simple questions and recognising that they can be answered in different ways
- Observing closely, using simple equipment
- Performing simple tests
- Identifying and classifying
- Using their observations and ideas to suggest answers to questions
- Gathering and recording data to help in answering questions.

Animals, including humans

- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Mathematics

Measurement

- Choose and use appropriate standard units to estimate and measure length/height in any direction (m/cm); mass (kg/g); temperature (°C); capacity (litres/ml) to the nearest appropriate unit, using rulers, scales, thermometers and measuring vessels
- Compare and order lengths, mass, volume/capacity and record the results using >, < and =

Statistics

- Interpret and construct simple pictograms, tally charts, block diagrams and simple tables
- Ask and answer simple questions by counting the number of objects in each category and sorting the categories by quantity
- Ask and answer questions about totalling and comparing categorical data.

Lesson 1 Learning about health measurement

Duration: 1 hour

Learning Objectives	
LO1	I can discuss what a health researcher does.
LO2	I can talk about different ways to measure health
LO3	I can accurately measure height and weight using the correct unit
Learning across the curriculum	Resources
<ul style="list-style-type: none"> • Science • Mathematics 	<ul style="list-style-type: none"> • Scales • Tape measures • Powerpoint • handouts

Time & Learning Objectives	Pupil learning activities	Teaching points/ strategies / teacher role <i>including reference to how tasks have been differentiated</i>	Organisation and risk assessment.	Assessment for learning strategies <i>Formal and informal</i>
5 mins	Children view powerpoint slides with aims and objectives.	Instructor to introduce themselves and explain where they are from. Lesson aims and objectives to be clearly explained to children	Powerpoint slide 1 and 2	
5 mins LO1	Children discuss what is health?	<p>What is health? How do you know if you are being healthy? Who tells you what is healthy? How do your parents, teachers, dentists or doctors know what is healthy?</p> <p>Explain that health researchers work in lots of different places including universities and</p>	Powerpoint slide 3	Hands up questions

		hospitals. They gather information about people to help us know what is healthy.		
5 mins LO1	Children think about ways we might measure health.	<p>Today we are going to be health researchers. We are going to collect some information about our class.</p> <p>What sort of things do you think we might measure to do with health? Think about what a dr or school nurse might do? Does anyone wear glasses or hearing aid? How are these measured? Have any of you got younger brothers or sisters? Have they seen a health visitor? What sort of things might they measure? How do we measure medicine? Or what we eat? How would you measure how much exercise you did or how many sweets you eat?</p>	Powerpoint slide 4	Talking pairs
5 mins LO2	How do we measure height and weight? Children think about units and observe how to measure.	<p>Discuss with children why we measure height and weight of people. All of this information is put together to see if people are healthy and growing well.</p> <p>What things do we need to measure height and weight?</p> <p>What units of measurement do we use? How do we know if it is right e.g. if I measure someone's weight and they are 3KG but everyone else is 8KG do I think that is right or check again?</p>	Powerpoint slide 5	
5 mins LO2	Children observe demo of how to measure.	Demonstrate to children how to measure height and weight accurately. Show them how to fill in their sheet.	Powerpoint slide 6	
20 mins	Children measure each other in pairs and fill in sheet.	Help children to measure	Powerpoint slide 6 Handout 1	Written work
10 mins	Children create tally chart together.	<u>Extension:</u> Do as a small group of children that have finished. Explain that as well as measuring	Powerpoint slide 7 Handout 2	



	Tidy up	things like height and weight, sometimes we ask questions to find out about health. We want to find out how many people eat a healthy breakfast. Any ideas on how we can do this? Get the children to help create a tally chart and find out the answer. If lots of time the children can do this on the second sheet		
5 mins	Children view powerpoint slides with aims and objectives.	Tidy up Ask children to tell a partner what they have learnt Use questions to see what children can remember. E.g what does a health researcher do? What sort of things do we measure? How can we measure?	Powerpoint slide 8	Self evaluation

Lesson evaluation	
L01	
L02	
L03	
Optional extras:	Use the data for further data handling lessons, making bar charts etc. Further discussions on what is a healthy lifestyle.