



*John Wesley*  
The Museum of Methodism  
& John Wesley's House



Outreach Programme

# About our Outreach

If you can't make it to us we can bring our exciting outreach workshops to you.

Each session is designed to help students understand how and why John Wesley wanted to change the world around him for the better. They explore life in Georgian London, how people lived and John Wesley's response to this.

There are two sessions to choose from:

## Great Georgian Bake Off

The session uses this popular concept to explore life in 18<sup>th</sup> century London and John Wesley's role in helping his local community. As well as thinking about what healthy eating means today, students will learn about how people from different backgrounds ate and lived, comparing the lifestyles of different characters and food provision at the time.

Session includes:

- What is the 18<sup>th</sup> century?
- Links to local history study
- Introduction to 18<sup>th</sup> century character profiles
- 'Food week' bags containing objects and facts linked to 18<sup>th</sup> century food & society
- Guess the object 'Technical Challenge'; students get to handle real and replica kitchen objects

## John Wesley's Guide to Staying Healthy in the 18<sup>th</sup> Century

John Wesley, a local to City Road, is probably best known for his role in the growth of Methodism. However, he was also interested in healthy living. In this interactive session students will learn about what life and healthcare was like for people from different walks of life and what it is to be healthy today. Pupils will also use hands-on activities to learn about Wesley's advice on curing common conditions in the 18<sup>th</sup> century.

Session includes:

- Who is John Wesley, what does it mean to be healthy today?
- What was London like in the 18<sup>th</sup> century? (local history study)
- Group activity – exploring 18<sup>th</sup> century character profiles
- Staying healthy in the past
- Hands-on cures and ailments game with sensory flash cards

Each session also comes with a free follow-up lesson plan and resources.

**Size** – One class per session

**Resources** - Sessions are delivered in the classroom and all resources are provided. The presenter will bring a presentation on a memory stick and will need access to a PC and whiteboard to show the presentation.

**Duration** – 1 hour

**Curriculum links** – KS2 (please see table on next page for more details)

## Curriculum Links

Activity	History – KS2	RE – KS3	Design & Technology – KS2	PSHE – KS2
Great Georgian Bake Off (KS2)	<ul style="list-style-type: none"> <li>-A study of an aspect of history or a site dating from a period beyond 1066 that is significant in the locality.</li> <li>- A study of an aspect or theme in British history that extends pupils' chronological knowledge beyond 1066 ie changes in an aspect of social history</li> <li>- Devising historically valid questions</li> </ul>		<ul style="list-style-type: none"> <li>- understand and apply the principles of a healthy and varied diet</li> </ul>	Health & Wellbeing - to recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet
John Wesley's Guide to Staying Healthy in the 18 <sup>th</sup> century (KS2)	<ul style="list-style-type: none"> <li>-A study of an aspect of history or a site dating from a period beyond 1066 that is significant in the locality.</li> <li>- A study of an aspect or theme in British history that extends pupils' chronological knowledge beyond 1066 ie changes in an aspect of social history</li> <li>- Devising historically valid questions</li> </ul>			Living in the wider world - What being part of a community means, and about the varied institutions that support communities locally and nationally - To recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing

## Booking

Please contact the Learning and Community Engagement Officer on 0207 253 2262 or email [lso@wesleyschapel.org](mailto:lso@wesleyschapel.org) to book an outreach visit.