**Individual Lesson Plan Format (Primary)**

**Class/Group: Primary 6 Lesson: Diabetes Date: 25.1.19**

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| **Previous Experience**  Learners know what healthy foods are and proportions | | | | |
| **Working towards outcomes of a Curriculum for Excellence**   * I understand that people at different life stages have differing nutritional needs and that some people may eat or avoid certain foods. * By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan. | | | | |
| **Responsibility of all - Literacy/Numeracy/ICT/HWB** (where appropriate): Health and Wellbeing, ICT | | | | |
| ***Learning Intentions*** | | ***Success Criteria*** | | |
| * Learners will be exploring what causes diabetes * Learners will learn about the different ways to treat diabetes | | * Learners can describe what ‘glucose’ is * Learners can demonstrate one way to keep your body healthy to avoid/treat diabetes | | |
| **Resources** | Computer, tables, chairs, cards | | | |
| **Timing** | 50 mins | | | ***Assessment methods*** |
| 5 mins  3 mins  30 mins  10 mins | **Setting the context/Beginning the lesson (Introduction)**  Learners will discuss as a class what they already know about diabetes. It may be a chance for a child who has diabetes to educate the class on their experience which makes the subject relevant.  Learners will watch a short YouTube video which explains the foundation of what diabetes is.  **Teaching the learning intentions (Development)**  Class will then play the ‘Carbs or no Carbs’. One pupil will be randomly selected to be the contestant and the others will be arranged in a gameshow manner with a card illustrating an image of a food that contributes to good health or a carb card. The aim is in the number of rounds to pick the least amount of carbs. There can be two or three rounds.  **Ending the lesson (Plenary)**  The teacher will conclude the lesson by talking to the children about the treatments of diabetes and have the children reflecting on the good acts the already do, such as exercise and eating healthy, which helps keep your body healthy. | | | Questioning  Observation  Observation  Self-Assessment/ Questioning |
| **Success Criteria Results** | | | | **Next steps for the children** | | |
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| **EVALUATING MY PRACTICE** | | | | | | |
| **Going well (what worked and why?)** | | | | **Areas for development (what didn’t work and why?)** | | |
| **Next Steps for Me** | | | | | | |