



# وزارة التربية

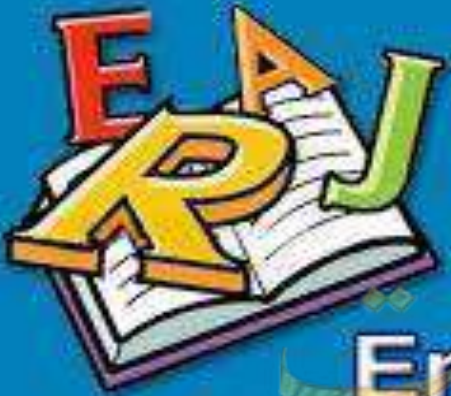
الإدارة العامة لمنطقة حولي التعليمية  
مدرسة ماريّة القبطيّة الثانويّة بنات



## مخططات وتشجيرات منهج الصف الثاني عشر



## الفترة الدراسية الثانية



English Department

## Unit Seven: Staying Active

Exercise regularly

*Staying active / living for a long time*

Eating healthy food

Train 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 sleep

Staying active all day.

Better thinking.

Improving the body health and the immune system.

Retaining information



### 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

Read books

Listen to Qura'n

### How does lack of sleep affect your lifestyle?

It causes road accidents, work mistakes, failure at school



*Respecting / showing gratitude to the elderly*

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

### Sleep depends on several factors:

Age  
Daily routine  
Genetic make-up  
Quality of our sleep

## 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 Kuwait 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*

### Disadvantages:

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

## Village life

❖ What does rural depopulation mean?

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

The  
consequences  
of rural  
depopulation

- ❖ *Overcrowding in cities.*
- ❖ *Increase 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 values.
- They keep owners' memory.
- They attract tourists.
- They reflect culture.
- They revive heritage.



### Women's role

#### \* Art lessons in Bayt Lothan

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

#### \* *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).

#### ❖ *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



## Zed Al-Refai

### \* Qualities of a mountain Climber

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

## Preparations

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

## *Zed Al-Refai*

***Climbed the seven highest summits:***

- \* ***To inspire Arabs to practice the sport.***
- \* ***To call 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.

### Risks might an astronaut face

- \* Shortage of air.
- \* Health problems.

\* Explosion of the shuttle

\* Different temperature

Doing experiments

Importance of ISS

Monitoring space and shuttles

Contacting the crew on the shuttle

\* 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 could be seen from the Earth 3 hours before sunrise and 3 hours after sunset.

**We can't live on Mars**

**It lacks oxygen.**

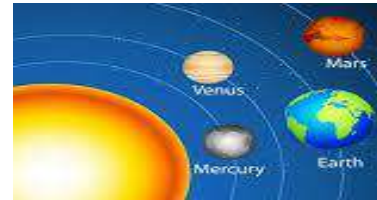
**Not conducive to human habitation**

**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 & satellite TV  
\* Solar Power.**

**\* Trainers  
\* GPS system**

**Space Technology revolutionized our life**

**Wireless Communication**

**Aircraft Technology**



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

## Unit twelve: Geniuses



Advantages

Being very famous

Being confident

Being ahead of  
others

Being a child  
prodigy

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.**