

Using the HRBQ in the National Curriculum: some lesson plans

LESSON PLAN FOR 3RD-YEAR SCIENCE/HOME ECONOMICS GROUP

(Assumed knowledge: carbohydrate in diet and health benefits/risks)

Time	Activity	NC objective	PSHE objective
5 minutes (class)	Overview of table: what are year groups, foods (Q 43)	Understanding data in tables	
5 minutes (groups)	Identify patterns	Ditto	Co-operation in groups
10 minutes (class)	Report back & list; check each against table: e.g., girls eat these foods less often, some foods (chips) eaten less often by older groups		
5 minutes (class)	Explanation of patterns (brainstorm), e.g., girls eat less because they like less? or for health/figure benefits? or because of socialisation? boys eat more because of same?	Forming hypotheses	Identifying influences on behaviour Identifying gender or socialisation processes
5 minutes (groups)	What else would you like to know? e.g., size of portions, how much they like the foods? can they identify influences?	Testing hypotheses	Identifying needs for information
15 minutes (class)	Dealing with welcome and unwelcome social influences, identifying motives, what are healthy and unhealthy choices, what are good and bad quality decisions (and are these the same?)	Revision of carbohydrates	Thinking about decision-making and social influence
5 minutes (class)	Issues for next time or for integrating PSE lesson to follow (e.g., anorexia, fat and fit, body image and self-esteem, assertion)		Preliminary to assertion training and self-concept development

Percentage figures of boys and girls responding to Question 43: How often do you EAT these foods? (% answering 'On most days')

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Skimmed/semi-skim. milk	38.7	36.1	38.3	36.2	37.4	34.6	36.4	36.5	35.4	36.4
Other milk	61.5	56.9	61.9	57.5	63.0	56.1	63.4	55.1	64.9	57.4
Butter	46.4	42.7	45.7	42.5	45.2	39.7	46.0	37.6	48.1	40.0
Margarine	51.4	54.6	51.2	55.1	53.7	55.3	51.4	54.4	52.2	53.9
Cheese	42.6	42.9	40.2	39.3	37.0	37.6	35.7	34.6	36.6	34.4
Sugary cereals	39.2	28.2	39.5	26.4	37.9	22.2	35.3	17.8	32.8	14.6
Bran cereals	24.0	19.2	23.5	19.9	20.6	15.4	20.1	16.3	18.8	13.3
Muesli	13.5	13.7	13.9	12.2	13.1	9.8	13.5	10.8	11.7	10.0
Other cereals	48.3	43.0	41.8	38.7	39.1	33.2	37.3	26.8	30.6	23.2

These example lesson plans show how core subject teaching in Science and English might be used to achieve objectives within both National Curriculum guidelines and the PSHE programme. They were prepared by David Regis of the Schools Health Education Unit, and we are grateful to Brian Merrick (Exeter University School of Education) for commenting constructively on the English plan.

The science lesson uses the response to one of the 'diet' questions. Having discovered how to interpret the table, the patterns of choice by different age groups and sexes are examined. The reasons for these differences are then considered.

The English lesson develops discussion, role-play, and writing based on two sets of tables about the last visit to see the doctor.

The tables against which they are presented are taken from the Unit's publication *Young People in 1988*, but in practice a school would use its own data, preferably gathered from the responses of the pupils who are taking part in the lessons.

We would be most interested to hear from anyone who either tries these plans or develops their own strategies for bringing health education into the National Curriculum.

PLAN FOR TWO ENGLISH LESSONS WITH 3RD-YEAR CLASS

Time	Activity	NC objective	PSHE objective
5 minutes (class)	Familiarisation with tables and with questions		
5 minutes (class)	How would you summarise tables? (e.g., a quarter visited their GP and were not at ease)	Reporting and summarising	
15 minutes	General discussion about visiting GP (anxiety? from where? reasonable? helpful?)	Listening & speaking Reporting experience	Acknowledging feelings Valuing pupil contributions
5 minutes	Identify incidents and issues arising		
Follow-up lesson			
5 minutes (class)	Do issues raised identify problems in communication? in dealing with emotion?		Identifying problems in social encounters
5 minutes (teacher)	Introduce role play exercise on visiting GP: cards for GPs and patients to establish character and background to consultation		
2 x 2 1/2 (pairs)	Enact consultation	Listening and speaking	Expressing needs
5 minutes	Feedback from pairs: list of matters arising		
10 minutes	How to deal with good and bad GPs, how to get what you want from a consultation, how to deal with anxiety, how to change a GP		Dealing with problems in social encounters Coming to terms with feelings, assertiveness
5 minutes	Introduce & discuss writing exercise: 'a visit to the doctor' (homework?)	Writing	

Percentage figures of boys and girls responding to Question 36a: When did you last visit your doctor?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
More than a year ago	13.2	9.3	12.9	12.5	14.8	13.1	16.3	15.1	20.4	15.2
Within the last year	14.3	13.4	13.6	15.4	13.6	14.7	14.9	13.7	16.1	14.9
Within last 6 months	17.9	19.1	18.8	17.3	20.0	19.2	19.5	16.7	19.5	15.6
Within last 3 months	24.3	25.0	25.4	24.9	25.4	24.4	23.8	24.5	22.7	25.6
Within the last month	21.1	24.0	21.0	21.2	19.0	20.4	18.0	20.3	14.9	18.9
Within the last week	9.3	9.3	8.2	8.9	7.2	8.2	7.4	9.7	6.4	9.7
Valid responses (Count)	2060	2086	4235	4192	3124	2879	5900	5770	1507	1489

Percentage figures of boys and girls responding to Question 36e: Did you feel at ease with your doctor on this last visit?

	YEAR									
	1st year (11+)		2nd year (12+)		3rd year (13+)		4th year (14+)		5th year (15+)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Very uneasy	11.2	11.8	8.8	11.4	7.6	11.0	6.5	11.2	5.8	13.2
A little uneasy	34.1	46.5	35.7	47.9	35.9	48.8	35.8	47.8	36.6	42.3
At ease	54.7	41.6	55.5	40.7	56.5	40.2	57.7	40.9	57.6	44.5
Valid responses (Count)	2020	2056	4172	4131	3110	2836	5829	5716	1500	1404

These tables are taken from the Unit's 1988 databanks. The questions are from the Health Related Behaviour Questionnaire, Version 12.