

Teacher Booster Discussion Guide



The Inside Story - Session 2 - Heart Health

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

Blood vessels circulate blood throughout your body, helping deliver oxygen to vital organs and tissues, and also remove waste products. Blood vessels include veins, arteries and capillaries.

Can you recall what was circulating in the blood vessels and the special job they do?

White blood cells = fight germs and viruses

Red blood cells = deliver oxygen to the brain and other muscles and tissue

Water = all cells need water

Carbohydrates = quick energy

Protein = long-lasting energy and growth

Lipids = shiny hair, warmth, process vitamins and minerals

Red blood cells = take carbon dioxide back to the lungs to be breathed out

Wee = takes waste to the kidneys to be excreted.

Record your resting heart rate, then record your heart rate after completing the star jumps.

Average resting heart rate is between 60-70 beats per minute (bpm)

(independent responses will vary after star jumps)

Why is it so important for kids to exercise for 1 hour per day?

(open ended)

What is the job of the Bronchodilator (asthma puffer)

A type of medication that make breathing easier. They do this by relaxing the muscles in the lungs and dilating (widening) the airways (bronchi).

Staying safe around medicines is really important.

Can you recall how we can stay safe around medicines.

(read labels, take the correct dose, only take medicine when you're sick, follow doctors instructions, seek adult help.

Extension Question – prior knowledge activation

What is the difference between the dark purplish blood into the heart and the red blood out of it?

The veins (blue) take oxygen-poor blood back to the heart. The arteries (red) carry oxygen and nutrients away from your heart, to your body's tissues.