



LESSON PLAN

*Duța Bucuci,
Școala Gimnazială "Constantin Parfene", Vaslui, Romania*

Title: *Health – our most valuable asset*

School subjects: Extracurricular activity on health education: Health education, Science, Communication in Romanian language, Arts, ICT

Level: 9 years old

Language: Romanian

Short description: few sentences for a general idea about the proposed activities:

The pupils from the IIIrd A class, alongside 12 pupils from the Scholar Center for Inclusive Education „C. Pufan”, worked together to apply their knowledge about the human body, marking on the wood panel the intern organs and the sensory organs. They experienced what it means to be a doctor by wearing white lab coats and by using the stethoscope and the oximeter, being guided by dr. Gutuleac Catalina, family doctor.

Estimate time: 2 hours

Tags: human body, health, healthy lifestyle, job, doctor

Learning objectives:

Health education:

- ✓ Learning about simple daily hygiene rules to maintain their health and have a healthy lifestyle

Science:

- Identifying the sensory organs;
- Learning what roles the intern organs play;
- Drawing on the received panel the intern organs and the sensory organs;
- To form and to teach a healthy lifestyle.

Communication in Romanian:

- Reading written messages, met in a known environment
- Composing sentences in concrete situation of communication



Arts:

- Creating objects/artworks/simple constructions, based on their direct interest and their spontaneous initiative.

Process: description of the activity/lesson/unit - participants, strategies, steps

The 30 pupils that were present watched a presentation made by dr. Gutuleac, via <https://eduboom.ro/>. Helped by the **Coggle diagrams**, they recapitulated and fixed the new information that they learned. On the wood panel that they received, they drew the sensory organs and the intern organs. Then, each team interpreted a role play. Some of them were doctors, some were patients, some were fitness instructors, while some were master chefs.

Strategies:

- ✓ Methods and procedures: Conversations, explications, observation, exercising, independent work, educational games, role play.
- ✓ *Teaching means: video projector, laptop, phones, intern organs moldings, **Coggle app**, watercolors, brushes, and others.*
- ✓ *Ways of organizing the pupils activity: teams*

Digital applications: Coggle, <https://eduboom.ro/>,

Useful Links:

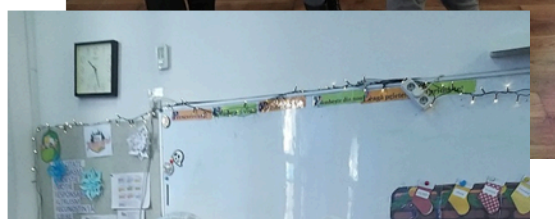
<https://coggle.it/diagram/YgrCOkMks4i5yUeM/t/alc%C4%83tuirea-corpului-uman>

<https://coggle.it/diagram/XwclFbXjqGrQ-mO4/t/matematic%C4%83-%C8%99i-explorarea-mediului-florentina-unnamed>

Conclusion: The integrated activity had multiple educational valences

Proofs: photos

Students activity (links to the materials created by students, photos):



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