



Goals of Diabetes Lesson Plans

10-11 years

Ups and Downs of Diabetes

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| Goals of Diabetes Lesson Plans | Age Group: 10-11yrs |
| Topic: Hypos, Hypers, Exercise (Delivered by Nurse/Dietitian) | |
| Title of session: Ups and Downs of Diabetes | Timing of session: Approx 35mins |

Aim of session:

- Develop understanding of what glucose numbers are out of target (high and low).
- How they might feel with glucose levels out of target.
- Learn about potential causes of high and low numbers.
- Learn how to treat a low glucose level.
- How exercise/activity might affect glucose levels.

Learning Objectives:

- Do I know what BG level counts as high or low?
- Can I describe my own hypo treatment and how to correctly treat?
- Can I identify some potential causes of low and high BG?
- Do I know why exercise is good for health?
- Do I know how to prepare for exercise?

Assessment for Learning (AfL) activities built into session:



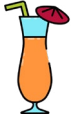






- Sharing experiences of low BG.
- Highs and lows quiz.
- Review of correct hypo treatment procedure.
- Sharing activities they participate in.

Evaluation activities to be built into session:

- Partner talk (peer assessment)
- Something new I learned today...

Materials/resources needed:

- Post it notes – different colours.
- High/low quiz (attached).
- Cards with correct stages of hypo tx (to sort into correct sequence).
- Flip charts.
- Access to DigiBete Goals of Diabetes Videos.

| | High | Low | Either | Don't know |
|--|------|-----|--------|------------|
| Giving too much insulin with a meal  | | | | |
| Exercise  | | | | |
| Missing insulin  | | | | |
| Guessing carbs in a meal  | | | | |
| Alcohol  | | | | |
| Exam stress  | | | | |
| Growing  | | | | |
| Hot holiday  | | | | |
| Cold holiday  | | | | |
| Not rotating Injection/pump sites  | | | | |
| Snacking without insulin  | | | | |
| Not giving enough insulin with a meal  | | | | |

| Time | Session Content/ Taught Content | Resources Needed |
|--------|---|--|
| 4 mins | <p>Is fun, social, meet new people, good for heart health, strong bones and muscles, healthy weight, can make insulin work better, lowers BG Important part of diabetes management Q: What activities/sports do you do? Aiming for 60 minutes every day Q: How do you prepare for planned exercise? Reduce insulin – parents role, less insulin meal before, use TBR reduction or set exercise mode (if on pump) Small snacks may be needed if insulin not reduced or exercise for long time</p> | <p>Share activities on flip chart, add others including non-sports. Share ideas for hypo prevention – reduced insulin and/or snacks. Show examples of 5-10g exercise snacks. -small apple, Satsuma, box of raisins, fruit bag. -Jaffa cake, pink wafer, party ring. - rice cakes, skips/quavers. - tube yogurt, small fromage frais.</p> |
| 8mins | <p>Summary: Watch G of D DigiBete 10-11 hyper, hypo, exercise videos to summarise and revise tasks. Play DigiBete hypo/hyperspace game.</p> | <p>Access to website with screen + projector/tablets/laptops.</p> |
| 1min | <p>Evaluation: Share one new thing you have learned today.</p> | |