

## Teaching activities

### Inspire and Inform

The resources below support the teaching of the skills needed so pupils can carry out their social action projects on health. It should:

- Introduce the young people to the subject of **health**.
- Go through understanding what social action is by analysing an already taken approach.
- Inspire young people to act within a school, community, or city.

The teacher (any adult supporting the learning) must emphasise the key skills covered at each stage. The skills are transferable and can be applied across different subjects and contexts. Below are examples of possible delivery methods. The resources are adaptable and can be taught according to your curriculum model.

### KS2 activities spread over four lessons

<b>Lesson 1 - What is a healthy system?</b>
<b>Learning objective</b> <ul style="list-style-type: none"><li>• To understand how health systems function and define what health is.</li></ul> <b>Skills Objectives</b> <ul style="list-style-type: none"><li>• <b>Communication</b> - Young people can take part in a discussion, debates and presentations.</li><li>• <b>Teamwork</b> - Young people can work with others.</li></ul>
<b>Lesson 2 - How do food and physical activity interact with physical and emotional health?</b>
<b>Learning objective</b> <ul style="list-style-type: none"><li>• To explain the role of physical activity and nutrition in physical and emotional health.</li></ul> <b>Skills Objective</b> <ul style="list-style-type: none"><li>• <b>Reflection</b> -Young people can recognise what might affect them and ask for help.</li><li>• <b>Problem-solving</b> - When solving problems, young people can identify the questions to resolve the issue.</li></ul>

### **Lesson 3 - How can I take action about my health?**

#### **Learning objective**

- To create a charter on health.

#### **Skills Objectives**

- **Problem-Solving** - Young people can follow an argument, identify different points of view, and distinguish facts from opinions.
- **Team Work** - Young people can actively create positive energy and atmosphere during the project.

### **Lesson 4 - How can I take action to help people stay healthy in my school/ local area or somewhere in the world?**

**Learning objective:** To plan the skeleton of a social action project that could improve health in my school/local area/somewhere in the world.

#### **Skills Objectives:**

**Problem-solving** - When solving problems, young people can carry out the research needed to back their viewpoints. Young people can draw on prior learning to identify which actions could be carried out to improve the health of my school/community.