

Being Healthy

Approach: One to one

Level: Year 4 and year 8

Resources: None

<i>Questions/instructions</i>	% responses			% responses	
	y4	y8		y4	y8
1. I would like you to think about what a person needs to do to be really healthy. Tell me as many things as you can think of and I will record them for you.					
As the student says each idea, write it down on the recording sheet (abbreviated where appropriate) and read aloud. Where two or more ideas are given as one, suggest that they be written separately.					
Category of ideas:					
food and diet: >2	27	23	food and diet	76	56
2	41	39	physical activity	13	21
1	31	38	accident/illness prevention	6	10
0	1	1	other	5	13
physical activity: >2	11	12			
2	30	33			
1	41	51			
0	18	4			
personal hygiene: >1	6	8			
1	9	15			
0	85	77			
accident/illness prevention: >1	8	17			
1	11	20			
0	81	63			
socialisation and relationships: >1	0	1			
1	2	5			
0	98	94			
intellectual/emotional/spiritual needs: >1	0	2			
1	5	11			
0	95	87			
balanced lifestyle: >1	3	6			
1	12	30			
0	85	64			
			3. Why do you think that is most important?		
			Responses too complex to be summarised here.		

Commentary

Overwhelmingly, both year 4 and year 8 students emphasised physical aspects of health. Socialisation, relationships and intellectual, emotional and spiritual needs were rarely mentioned in students responses.