	UNIT 2 NAME	Recognise the importance of daily personal hygiene.	Name objects related to personal hygiene.	Know the use of objects related to personal hygiene.	Identify key moments for personal hygiene.	Acquire personal hygiene habits.	Know how many hours of sleep they need for a good night's rest.	Recognise the benefits of rest.	Name the activities related to free time.	Know about the importance of medical check-ups in order to prevent illness.	Match the objects that protect us from accidents to sports and activities.	Learn about positive attitudes related to sportsmanship.	Adopt guidelines for staying safe and happy.
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