

CF is for Cystic Fibrosis

KS2 Lesson Plan Science Health Education PSHE

Learning objectives

- * To learn about the condition cystic fibrosis (CF).
- * To understand how cystic fibrosis affects the body.
- * To learn about what life is like for children living with cystic fibrosis.

Resources required

- * Lesson Presentation
- * C Is for Cystic Fibrosis Quiz
- * An A to Z of CF Handout
- * Living with Cystic Fibrosis Activity Sheet, if required

Key vocabulary

Cystic fibrosis, lungs, digestive system, mucus, disease, condition, cough, medicine, tablets, treatment, nebuliser, stethoscope, antibiotics, infections, Creon, enzymes, fat, protein, vitamins, minerals, exercise, x-ray, physio (physiotherapy)

Prior learning

Your class may have already learnt about the digestive system in science (Y4). They may also have some knowledge and understanding about the lungs and other internal organs. You can build on children's prior learning and make links where relevant.

Special considerations

We know that CF is often discussed in schools when teaching about genetics and genetic conditions. If you have a child with CF in your class, this lesson could be difficult for them. Equally, they may wish to share their knowledge and experiences. We've created a [factsheet for teachers](#) full of important information that can help you with teaching a lesson on CF.

Be mindful of the fact that some children may share details of their health conditions (CF and other conditions) during discussion and group work activities. Consider how you will support any students who may find the content of this lesson challenging, in line with your school policy. This may include signposting students to external organisations.

Time	Main activity	Notes and key questions
10 mins	<p>Use the Lesson Presentation to introduce the lesson and what the children will be learning about today.</p> <p>Read through the information about cystic fibrosis and how it affects the body on slides 3 and 4.</p>	Using the questions on slide 4, ask children what they already know and understand about the lungs and the digestive system.
10 mins	<p>Show children the 'A to Z of Cystic Fibrosis' video on slide 5. Pause if necessary to further explain any parts of the video or to answer questions your class may have.</p> <p>Share the information on slide 6 about the treatments for CF. Ensure children appreciate that everyone is different and that people with CF receive treatment that is right for them.</p>	Some children may like to discuss medicines they take or treatments they receive for conditions they have.

Time	Main activity	Notes and key questions
20 mins	<p>Provide the children with the C Is for Cystic Fibrosis Quiz and the A to Z of CF Handouts.</p> <p>Go through the questions and answers as a class, addressing any misconceptions or misunderstandings. Ask children if there is anything else they would like to know about CF. If they ask questions that you feel unable to answer, let them know that you will aim to find out the answer and get back to them about it.</p>	<p>Children could work in pairs or small groups to discuss the answers to the questions on their quiz sheets.</p>
10 mins	<p>Ask children to discuss in their groups what they think it might be like to live with CF. Encourage empathy and understanding using what they have learnt in the lesson. Some children may be able to draw from personal experience of other medical conditions they know about and how those people might need support.</p>	<p>How might a child with CF feel? What does a child with CF have to do each day that you don't have to do?</p>
10 mins	<p>To further support the children's understanding of the condition, watch the video 'CF: What's it all about?' on slide 10.</p> <p>Discuss the video and the children who are featured in it.</p>	<p>Encourage children to discuss what they learnt from this video. This video is also used in the Primary Assembly.</p>

Lesson reflections / next steps / teacher notes

Assessment criteria

- Can children answer questions about cystic fibrosis?
- Can children describe what CF is and how it affects people with the condition?
- Can children explain what living with CF might be like, comparing it with their own lives?

Further learning opportunities

- Children might enjoy the activities on our [website](#).
 - They can create their own shoebox theatre and put on a show.
 - They can play the board game 'A Day in my World' to learn more about CF.
 - They can fill in an activity sheet all about themselves.
 - They can colour in the characters from the video 'CF: What's it all about?'

Home learning opportunities

- Children could complete the **Living with Cystic Fibrosis Activity Sheet** as a home learning activity. They could share what they have learnt with family members.