

New Edition

Health and Physical Education

Primary Education Smart+



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Prathomsuksa 1-6

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- Based on the Basic Education Curriculum B.E. 2551
- A course that leads to excellent results
- Key features that keep students engaged and fun
- Free Teacher's Guides and Answer Keys are provided



Key Features



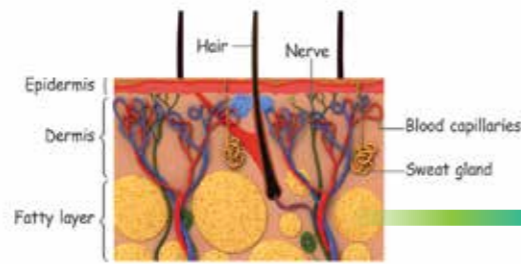
Illustrations

Excretory system

The excretory system is the system that removes waste from the body. It prevents the accumulation of waste in the body. The excretory system comprises the kidneys.

Skin

Our skin is an excretory organ. It is composed of three primary layers – the epidermis, dermis and fatty layer.



Our skin has many sweat glands which produce sweat. The sweat glands absorb water, excess dissolved mineral salts and urea from the surrounding blood capillaries. These waste materials are then removed from our body through sweat pores in the form of sweat.

Present various pictures to make students have more comprehension about health.

Takeaway

Presents special information relevant to the chapter to enhance students' knowledge.

feel confused or have strong emotions that we have never had before. We also start to be self-conscious, often worrying about how others look at us.

All these new emotions can be overwhelming. When in doubt about anything regarding puberty, approaching our parents or teachers, is more appropriate than having our questions answered by peers who are also going through the same thing that we are.

Adulthood

Adulthood is the fourth stage. It covers the early 20s until about 60 years old. There is minimal growth during adulthood. Both women and men experience a gradual loss of efficiency in bodily functions after the age of 40.

Women will usually enter menopause around the age of fifty. This is when they will stop their menstrual periods.

Takeaway Women will usually enter menopause around the age of fifty. This is when they will stop their menstrual periods.

Fun Activity

Provides practical activities to enhance students' physical health.

Physical and Growth

Stage of growth	Physical and growth changes	Psychological and social changes
Early childhood (18 months – 3 years old)	• Arms and legs lengthening	• Some sharing with others
Play age (3 – 5 years old)	• Increasing new gross motor skills, such as running, hopping, tumbling, climbing and swinging	• Ability to draw circles and squares • Attempts to comfort those in distress
School age (6 – 12 years old)	• Steady gain in height and weight	• Ability to define concrete words, remember sentences and understand concrete analogies

Fun activity Create a bulletin board with baby pictures of students and current photographs to show growth changes. Discuss how the students have changed.



Think and Share

Stimulates students to express and discuss ideas and opinions with friends in class.

Chapter 1 Growth and Development

Think and Share

How has your body changed since last year?

When we grow we follow a general pattern that corresponds with our age. We do not experience physical changes only, but also mental, social and spiritual changes. We become more mature. Our attitudes and values change as we move from childhood to adulthood.

Human development has five stages. They are infancy, childhood, adolescence, adulthood and old age.

Fun Exercises

Test students' comprehension of the different subtopics within the chapter.

Our body needs good and sufficient sleep so that it is well-charged, physically and mentally, for the following day's activities. A minimum of 8 hours of sleep is required for an adult and more for children.

Good habits

Stay away from dangerous substances such as cigarettes, drugs and alcohol. They can damage our body organs and cause disturbances to our mental health. We should take care of our personal hygiene too.

Fun exercise

Good habits

1 Underline the correct answer.

- There are (four, five) stages in human growth.
- (Infancy, Adulthood) is the stage whereby a person experiences a rapid growth.
- A human experiences minimal growth when he reaches (puberty, adulthood).
- Puberty is the time when a person passes from childhood to (adulthood, infancy).
- Most (young, elderly) people experience declines in hearing, vision, taste and smell.

Dear Diary

Stimulates students to write a short essay about themselves or what they learn in class. It helps develop creative thinking and writing skills.

Dear Diary

As I grow, I can feel changes...

Health Education Programme 4

