

COURSE PLANS

UNIT 3.

1. BASIS

The unit focuses on taking care of our health and looks at personal hygiene and using our free time wisely. Pupils are encouraged to develop their autonomy by adopting routines for hygiene and health.

November December

2. METHODOLOGY

As they work through the unit, pupils will learn about hygiene habits and objects that are used for personal hygiene. They will understand the importance of rest for health and know and discriminate different healthy free time activities.

Contents	Evaluation criteria	Learning standards
<ul style="list-style-type: none"> • Characteristics of personal hygiene and its benefits for our health. • Knowledge of the necessary items for personal hygiene. • Personal hygiene habits. • Knowledge of the most important moments for daily hygiene. • Understand the consequences of poor hygiene. • Recognition of the need to rest in order to care for our health. • Understanding the need for healthy leisure activities. • Appreciation of leisure time to do and enjoy various activities. • Knowledge of activities that are harmful to health. • Understand the importance of brushing their teeth correctly. • Make a toothbrush timer. 	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. Adopt a personal hygiene routine.
	4. Understand the importance of rest for health.	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. Know that it is important to brush their teeth regularly and correctly.	6.1. Learn the correct way to brush their teeth. 6.2. Make a toothbrush timer.

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 their free time, as well as the activities that are positive for their health.</p>
Mathematical competence and basic competencies in Science and Technology	<p>Adopting personal opinions on the social vision of the aesthetics of the human body compared to taking care of themselves in a healthy way.</p> <p>Learning 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>Making a toothbrush timer.</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>Participating actively in class activities.</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> <p>Making a toothbrush timer.</p>