

Key Words:

Disease, Germs, Injuries, Mental Health, World Health Organization

Aims and outcomes:

- To define health.
- To recall different types of diseases and ill-health.
- To recall some of the barriers in the way of Good Health for All.
- To understand and recall solutions to Good Health for All.

Curriculum links:

- **Physical health and mental well-being:** ‘...pupils being taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep, and giving pupils the language and knowledge to understand the normal range of emotions that everyone experiences’.
- **Science:** ‘...find out and describe the basic needs of animals, including humans, for survival (water, food, and air)’ and ‘describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene...’
- **English:** ‘learn the conventions of different types of writing (for example, the greeting in letters, a diary written in the first person or the use of presentational devices such as numbering and headings in instructions)...’

Lesson Plan 1: What makes people sick?

Key question	Activity	Timing
What makes people sick?	<ul style="list-style-type: none">Read students the introduction section of the 'Good Health and Well-Being' page.	5 min
	<ul style="list-style-type: none">Read through the 'Different things that can make people sick' section as a class. Nominate a student to read each subheading, and call upon students at random to read the glossary definitions as you go.	20 min
	<ul style="list-style-type: none">Watch the videos in the 'Mental health' section if you have time (they are 1-2 minutes each), but these are not essential.	5 min
	<ul style="list-style-type: none">Ask students to complete Worksheet 1 ('What Makes People Sick') as best they can. Tell them to answer as much as they can from memory in the first 5 minutes. After the initial 5 minutes, allow students to look at the web page again to complete any remaining parts that they were unable to complete from memory. Mark the worksheet as a class, addressing any misconceptions students may have had. Depending on the age group of your students, and the time you have available, you may wish to complete the worksheet as a class on the interactive whiteboard instead.	15 min

Resources and materials:

- SuperKind website – 'Good Health and Well-Being', 'The Problem', 'Different Things That Can Make People Sick'
- Interactive whiteboard, computers, tablets, or printouts to display website
- Worksheet 1

Lesson Plan 2: What are the big problems in the way of Good Health for All?

Key question	Activity	Timing
What are the big problems in the way of Good Health for All?	<ul style="list-style-type: none"> Ask students to raise their hand to put forward ideas as to what they think some of the 'Big Problems in The Way of Good Health for All' are. Depending on the time you have available, and the students' reading and writing abilities you could invite students who have shared their idea with the class to write it on the interactive whiteboard, or you could write them out yourself. Encourage students to develop their ideas by asking further questions. For example, if a student cites 'money' as a reason, ask them why money helps people stay in good health. Engage the class by asking if they have anything to add. 	<i>10 min</i>
	<ul style="list-style-type: none"> Cross-check the students' ideas with the SuperKind website by reading through the site together. As you read, attempt to place the students' earlier contributions within the context of the site. 	<i>10 min</i>
	<ul style="list-style-type: none"> When you read the third point ('Lack of Access'), take the time to explain how the key on the map below works. Assess understanding by pointing at a few different countries and ask students to use their fingers to show how many doctors per 1,000 people that country has. 	<i>5 min</i>

Resources and materials:

- SuperKind website – 'Good Health and Well-Being', 'The Problem'
- Interactive whiteboard, computers, tablets, or printouts to display website

Lesson Plan 3: How can we keep our minds and bodies working as they should?

Key question	Activity	Timing
How can we keep our minds and bodies working as they should?	<ul style="list-style-type: none">• Display the 'Big problems in the way of Good Health for All' section (from 'The Problem' section) on the interactive whiteboard and ask students to talk to the person next to them about how they think each one could be tackled. Give students 2 minutes to talk about each problem, telling them when to move on to the next problem.	<i>10 min</i>
	<ul style="list-style-type: none">• Go through each problem, asking students to raise their hand to share their thoughts and ideas on how the problem could be tackled. Then read the relevant solution section on SuperKind to see if the class's ideas line up with those cited on SuperKind. Repeat this for all four problems.	<i>10 min</i>

Resources and materials:

- SuperKind website – 'Good Health and Well-Being Sanitation', 'The Solution'
- Interactive whiteboard, computers, tablets, or printouts to display website

Lesson Plan 4: How can help ensure Good Health for All?

Key question	Activity	Timing
How can we help ensure Good Health for All?	<ul style="list-style-type: none">Tell the class that you are going to make posters to raise awareness about how to stay in good health. Signpost students to the SuperKind 'Make a Poster' toolkit. Depending on students' ages and ability, you may choose to let them decide which health-related problem to raise awareness about, or you may choose for them. Consider posters on good hygiene/hand washing, healthy eating, and road safety.	<i>5 min</i>
	<ul style="list-style-type: none">Roam the class offering guidance and support while students make their posters.	<i>30 min</i>
	<ul style="list-style-type: none">At the end of the class, collect all the posters and pin them on a wall in the class or corridor.	<i>5 min</i>

Resources and materials:

- SuperKind website – 'Good Health and Well-Being', 'Take Action'
- SuperKind website – 'Make a Poster'
- Interactive whiteboard, computers, tablets, or printouts to display website
- A3 sheets of paper
- Pens, pencils, highlighters, felt pens

Good Health for All: Lesson Plan Resources

Worksheet 1 – What makes people sick?