

**Goals of Diabetes Lesson Plans**

**14-15 years**

**Healthy Bodies**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 14-15y** |
| **Topic: Exercise**  **Delivered by Dietitian** |  |
| **Title of session:**  **Healthy bodies** | **Timing of session:**  **Approx 28 mins** |

**Aim of session:**

Appreciate exercise as part of diabetes treatment

Understand effect of exercise for cardiovascular health and relate to diabetes

Understand effect of exercise on BG levels

**Learning Objectives:**

Do I know how much activity/exercise I need to do every day?

Do I know the beneficial effects of exercise on physical and mental health?

Can I describe the effects of exercise on BG levels and precautions to prevent hypo?

**Assessment for Learning (AfL) activities built into session:**

Identify screening tests for heart health

Complete exercise scenarios in pairs

Create personal activity plan to achieve 60 mins/day

**Evaluation activities to be built into session:**

Personal exercise plan

Compare activity levels with peers

**Materials/resources needed:**

Flipchart and pens for activity list

Exercise scenarios – attached

Blocked artery pictures or models

Drawing pens and post its

Access to DigiBete Goals of Diabetes Videos

**Exercise scenarios:Copy of sets to give each pair**

**Scenario 1**

**School PE lesson, 3rd period, after morning break (10.45 – 11.45am)**

What would you need to do? Tick all that apply

Have usual breakfast with reduced insulin

Take PE kit to school

Have a 10g snack at break with no insulin

Check BG at break

Check BG before PE

Have a bigger snack at break with normal insulin

Have a bigger snack at break with reduced insulin

Take hypo treatment to games pitch

Leave hypo treatment in changing rooms

Check BG after PE

Check BG before lunch

Eat lunch with usual insulin

Eat lunch with reduced insulin

Miss lunch to do lunchtime activity club

**Scenario 2**

**Walking dog after school (30 mins)**

What would you need to do? Tick all that apply

Eat 10g snack after school with no insulin

Eat bigger snack after school with usual insulin

Eat bigger snack after school with reduced insulin

Check BG before dog walk

Take poo bags/dog treats

Take hypo treatment

Take BG testing kit

Take mobile phone

Check BG after walk

Check BG before tea

Eat tea with usual insulin

Eat tea with reduced insulin

**Scenario 3**

**Outside football training, evening (7.30 – 9.00pm)**

What would you do? Tick all that apply

Eat snack with usual insulin

Eat snack with reduced insulin

Eat tea with usual insulin

Eat tea with reduced insulin

Check BG before snack/tea

Check BG before football training

Check BG during football training

Check BG after football training

Take hypo treatment to training

Take water to training

Take sports drink to training

Eat supper with usual insulin

Eat supper with reduced insulin

Eat supper with increased insulin

Supper: Toast and jam OR toast and peanut butter?

Reduce insulin overnight

Increase insulin overnight

**Scenario 4**

**Jump Arena trampolining party (60 mins, 2.00-3.00pm)**

What would you do? Tick all that apply

Eat lunch at 12.30 usual insulin

Eat lunch at 12.30 reduced insulin

Check BG before lunch

Check BG before party

Take hypo treatment to party

Take BG kit to party

Take present to party

Take sweets to party

Take sports drink to party

Eat snack after with usual insulin

Eat snack after with reduced insulin

Check BG after party

Check BG before tea

Eat tea with usual insulin

Eat tea with reduced insulin

Usual overnight insulin

Reduced overnight insulin

**Scenario 5**

**Saturday afternoon trip into town with friends (2.00 – 5.00pm)**

What would you do? Tick all that apply

Eat food before leaving home

Give usual fast acting insulin

Give more fast acting insulin

Give less fast acting insulin

Take insulin pen/pump + BG kit

Go to lots of different shops

Have smoothie/milkshake/bubble tea/frappucino without insulin as a snack

Have smoothie/milkshake/bubble tea/frappucino with insulin as a snack

Have a different snack

Buy a sugar free drink

Have tea at home with usual insulin

Have tea at home with less insulin

**Scenario 6**

**Weight session at gym with friends (60 mins, 5.00 – 6.00pm)**

What would you do? Tick all that apply

Test BG before you go

Have a snack with insulin before you go

Have a snack without insulin before you go

Take water to drink

Take sports drink to drink

Take protein shake to drink

Take BG kit with you

Test BG when you get back

Have tea with usual insulin

Have tea with reduced insulin

Have tea with more insulin

Reduce overnight long acting insulin

Normal overnight long acting insulin

**Evaluation action plan: Examples**

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| **What I could do (activity)** | **How often?** | **How long** | **Who/what do I need to help?** |
| Go swimming | Once a week | 45 mins | Friend to come with |
| Walk home from school | 5 x week | 30 mins | Friend to come with |
| Skipping in garden | 3 x week | 10 mins | Skipping rope |

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 3 min  5 mins | Q: How much exercise/activity should young people do every day? WHY?  Heart health (heart is a muscle that needs exercise), strong muscles and bones, healthy weight, helps sleep, co-ordination, independence, social, releases ‘happy hormones’ so good for mental health  Lowers BG, makes insulin work better, reduces cholesterol  It is an essential part of diabetes treatment like insulin and good food choices  Important in prevention of cardiovascular disease – diabetes is a risk factor in heart disease in young age  Show model/pictures of blocked arteries, plaque build up  Exercise helps to prevent this  Q: What screening tests do we do to check on CVD risks?  Cholesterol, triglycerides, BP, weight | Listen to responses  (minimum of 60 mins/day, can be cumulative)  Listen to responses  Pictures of gradually blocked arteries/model of same  Flipchart and pens |
| 4 mins  3 mins  5 mins | Q: What activities/exercise do you do already? Or what counts as exercise?  YP to write randomly on flipchart  Encourage with suggestions of non-sports – add these if lacking  What effect does exercise have on BG levels?  Can be high or low depending on type of exercise  Educator to explain difference between aerobic and anaerobic exercise and give examples  Q: What might you do to prevent hypo?   1. Test BG more frequently 2. Reduce insulin before/after if possible 3. Have a snack before/during/after as needed 4. Protein as well as carbs   In pairs, work on exercise scenarios – 1 each pair  Each pair to feedback answers in feedback session – can see other scenarios | Flipchart and pens  Listen to responses  Listen to responses  Provide scenarios – attached  Each pair to have copies of all, but only work on one |
| 5 mins | Summary:  Watch G of D DigiBete 14-15y exercise videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 3 min | Evaluation:  Think about what activities/exercise you already do – what is your own individual action plan for doing more if needed  Amongst this group where would you place yourself for activity – top, middle, bottom? | Create action plan on paper |