

Napo for teachers



Be Body Wise with Napo: Back

Scene URL: <https://prod.napofilm.net/en/learning-with-napo/napo-for-teachers/be-body-wise-napo-back>

Introductory text

This toolkit introduces the importance of protecting the skin and back from simple, everyday risks. Through a series of tasks and activities, the toolkits aim to help children recognise risk to physical health and safety from avoidable behaviour, to predict similar risks in new situations and to explain how to avoid such risks.

Learning Objectives

- To recognise risks to physical health and safety
- To predict similar risks in new situations
- To explain how to avoid such risks

Starter

5 minutes

Possible activities are:

- Show a picture or photograph of a skeleton

Pupils have to estimate an answer to this question – How many bones are in our bodies? (Answer: 280 bones)

- Discuss with the children if they (or their parents) have ever experienced backproblems

Activities

40/45 minutes

Watch the Napo clip provided with this session from the film: [Lighten the Load](#)

Divide and rule

Think to move

Hold me tight

PC scene

- Discussion about our bodies and how vulnerable they can be to damage through sitting, lifting, standing incor- rectly. Think about ways we can protect our backs from getting damaged by

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avoiding these risks. On the body shape template place the warnings about risks to the back and advice on how to keep healthy.

EXTENSION WORK-Napo's Hazard Holiday

Write or act out a story about when Napo goes on a holiday and learns about the risks to his body with specific reference to the back.

This could include:

- Picking up a heavy suitcase
- Playing too long on a computer game

Assessment

Each pupil tells the class what it means to be body wise with specific reference to the back and gives examples.

Test how far pupils have met the learning objectives using the continuum below.

Teacher and students assess their learning using this tool:

- **Gold:** I can explain at least three types of risk to my back and how to prevent it.
- **Silver:** I can explain two types of risk to my back and how to prevent it.
- **Bronze:** I can explain one type of risk to my back and how to prevent it.

Resources required

- Large body shape template
- Plain white paper and pencils
- Warning signs e.g. don't slouch at the computer
- Good advice to stick on body template e.g. sit up straight
- Help sheet for teachers: back related risks
- [Be Body Wise with Napo: Back](#)

To download the provided resources, go to: [Resource library](#)

Links to subject/curriculum

Personal, social and health education

Rules for and ways of keeping safe

To evaluate risks to personal health and limit them where possible

Physical Education

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To assess the risk within any physical activity and respond with preventive behaviours

Science

To recognise warning signs and labels and take notice of them

Citizenship/Education for civil life

To recognise hazards, assess consequent risks and risk control

Foreign/Native Language

Writing simple sentences to complete a story with a beginning, middle and end structure