

KEY QUESTION:

How can I stay fit and healthy?

This fun task is linked to elements of the National Curriculum including PSHE/ Learning for Life and Work/ Health and Wellbeing, English, ICT and Art. Further links can be made to the *Every Child Matters Outcome Framework (2008)*.

Resources

- a photocopy of the activity sheet for each pupil
- website access – to know how Macmillan Cancer Support helps people living with cancer and to find out facts about cancer: macmillan.org.uk/schools
- optional: the *Keep healthy, be active* teaching pack – available to download or order from macmillan.org.uk/schools, or by calling **0845 601 1716**.

Desired learning outcomes

Pupils will:

- Learn the facts about cancer and how Macmillan helps people living with it.
- Consider how healthy their own lifestyle is.
- Understand that there are ways to reduce the chance of getting ill and even developing an illness such as cancer.
- Put their suggestions into practise.

What to do

Explain how the body's cells grow, what cancer is, how it is treated, and how Macmillan helps people living with cancer. Use information from our youth website: whybother.org.uk

Ask pupils to think and talk about their own lifestyles in terms of health. Explain that no one knows exactly why some people get cancer and others do not. However, there are links between our lifestyle and the chance of developing cancer.

Note: some pupils may think cancer mostly affects older people (and indeed 65% of all cancers diagnosed occur in the over 65s). However, mention that although rare, children and young people can develop cancer too.

Encourage your pupils to discuss the sorts of activities and lifestyles that could, or do have, long-term effects on their health – both good and bad. (For extra help, refer to the *Keep healthy, be active* teaching pack resources.) Then hand out the activity sheet. Go through the suggestions for healthy living, including using examples from their own lifestyles, or people they know. Remind them that getting into bad habits at a young age will mean problems in the future. Then encourage them to complete the activity sheet.

Your name:.....

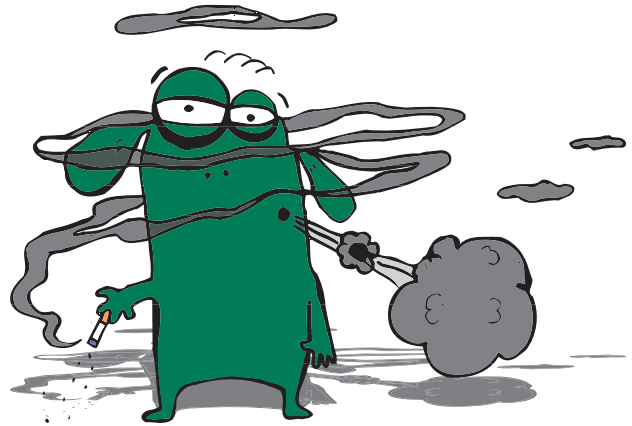
Activity:

LOOK AFTER YOUR HEALTH

Macmillan Cancer Support helps people living with cancer. We provide very special care in many ways. Nobody knows exactly why some people get cancer and others do not. The chances of getting cancer vary from person to person – everything from age and lifestyle to genetics and our environment play a part. The bit you have most control over is your lifestyle. If you're healthy, you stand less chance of getting ill in the first place. It also helps you recover if you do.

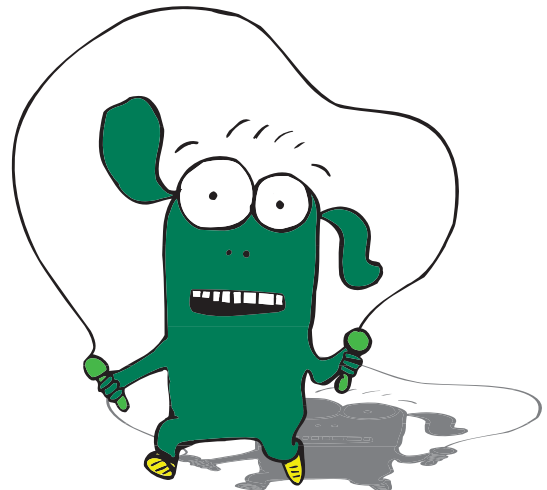
Don't smoke

Quit if you do, or be smart and don't start. Yellow teeth, bad breath, smoker's cough, bad smelling hair and wasted cash on ciggies isn't cool. More than 114,000 people a year in the UK die from smoking-related diseases.



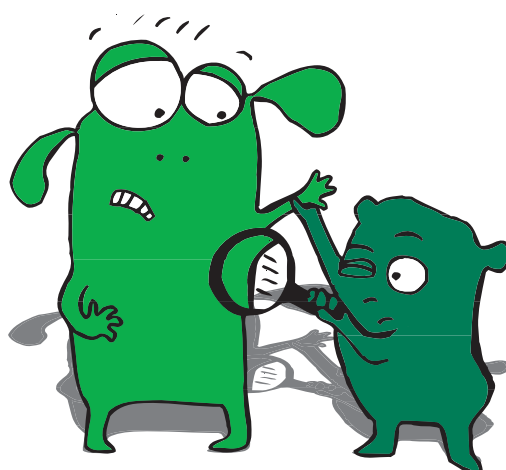
Take regular exercise

Aim for a minimum of an hour a day. Exercise can help you to feel and look good, maintain a healthy weight, strengthen your muscles including your heart, and increase flexibility. And remember – hoovering and gardening both count.



Be body aware

Your body changes a lot as you become an adult. It's good to get to know your body and keep track of the changes. That way you'll be able to spot anything unusual that might be because of an illness such as cancer. If you're worried about anything to do with your body, you should talk to your parents or a doctor as soon as possible.



Eat and drink smart

Excessive alcohol drinking is hard on your immune system. It can quickly become a habit and people who drink lots of alcohol have a higher risk of developing cancer. A balanced diet includes a combination of several different food groups such as fresh fruit and veg, grains and pulses, meat or meat-free alternatives, dairy products and unsaturated fats. Eat something from each of these groups every day, and drink plenty water to stay hydrated too.



Avoid sitting out in the midday sun

A tan is visible proof your skin is being damaged. It might look cool, but wrinkles don't. Over-exposure to the sun is one of the main causes of skin cancer. Always protect yourself when it's sunny, especially between 11am and 3pm, by wearing sunscreen – at least factor 15, covering up with long loose clothing, and wearing a sun hat.

Find out more about looking after your health at macmillan.org.uk/schools



Try to find all the words in this word search puzzle (they could be in any direction). They are all to do with reducing your chance of getting ill or developing cancer.

O I W T A B J T K L C I O R
 R A I N N Y E C P J H R C X
 V B W E U G N I N E E R C S
 N Y H E T R V R F C C P A F
 G H O R R D Y U R H K R B O
 S W L C I H P V U C U E O Q
 N N E S T M H S I E P V T X
 A S G N I N N A T S K E C F
 L E R U O I W L W I N N N I
 L L A S N T A C Z C P T F T
 I B I D F A Y O Q R B I E N
 M A N J R S S H O E O O G E
 C T S E R U S O P X E N U S
 A E N E R S G L D E D H R S
 M G C W A A M S F T W P N A
 H E N I N S T I M I C R J A
 J V P I T J M P Y F B V U G
 Y E N E T O R A C A T E B P
 E V I T A M I N S Y P G R X
 U S S E T T E R A G I C B Z
 B S M O K E L E S S R M H O

alcohol
 checkup
 cigarettes
 exercise
 fitness
 fruit
 Macmillan
 nutrition
 prevention

smokeless
 sun exposure
 sunscreen
 tanning
 tobacco
 vegetables
 vitamins
 whole grains

Find these words by rearranging the letters:

grtestacei

ranecc

notd kmose

nistfse

akte uglær sieexec

tae riutf dna beglsavtee revye dya

veah a alcendab etid

esu resscunen

viado itgsnit tuo ni eth didyam nus

dton irknd ot tge nkurd

eb doyb reaaw

camilnalm nrcaec pptrous lehsp lepepo
 Invigi tiwh ceranc

Now you're clued-up about the facts about cancer, complete the quiz on our youth website whybother.org.uk/learn. If you have time, let us know what you think of our website and get a freebie (this will be sent to your school, so include your teacher's name as well as your own class and school address if you are under 16 years old). Mail your suggestions to Schools and Youth Team, Macmillan Cancer Support, 89 Albert Embankment, London SE1 7UQ.

Next ask pupils to talk and write down the kinds of things they can do to encourage their family and friends and the rest of the school to get healthy and fit and reduce the chance of getting ill. Encourage them to present their ideas in an interesting and engaging way. They could design posters to be displayed around the school, make up a role-play which mentions how Macmillan helps people living with cancer, or make up a sporting challenge or new game which could be incorporated into **The Big Sports Day** (Macmillan's fabulous fundraiser for schools). To find out more about The **Big Sports Day** and how your school can get involved, visit macmillan.org.uk or call **0845 601 1716**.

Answers to the resource sheet:

Look after your health resource sheet.

cigarettes
 cancer
 don't smoke
 fitness
 take regular exercise
 eat fruit and vegetables every day
 have a balanced diet
 use sunscreen
 avoid sitting out in the midday sun
 don't drink to get drunk
 be body aware
 Macmillan Cancer Support helps people living with cancer.

(If pupils are affected by cancer, either directly or indirectly, you can order our publication, *Talking to children when an adult has cancer* from macmillan.org.uk/publications. Alternatively, call our cancer support specialists on **0800 808 00 00** (Monday to Friday, 8am to 9pm).)

www.macmillan.org.uk/schools

