

MR HEALTHY; LESSON PLAN



LESSON;	The RRSA!
AGE;	YRS 1,2,3,4,5 & 6.
AIMS;	To aid a school achieve the bronze, silver and gold rights respecting schools awards.
OBJECTIVES;	1) Define the RRSA, 2) name 8 children's rights. 3) Be able to appreciate their rights, 4) respect their rights and be responsible for them. 5) State 6 Chinese fruits. 6) Understand the role of UNICEF 7) Identify the difference between a want and a need. 8) Appreciate how another culture can move more and develop positive mental and physical well being.
FOOD FOCUS;	Chinese exotic fruits.

	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.00, 1 min	The toast, "to Hoi, and his rights", Lychee juice	5	Plastic cups, fruit juice
09.01, 1 min	The Karate kid crane "physallis"	5	
09.02, 3 mins	Screen 1 & 2 ; Do you know your rights challenge, name rights and the 3 Rs.	1&2	Rights sheets, pens , prizes
09.05, 5 mins	Bin your rights	1&2	Paper bin, prizes
09.10, 2 mins	Screen 3, 4 & 5; Intro to Hoi, his village and his home.	3 & 4	Projector, screen, prizes.
09.12, 5 mins	The Dragon dash	8	Red cones
09.17, 2 mins	Screen 6; What is the RRSA, who are UNICEF	1 & 6	Projector, screen, prizes.
09.19, 3 mins	Screen 7—11; Spot the fruit! (Q & A)	5	Projector, screen, prizes
09.22, 5 mins	The Rhambutin relay	8	Red cones, spoons, Rhambutin
09.27, 3 mins	Screen 12; Who protects your rights?	4	Projector, screen, prizes
09.30, 1 mins	Screen 13; Spot the landmark (Q&A)		Projector, screen, prizes
09.31, 4 mins	Screen 14; The thi chi tango	8	Projector, music
09.35, 2 mins	Screen 15; Do you know your rights? (Q & A)	3 & 4	Projector, screen, prizes

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TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.37, 5 mins	Screen 16; Is it a want or is it a need! game (Q & A)	7	Projector, screen, 2 chairs, acetates
09.42, 2 mins	Screen 17-21; Spot the UNICEF celeb? (Q & A)	6	Projector, screen, prizes
09.44, 6 mins	Screen 22: The Chinese whispers proverb game	5	Projector, screen, proverb cards, prizes
09.50, 3 mins	Screen 23: What is a refugee (Q& A)	3,4 & 6	Projector, screen, prizes,
09.53, 3 mins	Screen 24; Hoi	3 & 4	Projector, screen
09.56, 2 mins	Screen 25; The Respect, Rights, Responsibility recap! (Q & A)	3 & 4	Projector, screen, prizes,
09.58, 2 mins	Review & Revision	1-8	
	Extension Exercise;		
3 mins	Chinese crab crawl	8	Red cones
4 mins	Mindfull meditation	8	Music
6 mins	Szechuan noodle, Eggs..traordinary Eggs..ercise, Chopstick challenge	8	Screen, recipe, sheets, pens, bin, cones, Chopsticks