

COURSE PLANS

UNIT 6.

1. BASIS

This unit addresses the relationship between diet, hygiene, accident prevention, exercise and staying healthy. Through the activities studied in this unit, pupils will acquire the following knowledge: the benefits of physical exercise and maintaining good; the benefits of getting enough sleep and rest; the positive effects of feeling happy and friendship, etc; professionals who protect our health and medical advances; public health strategies; first aid for some minor illnesses.

March

2. METHODOLOGY

As they work through the unit pupils will be able to appreciate the importance of physical exercise and maintaining good posture, feeling happy, maintaining good friendships, getting enough rest, etc. in order to stay healthy. They will be encouraged to develop their own health care routines and to appreciate the importance of medical professionals and advances to find out about and cure diseases. They will also be able to identify facilities and actions devoted to the promotion of public health.

CONTENTS	EVALUATION CRITERIA	LEARNING STANDARDS
<ul style="list-style-type: none"> • Beneficial effects of exercise. • Precautions when performing physical exercise. • Importance of posture and postural control. • Beneficial effects of rest and sleep. Basic recommendations: • Beneficial effects of work, play and hobbies, and their impact on health. 	<p>1. Know about the positive health effects of physical exercise, good posture, happiness, friendship, communication, work and rest.</p>	<p>1.1. Describe the importance of physical exercise and the control of posture and adopt guidelines for physical activity, and describe the correct posture for walking and sitting.</p> <p>1.2. Describe the importance of happiness, creative activities, communication, work and rest in staying healthy.</p>
<ul style="list-style-type: none"> • Importance of friendship, expression of feelings and resolving problems and conflicts. • Medicine and medical advances and health-care professionals. • Advances in the diagnosis and treatment of diseases. • Public health Public health services. 	<p>2. Know about and appreciate professionals who protect our health and medical advances.</p>	<p>2.1. Describe actions taken by the family to maintain the health of its members. Identify and name curative and preventive actions taken by the medical staff.</p> <p>2.2. Name and identify advances in the diagnosis and treatment of disease.</p>
<ul style="list-style-type: none"> • Appreciation of the importance of the public network that cares of the health of the population. • Health education. • Use of charts to record information. • Analysis of the things that make us happy. 	<p>3. Acquire a sense of public health and know about the network of health centres and the characteristics of proper health education.</p>	<p>3.1. Define public health, name health centres and describe the actions that are performed in them.</p> <p>3.2. Describe other health services and appreciate the importance of health education.</p>
	<p>4. Learn to organise your tasks to use time well. Appreciate the importance of charts to record information.</p>	<p>4.1. Use of charts to keep a record of rest and play and value their importance.</p>

	5. Think about what makes them happy.	5.1. Make a poster to remember the things that make them happy.
	6. Understand information and acquire vocabulary about staying healthy and advances in medicine and public health, to express their knowledge both orally and in writing and show interest in reading.	6.1. Understand information and acquire vocabulary about staying healthy and advances in medicine and public health, to express their knowledge both orally and in writing and show interest in reading.
	7. Know and apply mathematical elements and strategies to calculate hours of sleep and play and represent data in tables.	7.1. Know and apply mathematical elements and strategies to calculate hours of sleep and play and represent data in tables.
	8. Know about and use ICT in a responsible way and use strategies to process information and apply it to different contexts, actively participating in their own learning process.	8.1. Obtain and organise information, working with the unit structure, and using digital resources with interest and responsibility.
	9. Show initiative and perseverance when tackling problems and defending opinions, developing attitudes of respect and collaboration when working in a group.	9.1. Show an entrepreneurial spirit, accept mistakes when doing self-evaluation, persevere in reinforcement tasks and actively participate in cooperative learning exercises.

3. COMPETENCIES

COMPETENCIES	CONTENTS AND ACTIVITIES BY COMPETENCY
Linguistic competency.	Respecting the rules of communication in any context: taking turns to speak, paying attention to the speaker ... Respecting taking turns to speak and debating on how to relate to other people. Reading the initial reading and the recommended texts in the reading plan.
Mathematical competency and basic competencies in Science and Technology.	Recognising the importance of science in our daily lives. Appreciating scientific advances to diagnose and cure diseases.
Digital competency.	Selecting the use of different sources according to their reliability. Looking for information about aspirin and penicillin using reliable sources.
Learning to learn.	Applying strategies for improving creative, critical, emotional, interdependent thinking ... Thinking about problems and asking for advice. <i>Multiple Intelligences:</i> Role-playing a situation of conflict and resolution, promoting development, particularly, of bodily-kinaesthetic intelligence
Social and Civic competencies.	Developing a capacity for dialogue with others, in social and work situations, to be able to resolve conflicts. Talking with a partner to solve a previous conflict. <i>Values:</i> Learning to behave correctly according to different values. Appreciating the work of family, friends and professionals to helping them stay healthy.
Sense of initiative and entrepreneurial spirit.	Finding possibilities in the immediate surroundings that others do not appreciate. Proposing a solution to resolve a dispute at school.
Cultural awareness and expression	Expressing feelings and emotions from artistic codes. Role-playing getting angry and possible ways to fix it.