

KEY QUESTION:

How can I stay fit and healthy?

This 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

- website access – to know how Macmillan Cancer Support helps people living with cancer and to find out facts about cancer: macmillan.org.uk/schools
- print outs of resource sheet one, *What is cancer? The facts* from the KS4 *Cancertalk* teaching pack – available to download or order from macmillan.org.uk/schools, or by calling **0845 601 1716**.
- 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

Ask students to spend one minute writing down anything they know about cancer. Discuss their lists and then hand out the *Cancertalk* teaching pack resource sheet one. Read through the text together and ask the students to underline any new facts they have learnt.

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.

Your name:.....

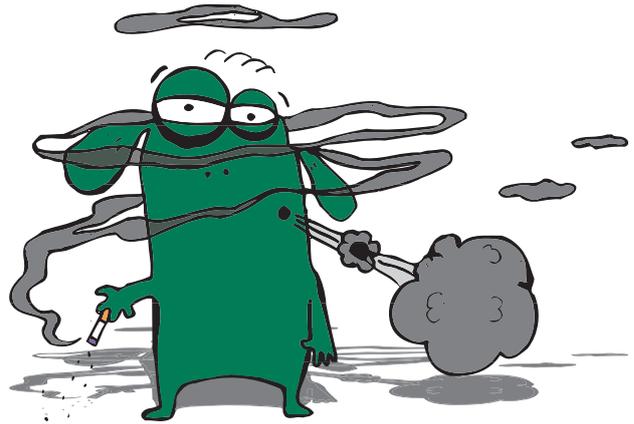
Activity:

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.

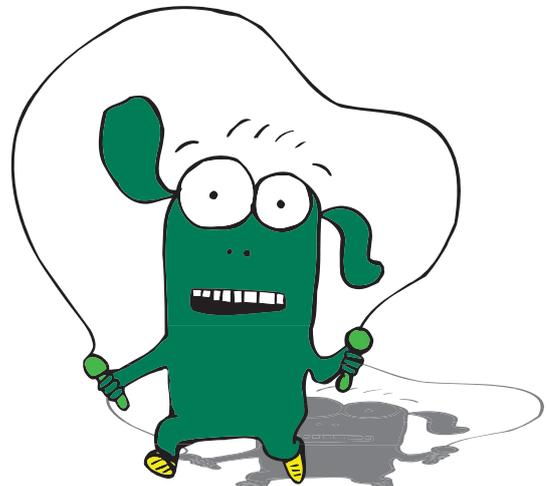
Don't smoke

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.



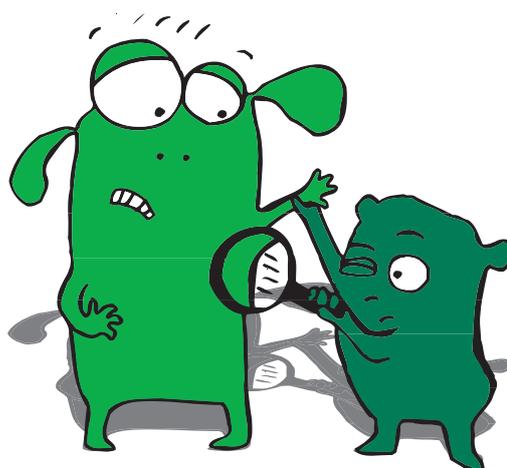
Take regular exercise

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



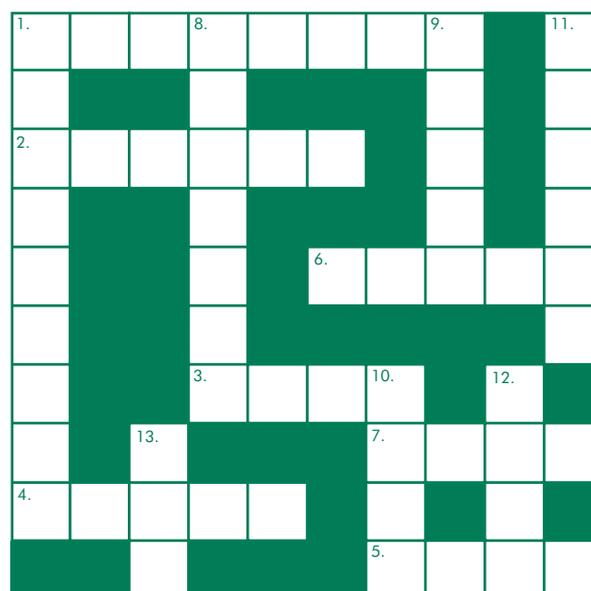
Macmillan Cancer Support helps people living with cancer. We provide expert care in many ways. Nobody knows exactly why some people get cancer and others do not. The chances of getting cancer vary from person to person – everything from age and lifestyle to genetics and our environment play a part. The bit you have most control over is your lifestyle. Try and complete the crossword on this sheet.

Clues across

1. The medical name for skin cancer. (8)
2. There are over 200 types of this illness. (6)
3. The most common type of cancer caused by smoking. (4)
4. A type of health specialist, of which there are over 2000 working for Macmillan. (5)
5. Macmillan campaigns against unfair heating charges for people with cancer, otherwise known as (4) poverty.
6. An hour of exercise every day will help prevent people from becoming what? (5)
7. Medical name for mouth. (4)

Clues down

1. The surname of the founder of our charity. (9)
8. You should only drink this in moderation, and only from the age of 16. (7)
9. One of these pieces of fruit will count towards your five a day. (5)
10. One of Macmillan's sporting fundraising events, held on the longest day of the year. (4)
11. The World's Biggest _____ Morning is Macmillan's largest fundraising event. (6)
12. Another word for 'look after/ support'. (4)
13. Another word for 'emotional tears'. (3)



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.

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 now will mean problems for the future. Then encourage them to complete the activity sheet.

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**.

(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

