



Lesson Plan: FEET INVESTIGATION

Note: for more details see the learning resource PDF.
All worksheets are available on our website.

Total Duration:
½ a day.

Lesson Objectives:

- Develop observational skills and encourage children to draw simple conclusions from their observations using scientific language.
- Children will understand how to use the data they have gathered to recognise an effect.

Activity: Starter	10 mins		Notes:
<ul style="list-style-type: none"> In pairs discuss how terrain could affect foot flexibility, Play intro film. 	Materials: 	Web resources: Film: Introduction to Feet Web: Classroom Presentation	
Activity: Measuring Foot Flexibility <ul style="list-style-type: none"> Play the relevant how-to film for the activity. Split children into pairs and have them measure each other's left foot both sitting and standing and take the measurements outlined on the lesson resource. Calculate AHI (Arch Height Index) both sitting and standing (See full lesson resource for instructions). Use these figures to calculate foot flexibility. 	2 Hours Materials: <ul style="list-style-type: none"> 2 x sheets of A4 Paper 2 x 30cm Rulers 1 x Pencil Guide on the measurements we are looking for (Found in the main resource.) Calculator to calculate Arch Height Index 	Web resources: How to films: bbc.co.uk/guides/zwfp7p3	Notes:
Activity: Plenary <p>Share the class results.</p> <p>Lead a class discussion based around the questions:</p> <ul style="list-style-type: none"> How does local terrain affect foot flexibility? How do you think this has changed over the years? Have a look at the cross-curricular activity document and see what else you can do in other topics to support this investigation. 	10 mins Materials: <ul style="list-style-type: none"> Class results sheet printed or displayed on IWB 	Web resources: <ul style="list-style-type: none"> Pupil Measurement sheet BBC Terrific Scientific Map 	Use the class results and worksheet to help the children answer the questions about the investigation. Compare your class results to others across the UK using the BBC map.