

COURSE PLANS

UNIT 2.

1. BASIS

The unit focusses on taking care of our health and covers the areas of personal hygiene, rest and free time and the prevention of accidents and illnesses. Pupils' autonomy is encouraged by practising habits for hygiene and health. We focus on the physical and emotional well-being, as well as respect for the rules in sports as positive values to be acquired.

October November

2. METHODOLOGY

As pupils work through this unit, they will learn about hygiene habits and objects that are used for personal hygiene as well as understanding the importance of rest for staying healthy. They will also be able to identify healthy free time activities and learn about the prevention of accidents.

CONTENTS	EVALUATION CRITERIA	LEARNING STANDARDS
<ul style="list-style-type: none"> • Personal hygiene habits and their benefits for our health. • Knowledge of the necessary items for personal hygiene. • Knowledge of the most important moments for daily hygiene. • Knowledge of the consequences of poor hygiene. • Recognition of the need to rest in order to stay healthy. • Understanding the need for healthy leisure activities. • Appreciation of leisure time to do and enjoy various activities. • Knowledge and appreciation of the importance of medical check ups in order to prevent illness. • Recognise safety equipment for the protection of accidents and physical injury. • Recognition of their own feelings and those of others, in group relationships and appreciation of sportsmanship. • Know some guidelines for staying safe and happy. 	1. Know about the benefits of personal hygiene.	1.1. Recognise the importance of daily personal hygiene.
	2. Name objects related to personal hygiene.	2.1. Name objects related to personal hygiene. 2.2. Know the use of objects related to personal hygiene.
	3. Acquire personal hygiene habits.	3.1. Identify key moments for personal hygiene. 3.2. Acquire personal hygiene habits.
	4. Understand the importance of rest for staying healthy.	4.1. Know how many hours of sleep they need for a good night's rest. 4.2. Recognise the benefits of rest.
	5. Know about activities performed during free time.	5.1. Name the activities related to free time.
	6. Recognise the importance of medical check-ups to prevent illness.	6.1. Know about the importance of medical check-ups in order to prevent illness.
	7. Know the safety equipment used in various sports that protect us from physical harm.	7.1. Match the objects that protect us from accidents to sports and activities.
	8. Know the rules of behaviour in group activities and sportsmanship.	8.1. Learn about positive attitudes related to sportsmanship.
	9. Learn behaviour to adopt to stay safe and happy and to respect the safety and happiness of others.	9.1. Adopt guidelines for staying safe and happy.

3. COMPETENCIES

COMPETENCIES	CONTENTS AND ACTIVITIES BY COMPETENCY
Linguistic competency.	<p>Grasping the meaning of oral expressions: orders, explanations, instructions, stories ...</p> <p>Understanding the rubrics of the activities without assistance.</p> <p>Expressing information orally, in a clear and orderly manner.</p> <p>Describing orally the activities performed in free time, as well as safety measures to protect health</p>
Mathematical competency and basic competencies in Science and Technology.	<p>Adopting personal hygiene habits related to healthy body care</p> <p>Developing and promoting habits for a healthy lifestyle in terms of food and exercise.</p> <p>Knowing the importance of exercise as a benefit to their health.</p>
Digital competency.	<p>Understanding messages developed in different codes.</p> <p>Interpreting visual aids correctly in order to complete the activities.</p>
Learning to learn.	<p>Planning the resources required and the steps to take in the learning process.</p> <p>Following the steps set out to complete the activities</p> <p><i>Multiple Intelligences:</i> Developing the different multiple intelligences.</p> <p>Acting with sportsmanship and respecting the feelings of others.</p>
Social and Civic competencies.	<p>Developing a capacity for dialogue with others, in social and work situations, to be able to resolve conflicts.</p> <p>Being respectful of sporting rules and the relationship with their peers</p> <p><i>Values:</i> Learning to behave correctly according to different values.</p> <p>Taking care of their physical and emotional well-being by practising healthy habits.</p>
Sense of initiative and entrepreneurial spirit.	<p>Prioritising the achievement of group goals over personal interests.</p> <p>Actively participating in cooperative work activities.</p>
Cultural awareness and expression	<p>Developing work and presentations with aesthetic sense.</p> <p>Doing their work neatly.</p>