

LESSON PLAN

<p>National Curriculum areas:</p> <ul style="list-style-type: none"> • About respect for themselves and others, and the importance of responsible actions and behaviour. • About rights and responsibilities as members of families, other groups and citizens. • About different groups and communities. • To respect equality and diversity, and how to be a productive member of a diverse community. • About the importance of respecting and protecting the environment. 	<p>Subject: P.S.H.E</p>	<p>Length: 50 Minutes.</p>
<p>Pupils' previous experience:</p> <ul style="list-style-type: none"> - Pupil's own personal experiences with elderly family members and friends. 		
<p>Specific learning intentions (I.L.Os): To understand the challenges the elderly community face and how children can support the elderly.</p>	<p>Related success criteria:</p> <ul style="list-style-type: none"> - To understand the meaning of the word elderly. - To discuss the challenges an elderly person may face. - To discover ways to support the elderly in their community. - Create an Age Concern money box. 	
<p>Subject specific vocabulary:</p> <p>Elderly, awareness, loneliness, cost of living, Age concern, community, isolated, mobility, ailment, food banks,</p>		

LESSON PROGRESSION

<p>Approx. timings 5-7 minutes</p>	<p>Introduction and context: <i>What does the word elderly mean?</i> Display the word alongside images on the first slide. You may wish to have children to discuss with partners.</p> <p>Elderly means an older person who is showing signs of ageing. <i>What do you think might be a sign of ageing?</i> Display images on screen to aid discussion.</p> <p><i>Do you think any of these signs of ageing may be a challenge for an elderly person?</i></p>	<p>Key questions (range for all pupils):</p> <p><i>What does the word elderly mean?</i></p> <p><i>What do you notice in the images on screen? What age do you think these individuals are?</i></p> <p><i>What do you think might be a sign of ageing? Do you think any of these signs of ageing may be a challenge for an elderly person?</i></p>
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<p>15 minutes</p>	<p>Development phases:</p> <p>We all get older, and as we age we may begin to experience physical ailments that make it difficult to get around or do certain tasks. A decreased sense of mobility can make an individual feel isolated and helpless.</p> <p>Families grow up and move away, which can leave some older adults on their own to do tasks that once seemed easy. In many ways, elderly people are just like you, only older. And just like you, sometimes they need a little extra help and someone to keep them company.</p> <p>Due to an increase in costs like heating, electricity and food bills some elderly individuals are struggling to afford to pay these bills. In order to save money they will not turn their heating on for days and rely on emergency services like food banks.</p> <p>Each of these challenges can have an impact on elderly person's mental health. This is why Age Concern is a charity that helps elderly people in the community to feel less isolated, and improve mental health.</p> <p>Brainstorm as a class, what we could do to help elderly people in our families and communities.</p> <p>Things you could do to help the elderly in your community:</p> <ul style="list-style-type: none"> ● Go food shopping. For some elderly people, going to the shop on a regular basis can be a challenge. Offer a ride or volunteer to make a trip for them. ● Teach them technology. Just like you need extra help learning something new, so do older adults. Some of today's essential technologies that are easy to you are new to elderly people. ● Tell them about Age Concern. They may not be aware of the activities and services that Age Concern put on for older adults. Age Concern organises art classes, Tai Chi, afternoon tea for elderly people in the community. ● Introduce yourself. Why not say hello to an elderly neighbour? Even just a short conversation can brighten their day. ● Create cards and pictures for elderly people in your area. ● Visit elderly family members and friends. 	<p><i>Have you ever had an injury that prevented you from doing something? What was it like?</i></p> <p><i>What tasks do you think they may find difficult?</i></p> <p><i>But what do you think you could do to help elderly people in your families and communities?</i></p>
<p>15-20 minutes</p>	<p>Teacher to model: We are going to create a money box to spread awareness and raise money for the elderly people within our community. On the sides of the box there is space for you to write what you are going to do to help the elderly people in your community. Once you have written this and decorated your money box you can assemble it.</p>	

5 minutes	Plenary: What are you going to do to help the elderly community in your area? Discuss with partners.	
Differentiation: Children working with partners		Adult support:
Resources/ICT: Slides (provided by Age Concern) Money box template (provided by Age Concern) Whiteboard Scissors Colours Glue		Other opportunities for cross curricular links: - Art and DT