



Student booklet

Healthy me

Year 3	English Health & Physical Education (HPE)
Name	

Your task is to teach younger students about a “Healthy me” lifestyle, food or nutrition topic.

You will:

- research information and record it in a retrieval chart
 - write mini-lesson teaching notes
 - plan and teach a mini-lesson.
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Due date:

Section 1. Information retrieval chart

To grow healthy and strong, we need to know facts about food and exercise and make the right lifestyle choices.

Choose a topic to research, and record the information you find on a retrieval chart.

Steps to guide you



1. Look through the books, magazines and websites that your teacher has given you.

Choose one topic from the list below.



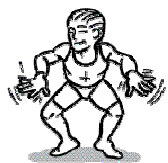
Food



Exercise



Lifestyle



2. Research your topic and record important facts on the retrieval chart given to you by your teacher.

Use information from different sources (e.g. books, magazines and websites).



3. Swap your retrieval chart with your peer editor and check each other's work. Share your ideas.

Do you need to make any changes?



4. Give your finished retrieval chart to your teacher.

Section 2. Mini-lesson teaching notes

Use the information from your retrieval chart to plan a mini-lesson on your topic for Year 2 students. Write some lesson notes to help you present your mini-lesson.

Topic:

Steps to guide you

1. Plan your lesson notes.

Introduction — start with an interesting quote or fact.

(Example: Did you know that ... ?)

Body — write some facts about your topic.

(Example: There are five main food groups.)

Conclusion — make a closing statement

(Example: Now you can see the reason why ...)

Hint: You could ask questions or use a game or activity to check what your students have learnt.

2. Write your lesson notes onto palm cards or paper. Check that you:

- ☐ use topic words from the word bank (fresh, energy ...)
- ☐ include questions or statements (Did you know that ... ?)
- ☐ show where you will ask questions or use a visual aid (book, picture ...)
- ☐ look at the Features of a mini-lesson chart for ideas.

Mini-lesson teaching notes feedback

Swap your mini-lesson notes with your peer editor and check each other's work.

Peer editor: Writer:

1. Does it include:

- an introduction ☐ Yes ☐ No
- a body ☐ Yes ☐ No
- a conclusion? ☐ Yes ☐ No

2. Are questions or statements included? ☐ Yes ☐ No

3. Are descriptive words used? ☐ Yes ☐ No

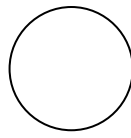
4. Has a place been marked to show where a visual aid will be used? ☐ Yes ☐ No

5. Could you use these notes for a lesson? ☐ Yes ☐ No

6. Make one suggestion that may improve the lesson notes.

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7. Circle or draw a face that best describes your feelings about the lesson notes.



8. Practise your mini-lesson with your peer editor.

Check that your peer:

- ☐ speaks clearly
- ☐ follows their lesson notes
- ☐ uses a visual aid
- ☐ times their mini-lesson to make sure it goes for 3–4 minutes.

Section 3. Mini-lesson presentation

When you have written the final draft of your lesson notes you can move on to the rehearsal. Follow the steps below to get ready for your mini-lesson.

Note: See the Features of a mini-lesson chart for more hints.

Lesson date:

Steps to guide you

1. Practise these presentation skills with your peer editor:

- ☐ speak in a clear voice
- ☐ make eye contact
- ☐ ask questions
- ☐ use your visual aid.

2. Rehearse your mini-lesson using your notes and a timer.

- Introduce the topic.
- Share important facts.
- Include a visual aid (e.g. your retrieval chart or a picture).
- Use an activity, a game or questions to see if your students have learnt something new.

3. Complete this checklist before you start your mini-lesson.

- ☐ I have prepared my teaching area (e.g. tables, seating).
- ☐ I have my lesson notes and visual aid/s.
- ☐ I have re-read the Features of a mini-lesson chart.