

# Step into The NHS KS1 starter pack Teacher Guidance



This short KS1 lesson introduces Year 2 pupils (final year of KS1) to the NHS, the wide range of people who work within it, and to plant the seed for the Step into the NHS competition, which pupils will be eligible to enter when they move into KS2 the following year.

This resource helps you meet your wider career objectives, supporting you to prepare pupils for the opportunities, responsibilities and experiences of later life, by making them aware of the job roles that will be available to them in the future.

The PowerPoint can be delivered in 30–45 minutes and works well as a whole class lesson with paired talk and hands-up activities.

The lesson is exploratory, discussion-based and creative. It does not require pupils to plan or create a competition entry at this stage. Instead, it focuses on:

- Helping pupils understand what the NHS is and why it is important
- Showing that there are many different roles in the NHS, not just doctors and nurses
- Challenging stereotypes about who can work in the NHS
- Building curiosity and excitement about the Step into the NHS competition they can take part in next year

## About the Step into The NHS competition

Step into the NHS is a national competition run by the NHS for KS2 and KS3 pupils.

When pupils reach KS2, they will be invited to:

- Explore up to three different NHS roles
- Create a piece of work that showcases what they have learned about those roles
- Choose any format for their entry, such as a poster, model, presentation, video, song, poem, animation or artwork

Teachers and pupils can also:

- View previous winning and shortlisted entries via the [online gallery](#), which helps pupils see what is possible and sparks ideas

## Slide by slide teacher guidance

### Slide 1: KS1 starter activity – Step into the NHS

Purpose: Set the scene and introduce the session.

**Teacher instructions:**

- Explain that today pupils will be learning about the NHS and the people who work there
- Let pupils know that next year, when they are in KS2, they will be able to take part in a special NHS competition
- Reassure pupils that today is about learning and having fun, not about entering the competition yet

### Slides 2-4: Introducing the NHS – Did you know?

Purpose: Build understanding of what the NHS is and introduce a range of job roles.

**Teacher instructions:**

- Share the definition of the NHS with pupils
- Emphasise that the NHS helps people stay healthy and gives care for free
- Ask pupils to look carefully at the images on slide 3
- In pairs or as a class, ask pupils to match the images to the correct job titles.

**Challenge activity:**

- Ask pupils if they can think of any other jobs that might exist in the NHS

**Teacher support notes (optional definitions):**

- Paramedic: helps people in emergencies and travels in an ambulance
- Dentist: looks after people's teeth
- Pharmacist: gives out medicines and explains how to take them safely
- Chef: prepares food for patients and staff
- Cleaner/Laundry assistant: keeps hospitals clean and safe
- Gardener: looks after outdoor spaces at hospitals

**Slide 4: Reveal the answers**

### Slides 5-6: Match the NHS worker to a tool they use

Purpose: Help pupils understand what different NHS workers do day to day.

**Teacher instructions:**

- Explain that NHS workers use different tools to do their jobs
- Invite pupils to suggest which tool matches each worker
- You can:
  - Draw lines on the board
  - Ask pupils to point
  - Take hands-up responses

**Correct matches (for teacher reference):**

- Paramedic > stretcher
- Nurse > syringe
- Dentist > teeth cleaning kit
- Pharmacist > medicine
- Chef > cookbook
- Gardener > shovel
- IT specialist > computer
- The cleaner's tools are missing.

**Slide 6: Reveal the answers**

## Slides 7-17: True or False activity

Purpose: Challenge stereotypes and reinforce key messages.

### Teacher instructions:

- Read each statement aloud one at a time
- Ask pupils to show:
  - Thumbs up for TRUE
  - Thumbs down for FALSE
- Reveal and read the explanation together

- Take time to discuss why the statement is true or false

### Key messages to reinforce:

- Anyone can work in the NHS
- The NHS needs people with many different interests and skills
- NHS staff work in many places, not just hospitals

## Slides 18-19: Introducing the Step into the NHS competition

Purpose: Build excitement for the future competition.

### Teacher instructions:

- Explain that when pupils move into KS2, they can enter the Step into the NHS competition

- Highlight that pupils can explore up to three NHS jobs
- Emphasise creativity – there is no single 'right' way to enter
- Watch the short video together on slide 19 if time allows

## Slides 20-25: Looking at previous entries

Purpose: Show what pupils might create in the future.

### Teacher instructions:

- Explain that these are examples from pupils who have entered the competition before

- Run through the entries on each slide and once reaching slide 25, in pairs, ask pupils to choose a favourite
- Prompt discussion using simple questions:
  - What do you like about it?
  - What NHS job does it show?
  - What colours or ideas stand out?

## Slide 26: Colour in an NHS worker (final activity)

Purpose: Reinforce learning through a creative, age appropriate task.

### Teacher instructions:

- Give pupils one of the NHS worker colouring sheets which has an outline of an NHS worker and a tool they might use

- Ask pupils to colour carefully
- Support pupils to complete the sentence:

**"A fun fact I learnt about the NHS: ..."**

You could display finished work in the classroom or corridor as an NHS jobs wall to celebrate learning.