

ACCLIMATISING - HEALTH -

CURRICULUM AREA: HEALTH & PHYSICAL EDUCATION

TARGET YEAR LEVEL/S: Years 6 – 7

CLASS TIME: 40 minutes

LESSON BACKGROUND

In the harsh freezing climate of Victoria Island, Chris & Clark's bodies will experience conditions that they will not be used to. In this lesson, students will learn about the process of 'Acclimatisation', which is vital for sustaining through the conditions of the Arctic circle.

OUTCOMES

- The student uses basic self-management skills and considers longer-term consequences to meet personal health and physical activity needs.

PREPARATION

- Container of cold water (best straight out of the fridge)
- A3 paper

STUDENT ACTIVITY

- 1) Introduce students to the topic by asking "who has dived straight into the water on an average day at the beach, and realised that the water is immediately cold... but after a minute or so, you are comfortable and don't feel cold anymore?"... why do you think this is?
- 2) Choose one of the students in the class to place their hand in the container of cold water. How long can they keep it in there?... Try again. Can you keep it in for longer now? Why?
- 3) Explain to students that this process is a quick example of the body ACCLIMATISING to cold conditions. Relate this to C&C's situation...
- 4) Ask students to brainstorm on the A3 piece of paper with a partner all the possible ways that C&C could acclimatise their body for the conditions prior to their journey.
- 5) Share ideas with the rest of the class.

EXTENSION

Students can explore ways of acclimatising for other conditions, such as desert, high altitude, and low gravity (space).