

Care Syllabus
August 2020 – November 2020

Term 1				
Week	Topic	Objectives	Activities	Assessments
1	Intro to Corona virus	What is corona How do we get it How can we protect ourselves		
2	Intro to care Adolescence	Introduce the topic care. Discuss the physical and emotional changes that a teen experiences and ways to control the outbursts. Discuss intellectual changes and the conflicts that a teen experiences	Have students discuss ways to control their emotion and improve their relationship at home with parents.	
Form 1A				
3	Self views	Discuss moral and social changes that a teen experiences Discuss the terms self-concept, self image and self-esteem , heredity, personality and potential		
4				Test 1
5	Wellness Social health	Define types of wellness Discuss a teen role and contribution in the lives of their family and friends Discuss how a teen can contribute to the		

		community and help improve society.		
6	Mental health Stress	Discuss the demands of stress and ways to control it. Relaxation techniques Discuss the importance and benefits of exercise for the human	Project: Narcotics	
7	Hygiene	Define hygiene and determine how to care for a changing teen body. Oral hygiene Skin care Hair care		
8	Menstrual cycle Circumcision	Explain how the menstrual cycle operates. Explain how circumcision works.		
Form 1A				
9				Test 2
10	Nutrition	Define nutrition and the food pyramid Carbohydrates Protein Vitamins and Minerals		
11		Fats Fiber Water Balancing your diet		
12		Review for exam		