	UNIT 6 NAME	Describe the importance of physical exercise and the control of posture and adopting guidelines for physical activity, and describe the correct posture for walking and sitting.	Describe the importance of happiness, creative activities, communication, work and rest in staying healthy.	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.	Name and identify advances in the diagnosis and treatment of disease.	Define public health, name health centres and describe the actions that are performed in them.	Describe other health services and appreciate the importance of health education.	Use of charts to keep a record of rest and play and value their importance.	Make a poster to remember the things that make them happy.	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.	Know and apply mathematical elements and strategies to calculate hours of sleep and play and represent data in tables.	Obtain and organise information, working with the unit structure, and using digital resources with interest and responsibility.	Show an entrepreneurial spirit, accept mistakes when doing self-evaluation, persevere in reinforcement tasks and actively participate in cooperative learning exercises.
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