



An example of how to integrate the cross-curriculum topic „Health“ into different subjects

**Türi Gymnasium
Project S.M.I.L.E
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Healthy lifestyle

Grade: 7

Groundwork:

- The teacher goes through all the following materials:

http://www.ut.ee/tervis/opetajatele/M_Kull.html

(health, living styles and health education based on the opinion of Estonian students. By Merike Kull, the Universtiy of Tartu).

<http://www.arth.ut.ee/ERT2000/est/ptk4.htm>

(The healty of Estonians between the years 1991 to 2000).

<http://www.emieco.ee/static/files/22.tuulikutunnid.pdf>



Healthy lifestyle

- **The topic covered in this lesson based on the national curriculum:**
human being and its' healthy lifestyle.
- **Integration with other subjects:**
biology, chemistry



The aim of the lesson

Student:

- knows the basics of the healthy lifestyle;
- understands the meaning of physical activity and its importance in leading a healthy lifestyle;
- can analyse the influence of the environment to healthy;
- knows how to preserve healthy in extreme conditions: like cold, heat, moisture and wind.



Materials and necessary equipment:

- a film of healthy lifestyles, a VHS player, a whiteboard;
- a self-assessment card/questionnaire (the teacher can also use the one offered in the Internet

http://www.inimene.ee/pages.php3/02?test_id=4)



The course of the lesson:

- the introduction of the topic (5 minutes)
- a film of healthy lifestyle (8 minutes)
- the filling of the self-assessment card/questionnaire (7 minutes)
- partners switch the cards/questionnaires and analyse them giving their partner an assessment based on how much he/she does for his/hes health
- frontal work: a discussion on how important physical activities are for someone's health, their improtance in the growing-up process (the necessity and importance of being healthy)



Notes:

- The introductions of how to fill in the questionnaire are shown onto the wall. During filling in the questionnaire soft music plays in the background.

Summary:

- A general assessment on the 7th grade students health situation.