



## 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.

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