



Goals of Diabetes Lesson Plans

12-13 years

Healthy Lifestyles

Goals of Diabetes Lesson Plans	Age Group: 12-13yrs
Topic: Exercise, smoking, alcohol. (Delivered by Dietitian/Nurse)	
Title of session: Healthy Lifestyles	Timing of session: Approx 30mins

Aim of session:

- Appreciate exercise as part of diabetes treatment.
- Understand the effects of exercise on BG levels.
- Relate detrimental effects of smoking to diabetes.
- Understand effects of alcohol on BG levels.

Learning Objectives:

- Do I know the minimum levels of activity/exercise per day?
- Can I describe potential effects of exercise on BG levels and precautions to prevent hypo?
- Can I describe the effects of smoking on diabetes and wider health?
- Do I know basic safety measures around drinking alcohol?

Assessment for Learning (AfL) activities built into session:

- Complete exercise scenarios in pairs.
- Pros/cons of smoking/vaping - individual.
- Alcohol awareness safety check.

Evaluation activities to be built into session:

- Paired tasks.
- Post it – identify new activities.

Materials/resources needed:

- Flip chart and pens – activity list.
- Exercise scenarios (attached examples) or flashcards with stages of preparation.
- Drawing pens/post its.
- Access to DigiBete Goals of Diabetes Videos (exercise, smoking, alcohol).

Exercise Scenarios

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 glucose at break.
- Check glucose before PE.
- Have a bigger snack at break with normal insulin.
- Have a bigger snack at break with reduced insulin.
- Take pump off.
- Set reduced basal rate at breaktime.
- Set exercise target at breaktime.
- Take hypo treatment to games pitch.
- Leave hypo treatment in changing rooms.
- Check glucose after PE.
- Check glucose 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 glucose before dog walk.
- Take pump off.
- Take poo bags/dog treats.
- Take hypo treatment.
- Take glucose checking kit.
- Take mobile phone.
- Check glucose after walk.
- Check glucose before tea.
- Eat tea with usual insulin.
- Eat tea with reduced insulin.

Scenario 3

Outside football training, evening (7.30 – 9.00pm), teatime 6.00pm

What would you need to 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 glucose before snack/tea.
- Check glucose before football training.
- Check glucose during football training.
- Check glucose after football training.
- Take pump off after tea.
- Set lower basal rate at teatime.
- Set exercise target at teatime.
- Take phone to 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 OR cheese on toast?
- Reduce insulin overnight.
- Increase insulin overnight.

Scenario 4

Jump Arena trampolining party (60 mins, 2.00-3.00pm), teatime 5.30pm

What would you need to do? Tick all that apply.

- Eat lunch at 12.30 usual insulin.
- Eat lunch at 12.30 reduced insulin.
- Check glucose before lunch.
- Check glucose before party.
- Take hypo treatment to party.
- Take BG checking kit to party.
- Take sweets to party.
- Take sports drink to party.
- Eat snack after with usual insulin.
- Eat snack after with reduced insulin.
- Check glucose after party.
- Check glucose 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 need to 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 + glucose kit.
- Take phone.
- Go to lots of different shops.
- Have smoothie/milkshake/bubble tea/frappucino without insulin as a snack.
- Buy a sugar free drink.
- Have tea at home with usual insulin.
- Have tea at home with less insulin.

Time	Session Content/ Taught Content	Resources Needed
1 min	<p>Q: How much activity/exercise should young people do every day?</p>	<p>Listen to responses.</p>
2 mins	<p>Minimum of 60 minutes/day, can be cumulative.</p> <p>Q: Why?</p> <p>Heart health, strong muscles and bones, healthy weight, helps sleep, co-ordination, social, mental health.</p>	<p>Flip chart to write reasons. Show Govt informatic picture of why 60 mins activity.</p>
5 mins	<p>Is an important part of diabetes treatment like insulin and healthy food choices.</p> <p>What activities/exercise do you do, or what would you count as exercise?</p> <p>YP to write randomly on areas of flip chart.</p> <p>Encourage with suggestions of non-sports activity (walking to school, walking dog, dancing in bedroom) as well as sports.</p> <p>Q: What effect does exercise have on BG levels?</p> <p>Acknowledge that glucose can go up as well as down.</p> <p>What might you do to prevent hypo?</p> <ol style="list-style-type: none"> 1. Check glucose more frequently. 2. Reduce insulin before/after if possible. 3. Have snack before/after. 4. Protein as well as carbs afterwards. 	<p>Flip chart and marker pens.</p> <p>Listen to responses – add to list if sparse.</p> <p>Listen to responses.</p>
5 mins	<p>Task: In pairs, work on 1 exercise scenario – try and match scenario with level of exercise they have said they do.</p> <p>Supervision from educator.</p> <p>Share answers for general discussion when each pair have completed one.</p>	<p>Exercise scenarios (attached).</p> <p>Listen to responses and feedback.</p>

Time	Session Content/ Taught Content	Resources Needed
<p>3 mins</p> <p>2 mins</p> <p>5 mins</p>	<p>Q: Who knows someone who smokes/vapes? On a piece of paper, write a list of the pros and cons for smoking or vaping (plusses and minuses) – complete individually. Discuss answers as a group and challenge answers if required When you have diabetes, smoking is a really bad idea. It increases your chance of heart disease and damaging blood vessels. Damaged blood vessels are what affects eyes, feet, kidneys etc. Vaping may be 'safer' but the long term risks of this are emerging, particularly for young people.</p> <p>Q: How old do you have to be to legally drink alcohol? Clarify rules re purchasing alcohol, drinking at home with family, with meals etc. Not recommended that anyone under 15y drink alcohol as it is a poison to the body, but sometimes people do.</p> <p>Q: What can alcohol do to BG levels? Can initially raise glucose levels. Eventually lowers glucose levels. If drunk it can be like a hypo. If drunk might not check glucose levels. Drink alcohol with food. Check glucose level before bed.</p>	<p>Show of hands. Paper and pen.</p> <p>Group discussion.</p> <p>Listen to responses – assess what YP know, if anything about effects of alcohol or any experiences so far.</p>
<p>5 mins</p>	<p>Summary: Watch G of D DigiBete 12-13 exercise, alcohol, smoking videos to summarise and revise tasks.</p>	<p>Access to website with screen + projector/tablets/laptops or phone app.</p>
<p>1 min</p>	<p>Evaluation: Choose a new activity/exercise to do in the next few weeks OR how to achieve 60 mins/day if not doing.</p>	<p>Post it promise (promise to self).</p>