



وزارة التربية

الإدارة العامة لمنطقة الأحمدية التعليمية

مدرسة ثانوية الرتقة بنات

قسم اللغة الإنجليزية

مخططات الصف الثاني عشر لمادة اللغة الإنجليزية

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Unit Seven: Staying Active

Exercise regularly

Staying active / living for a long time

Eating healthy food

Tax our brain



Staying active is good and beneficial

Increases energy

Healthy heart and body

Better thinking

Life expectancy has increased

Better health care

Good social life

Modern medicine

- Reading books
- Solving puzzles

Geriatric homes are rare in the Arab countries.

Muslims respect the elderly and take care of them.

The importance of sleeping

Staying active all day.

Better thinking.

Improving the body health and the immune system.

Retaining information



Respecting / showing gratitude to

Lower the voice when talking to them

Help them to do the tasks they want

Stand up when they enter the room

Listen to them and obey them

Hold the door open for them

Lack of sleep has some signs:

- Lack of concentration
- Being moody
- Difficulty to get up
- Having memory problems.

Tips for people having difficulty in sleeping

Take a hot shower

Reading books

Listen to Quran

Sleep depends on several factors:

Age
Daily routine
Genetic make up
Quality of our sleep

How does lack of sleep affect your life style?

It causes road accidents, work mistakes, failure at school

Unit Eight: Town and Country

Advantages / pros

Why do people move to cities?

- Better jobs
- Better health care
- High education
- Better future for children
- Easy and comfortable life



City life

Disadvantages/ cons:

- It's less safe
- It's over populated
- It's polluted
- Traffic is very heavy
- No fresh air

How could city life be less stressful?

The aim of silk city / it will change the way people in KW. Live.

- 1-solve the problem of limited lands.*
- 2-offer new jobs.*
- 3-offer houses for people.*

- ❖ *Enforcing more strict laws.*
- ❖ *Planting more trees.*
- ❖ *Solving the problem of pollution.*

Advantages:

- *It's much safe.*
- *Finding fresh air.*
- *Less polluted.*
- *Quiet and peaceful.*
- *Cheap and simple.*



Village life

Disadvantages:

- *Less job chances.*
- *Less public services.*
- *No high education*
- *Less ideas on how to spend free time*

❖ What is a depopulation?

Large number of people move from villages to live in towns and cities, leaving them vacant.

**The
consequences
of rural
depopulation**

- ❖ *Overcrowding in cities.*
- ❖ *Increases pollution in cities.*
- ❖ *Deserted farmlands.*
- ❖ *Unemployment in village.*

Unit Nine: New ways and old



In the past

Pastime / Leisure Activities

In the present



- * Diwaniya meetings
- * Playing cards
- * Practicing handcrafts
- * Reading Quran

**Traditional Skills
in the past**

- Building their houses.
- Making their clothes.
- Fixing their cars.

- * Surfing internet
- * Watching TV
- * Going shopping
- * Social media
- * Cinemas and clubs

*** Creative uses of home computers**

- Programming & planning
- Designing magazines
- Sending greeting cards



*** Characteristics of games in the past**

- Playing in groups
- Easy and simple games
- Using simple items:
(rocks, sand, shells)

Bayt Lothan

In the past

- A place where ships took refuge from storms in the past

Today

A shelter for fine arts, crafts and a platform for artists

Restoring old buildings

- They have historical value.
- They keep owners' memory.
- They attract tourists.
- They reflect culture.
- They revive heritage.



Women's role

* *In the past*

- They used to stay at home.
- They didn't participate in the political life.

* *Nowadays*

- women work different kinds of jobs (a minister or even a member of the parliament).

* Art lessons in Bayt Lothan

- * Pottery.
- * Jewel design
- * Photography.
- * Arabic calligraphy.

❖ *Bayt Lothan contributes in reviving the art in Kuwait*

- * *It is a successful community center.*
- * *It houses an impressive gallery.*
- * *It houses workshops for arts.*
- * *It provides a platform for artists and craftsmen.*

Unit Ten: Pushing the Limits

Reasons

- * For fame
- * To overcome fears
- * To feel superior
- * To develop skills
- * To build confidence

Advice before doing extreme sports

- * Wear proper clothes
- * Check equipment
- * Don't push yourself
- * Be careful

Examples

- * Climbing mountains
- * Sky diving / gliding
- * Deep sea diving
- * Parachuting



Pushing the limits

Advantages (Pros)

Be famous / Be confident / Get money / Discover potentials

Disadvantages (Cons)

Risky and dangerous / Expensive cost / Injury or death / Extensive training

Risks and Difficulties

- *Extreme cold / Frost-bite*
- *Lack of oxygen*
- *Dizzying heights*
- *Strong winds*
- *Sickness or injury*



Mountain Climbing



Preparations

- *Take and check equipment*
- *Take first-aid kit.*
- *Take food and water*
- *Wear proper clothes*
- *Take oxygen cylinders*

* Qualities of a mountain Climber

- * Fit and strong.
- * Brave and heroic.
- * Confident and adventurous

Zed Al-Refai

Zed Al-Refai

- * *Climbed the seven highest summits.*
- * *Inspire Arabs to practice the sport.*
- * *Calls for protecting Gulf environment.*



Unit Eleven: Space Exploration

Importance of
Space Exploration

- * Understanding the world around us.
- * Knowing the origin of our solar system.
- * Providing chances for more scientific advances.
- * Improving communication field.

Doing experiments.

Importance of ISS

Monitoring space and shuttles.

Contacting the crew on the shuttle.

Risks
might an
astronaut
face

- * Shortage of air.
- * Health problems.

* Explosion of the shuttle

* Different temperature

* Kuwait was the first country in the Arab world to contact ISS.

Disadvantages

- * It's a risky job.
- * It costs a fortune.
- * Being away from family for a very long time.

Space Exploration



Advantages

- * Understanding the world around us.
- * Knowing the origin of our solar system.
- * Enhancing communication field.

Earth & Venus are sisters

Differences

* Heavy atmosphere.

* Too hot
* No oceans

Similarities

Nearly same size and age

Venus: morning star & evening star.

It is could be seen from the Earth 3 hours before sunrise and 3 hours after sunset.

We can't live on Mars

It lacks oxygen.

Not conducive to human habitation

We can't live on Venus

It's too hot.

No oceans

Covered with clouds of Co2



We can live on Earth

*** The temperature is suitable.**

*** Water & gravity**

*** Having plants and animals**

Islamic civilization has played a major role in astronomical science.

*** Mobile phones
* Sunglasses.**

Space Technology in our daily life

*** Air conditioning*
TV
* Solar Power.**

*** Trainers.
* GPS system**

Space Technology revolutionized our life

Wireless Communication

Aircraft Technology

Unit twelve: Geniuses

*** A Child Prodigy:**
a person who has an
outstanding talent
or skill at a very
early age.



Being a child
prodigy

Advantages

Being very famous.

Being confident

Being ahead of
others

Disadvantages

It's difficult to meet
everyone's expectations.

Peaking at an early
age.

Not enjoying their
childhood.

Rapid
calculations.

Examples of
outstanding
talents

Getting higher
educational
degrees..

Finishing
school at a
very early
age.

A child prodigy should be treated as special cases. Do you agree? Why?

***I disagree because this child needs to live his life normally like other children at his age.**

Parents should discover and encourage their child's talent.

* The child should practice and observe others.

How can a child prodigy be nurtured

Teachers should provide training to develop it.

* The society should praise the talents through media



Creating an Intelligent inventor

Nurture his talent in a young age.

Spend years of training.

Financial support.

Praise and encouragement

* How to achieve your dream:

- * Working hard
- * Support from family and friends
- * Planning ahead

For inventing something useful

Some people earn nominations to have prizes and awards

For doing some researches

For being creative in their careers.