



TEACHER'S NOTES

WHAT MAKES ME SWEAT?

OVERVIEW

Aimed at **key stage 1**

(Prep time 3 mins/Class time 15 mins)

Learners consider which activities would make them sweat the most by ranking them in order. They then consider why it is important for us to exercise in order to stay healthy. This could be an extension to the 'Staying Cool' activity.

CURRICULUM LINKS

- Life processes and living things: Recognise the changes that happen to their bodies when they are active. Taking exercise and eating the right types and amounts of food help humans to keep healthy.
- Citizenship and PSHE. Developing a healthy, safer lifestyle: How to make simple choices that improve their health and wellbeing.
- Citizenship and PSHE: to take part in discussions with one other person and the whole class.

LEARNING OBJECTIVES

- To recognise the importance of keeping active in order to stay healthy
- To consider which activities they enjoy and which activities are healthier.

you will NEED

- Enough pencils or pens for students to record their answers.

PREPARATION

- Distribute enough copies of **What makes me sweat?** to each child
- Distribute enough pencils or pens to each table

Activity

Watch the film about Max on www.genesareus.org/filmlibrary/maxsstory.

What do children remember as Max's favourite activities? Max enjoys playing football but because of his condition his sweat glands have not formed properly so when he gets hot his body does not cool itself down. It is important for Max to control his body temperature. If children have completed the **Staying cool** activity ask them if they remember how Max does this, e.g. by using water sprays, drinking cold drinks and cooling down with cold water.

Next ask them to think about their favourite sport or activity, does this make them sweat or feel hot? Looking at the **What makes me sweat?** resource sheet ask children to work in pairs to consider which activities would make them sweat. For example, would they feel more or less hot reading compared to dancing? Children can discuss this in their pairs, record in the chart and feedback as a class.



FURTHER information

Various children's websites on the importance of keeping active:

http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html#

http://kidshealth.org/kid/stay_healthy/body/fit_kid.html?tracking=K_RelatedArticle#

<http://www.playgroundfun.org.uk/Default.aspx>

FOR MORE RESOURCES LIKE THESE, AND TO SIGN UP FOR JEANS FOR GENES DAY, VISIT US AT WWW.JEANSFORGENES.COM

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What makes me SWEAT?

When sweat evaporates from the surface of your skin it takes heat with it helping to cool your body down.

Match the activities with the faces to show how much you think they would make you sweat.

