



Understanding Cardiovascular Disease

Lesson plan

<p>Starter activity</p> <p>Students answer the question ‘What is cardiovascular disease?’ and name any specific diseases they can think of.</p> <p>Elicit the following: stroke, arrhythmia, cardiomyopathies, cardiac failure and angina (information from Step 1.6 can help with this).</p>	<p>Learning objectives</p> <ul style="list-style-type: none"> • To consider some of the different types of cardiovascular disease. • To identify the causes and factors which contribute to CVD. • To analyse preventative measures of CVD and the extent to which they reduce risk.
<p>Main activities</p> <p>The class attempts to list as many causes or contributing factors to CVD as they can think of in a discussion guided by the teacher (using information from Step 1.8, draw out any factors that are not named). Put each factor on a post-it note on the board.</p> <p>Once they have made the list, collect the post-its and draw two columns on the board: ‘modifiable’ and ‘non-modifiable’. Taking each factor in turn, the class discusses each of the factors and then decides which can be controlled by an individual, and which cannot.</p> <p>Divide the class into small groups and ask each group to copy down the ‘modifiable’ factors column from the board. Now, ask each group to look at each of the factors and brainstorm specific measures or activities that may help to prevent CVD (information from Step 1.10 can be used to guide students). They should consider to what extent each preventative measure would have an effect on the risk of CVD.</p>	<p>Resources required</p> <ol style="list-style-type: none"> 1. Post-it notes, pens and whiteboard. 2. Paper for group work. <p>Assessment for Learning</p> <p>Lists of factors and preventative measures identified. Contributions to class discussions.</p> <p>Differentiation</p> <p>SEND: Teacher-led support. Low ability: Peer-learning. Gifted and Talented: Peer-teaching.</p> <p>Plenary</p> <p>Hold a class discussion considering the following question:</p> <ul style="list-style-type: none"> • If you were to plan a new health promotion campaign to raise awareness of risk factors for cardiovascular disease, what lifestyle changes would you prioritise in the campaign? <p>Students can debate and make arguments for prioritising specific lifestyle changes. Hold a vote at the end to decide on one priority for the class.</p>