

Teacher Notes (Upper Key Stage 2)

Lila chats to Alexandra the Doctor



Alexandra is a doctor. Doctors are people who practise medicine. Doctors are trained to keep people healthy and to heal people when they are unwell. There are many parts to a doctor's job. Doctors first need to identify what is making a person sick. Then they decide on a treatment.

Other related jobs:

General Practice Doctor

Nurse

Radiologist (x-rays)

Health Journalist

Medical Photographer

Pharmaceutical Researcher



Guided Reflection – to structure a conversation after the film



- ☐ What was the most interesting thing you found out from Alexandra?
- ☐ What did you like about Alexandra's job?
- ☐ What would you enjoy most about Alexandra's job and what would you find most difficult?
- ☐ What have you learnt about being a Doctor?
- ☐ How might you go about becoming a Doctor?



5
mins

Discover & Do Activities – to run alongside the Discover & Do printed worksheets

Activity 1 – Were you listening carefully?



10
mins



In this activity, pupils apply Steps 5 and 6 of Listening from the Skills Builder Framework.
Listening Step 5: I can listen to extended talk and identify the key information I need.
Listening Step 6: I can take part and respond in a group discussion.

Share the definition: "Listening is the receiving, retaining and processing of information or ideas".

Using the Discover & Do worksheet, ask pupils to:

- ☐ Fill in the missing information in the sentences about Alexandra
- ☐ Tell a partner what surprised them most about Alexandra, her job and the skills she used

Activity 2 – Healthy living artwork

In this activity, pupils will work as a team.



15-20
mins

Ask pupils to create a piece of artwork to share something that helps them to have a healthy lifestyle. It might be their: favourite food, hobby or anything they do in and outside of school, e.g. 1K a day, PE and mindfulness. Pupils could draw, paint or use collage to create their artwork. You could share, celebrate and collate the examples and share how your group aims to maintain a healthy lifestyle.



Reflection Question: Why is it important for doctors to encourage people to be healthy?

Activity 3 – Looking to the future

In this activity, pupils will reflect upon their goals and ambitions for the future.



Extended
project

Ask each pupil to reflect and record their goal or ambition for the future. This could be long term, for their career or short term, thinking about the school term or school year ahead (agree the focus as a class). Ask pupils to write down their goals and decorate them. You could ask them to bring in their goals and fill a group time capsule with them. This is something you could revisit at the end of term or end of year if appropriate.



Reflection Question: How has setting goals helped Alexandra achieve what she wanted to?