

10

HEALTH AND WELLBEING - The what and who of being healthy



YEAR GROUP:
R/1 KS1



DURATION:
1 hour



LEARNING OBJECTIVES – students will learn...

- To understand what being healthy means and who helps you stay healthy.



KEY VOCABULARY/LANGUAGE

- I feel healthy because ...
- I am energised because ...
- I feel tired because ...



WHAT YOU WILL NEED

- Printed pictures in Resources Doc – print slides 4 - 8
- Speech bubble Print slide 9 5 x on A3
- 5 x Flipchart paper and pens
- cellotape or glue
- Slips of pre cut paper
- Character drawing outline - print slide 10 1 per child
- pens or crayons for drawing
- Percussion and tuned percussion

WARM UP

5 MINS

- Establish a quiet signal [Toolbox Tutorial Film - Warm ups and quiet signals](#)
- Collaboration - discuss what successful collaboration looks like - listening, working together etc.
- Set up a working wall

WARM UP / EXPLORE

10 MINS

Circle with a gesture warm up

What healthy means to you?

Examples

- A good night sleep
- Walking to school
- Drinking water
- Eating all my lunch

ACTIVITY 1 / EXPLORE

20 MINS

Tableaux - Who helps you stay healthy?

Make 5 groups

Glve each group a picture from the resources doc slides 4 - 8

Using the picture in your group ...

- Make a Tableau - recreate the photograph as a still image with your group
- Practise on a "3,2,1" command moving from a neutral stance into position over those counts.

NB make a record of these by taking a photograph

- Hand out one speech bubble print-out per group (slide 9) and a pen.
- Ask who or what (in the photograph/tableau) might be saying something?
E.g.
(dentist) "This won't hurt"
(patient) "I've broken my leg"
- Write this in the speech bubble, and allocate one person in the tableau to hold it over the appropriate person.
- Practise the whole group saying the speech bubble words together on a "3,2,1" command.
- Replace "3,2,1" with a woodblock (or similar) and add a cymbal (or similar) at the end, as a *ta-da!* prompting the freeze or speaking the sentence.
- As a whole class look through the speech bubbles and try singing them. (If confident, these sung lines could then be incorporated into the presentation of their tableaux)

ACTIVITY 2 / EXPLORE

10 MINS

What qualities do you need to have to be a great doctor, nurse, parent, dentist, school cook?

- Sit in a circle
- Put the pictures and speech bubbles together (sellotape them together) in the middle of the circle
- Brain storm desired qualities of these people and write them on around the speech bubble. If a quality is relevant to more than add this at the point it is suggested.

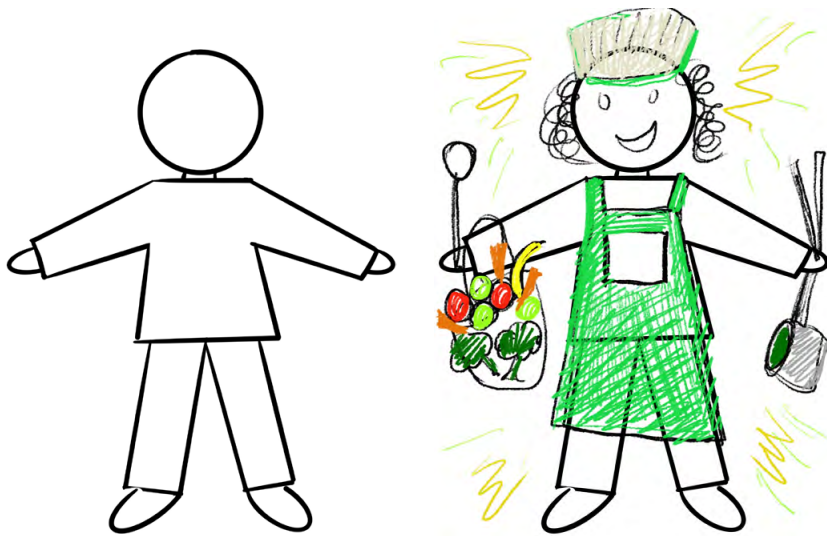
Example vocabulary - Honest, empathetic, encouraging, organised, accurate, welcoming, knowledgeable, listener, advocate, curious, kind, Caring, Trustworthy, Smiley, Positive, Empathic,

ACTIVITY 3 / IDEATE

15 MINS

Character Drawing

Each child draws their own image of the health professional they have been working on



Hand out printed outline to each child

Pens or crayons for drawing

If they were in doctor tableau they draw a doctor, in nurse tableau they draw a nurse etc

→ Draw onto the outline all the elements to illustrate their qualities and their job (show example slide 11)

PROMPTS:

What does their face look like? Are they smiling?

Do they have specific clothes for their job?

What colour clothes do they wear?

Do they wear anything on their head?

Do they have any specific tools or objects that help them do their job of looking after you?

ACTIVITY 4 EVALUATE and ASSESSMENT

0 MINS

Do during lesson

