

Lesson 1 – How healthy is our school?

Starter

Brainstorm – the requirements for a healthy diet
– the need for exercise

This is based on QCA schemes of work.

Main activity

Students work in groups on different activities.

1. To evaluate the healthiness of school dinners.
2. To consider the range and quantity of activities in PE and decide whether it enables the majority of students to maintain an appropriate level of fitness.
3. To draw up a questionnaire for students about their attitudes to school dinners. The questionnaire should start with a statement about why healthy eating is important.
4. To draw up a questionnaire for students about their attitude to sporting activities. The questionnaire should start with a statement about why physical activity is important.

The questionnaires are then completed by the whole class.

Plenary

Groups 1 and 2 feedback to whole class.

Questionnaire results gathered from whole class.

The messages could be recorded on paper, computer or interactive whiteboard.

Homework

Students write a report, including justified recommendations for change, to the school council on either school dinners or the range and availability of PE activities.

Extension work

This could be developed into a whole school activity and provide a focus for discussion in the School Council.