

Key Stage 1 PSHE Activity Plan

Introducing and understanding type 1 diabetes through PSHE.

Resources required

- Type 1 Diabetes Made Simple interactive book.
- PSHE Pupil task sheet 7: One copy per child.
- KS1 PSHE Presentation – How am I different, what makes me special?

Learning outcomes

Children show an understanding that we all have differences and these differences make us special and unique

Task

- Use the KS1 PSHE Presentation – 'How am I different, what makes me special?' Explain that although we all belong to the human race we all have differences.
- Discuss what differences we might have – these are the differences that make us unique. Explain the meaning of this word.
- Ask the children to: fold their arms - how many in the class fold their arms one way or another? How many children in the class are right or left handed? Is anyone ambidextrous? Demonstrate who can roll their tongues. Who likes sprouts / Marmite and who doesn't?
- Discuss other traits which may be special to us in a positive way. Who is talented musically or in sport?
- Within our school environment, although we are all pupils at the same school we all have similarities and differences to each other.

CURRICULUM-LINKED ACTIVITY PLANS

Pupil task

- Children to discuss in groups the similarities and differences between themselves and the other children in their group.
- Children can use Pupil task sheet 7 to record these differences

Stimulus and input

Explain there are many differences inside too, for example the pancreas – everyone has one.

- Use the Type 1 Diabetes Made Simple interactive book (pages 1 - 12) to show or remind pupils where this is found in the body and that the pancreas produces insulin and regulates blood glucose (sugar) levels.
- Discuss what happens if insulin is not produced and the affects on the body. This can happen in children and is known as type 1 diabetes.