

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف الخطة الأسبوعية للأسبوع الخامس الحلقة الثانية في مدرسة أبو أيوب الأنصاري

موقع المناهج ← المناهج الإماراتية ← ملفات مدرسية ← المدارس ← الفصل الأول

روابط مواقع التواصل الاجتماعي بحسب ملفات مدرسية



روابط مواد ملفات مدرسية على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

المزيد من الملفات بحسب ملفات مدرسية والمادة المدارس في الفصل الأول

[توجيهات بدء الدراسة للعام الدراسي الجديد](#)

1

[امتحانات منتصف الفصل الأول للصفين الحادي عشر والثاني عشر في مدرسة الشعلة الخاصة](#)

2

[امتحانات منتصف الفصل الأول للصفين التاسع والعاشر في مدرسة الشعلة الخاصة](#)

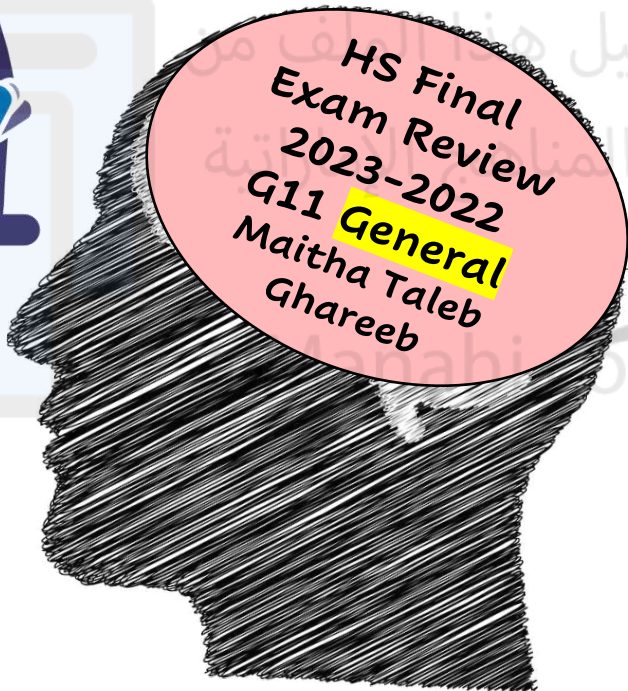
3

[امتحانات منتصف الفصل الأول للصفوف الخامس حتى الثامن في مدرسة الشعلة الخاصة](#)

4

[امتحانات منتصف الفصل الأول للصفوف الأول حتى الرابع في مدرسة الشعلة الخاصة](#)

5



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موقع المنصة
www.tahabi.com/ae





- 1) List examples of social media.
- 2) What are social media apps?

Social media:
(websites/ online services)

Facts:


^50% (3.6 billion) worldwide use social media.
 ^99% of UAE population use social media.
 ^In 1997 (over 26 ago), the first social media website was created.
 ^Average time spend on social media:
 - Worldwide (2 hours & 27 minutes)
 - In the UAE (3 hours & 4 minutes) 
 ^In the UAE, the most popular app is "You Tube" with 88% usage

Apps/ applications:
(computer programs)

P11,12

The most downloaded apps in 2022 were:

- 1) Tik Tok
- 2) Instagram
- 3) Facebook
- 4) WhatsApp
- 5) Telegram



Social media
(websites/ online services)

- 5) What are the **advantages** of social media?
- 6) What are the **disadvantages** of social media?



- 11) How does social media **negatively** affect health?
- 12) How does social media **positively** affect health?

Advantages/ positives/ reasons to use/ importance:

- Information
- Communicate
- Promote yourself/ business
- Meet new people ("meet-up" groups)
- Learn new things
- Education (distance learning "Teams")
- Online shopping
- Inspiration (creativity)/ self-expression
- Emotional support
- Raise awareness
- Motivation
- Strengthen existing relationships & reduce isolation (especially with people who are far away)**

Example:
During **COVID-19 pandemic** it helped to:




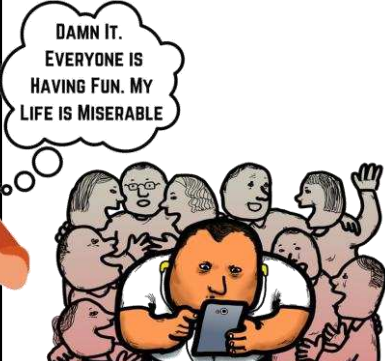

- Keep connected with friends & family
- improve mental wellbeing via virtual interaction

Disadvantages/ negatives:

- Access people's personal information
- Invade privacy
- FOMO (fear of missing out)
- Addiction
- Less face-to-face time
- Lower levels of physical activity
- Sleep problems
- Anxiety & depression القلق والاكتئاب
- Compare yourself to others
- Feeling **inadequate** "not good enough"
- Fake friends (add people you don't know)
- Cyberbullying/ online bullying: "threat/ embarrass/ target someone online"
- Hackers "people who want to steal personal information"

P13 P15-19



Social media and healthcare

Healthcare provider's use of social media

P29

@Use online communication platforms to **connect** with patients

@Share **health updates** (e.g., when to get COVID-19 vaccination/ tips on how to avoid spreading the virus)

@**Share information** about:

- *Opening times
- *How to reach a doctor
- *The services available

@Professionals can **share their experience** & knowledge

17) What should healthcare providers post on social media?

18) What information should never be shared on social media by healthcare providers?

تم تحميل هذا الملف من موقع المناهج الإماراتية


3) Who may access your digital footprint?
 4) What information can be found out about a person by doing an online search?

34) List ways to protect your personal information online.
 35) Define personal e-Safety.

L4

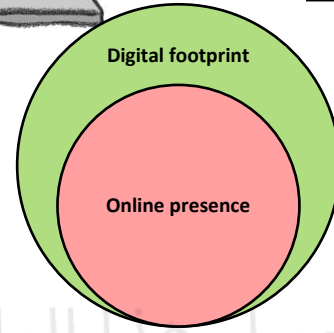
P32,33

Online presence: التواجد الإلكتروني




Information from your social media, browser history, photos and videos that you upload.

Every time you go on the internet you leave a trace of your activity & it will remain somewhere even if YOU DELET IT!



Digital footprint: البصمة الرقمية



- All actions** you take online
- Online search** can be done to check social media profiles & backgrounds of new job applications
- Can be seen by:**
 - Your family
 - Friends
 - Teachers
 - Future university or employer

P35,36

online safety

e-Safety: الأمن الإلكتروني
 Internet/ online/ cyber safety

- Personal: الشخصي**
 Protect yourself & online profile from people who might bully or hurt you online
- Information: المعلوماتي**
 Protect your personal information

How to keep healthy/ positive online presence?

- ✓ Use it **positively** such as doing your HW.
- ✓ **Think** before you post negative things
- ✓ Set your accounts to **private**.
- ✓ **Don't share** your whole **life** on social media
- ✓ **Research yourself**. You can contact web service provider to delete any bad information added

How to protect your online information?

- ✓ Do not **give your personal information** over phone to whomever
- ✓ Do not share **too much personal information** on social media such as your full name/ address/ phone number etc.
- ✓ Use strong passwords
- ✓ When shopping online use well known websites or safe websites with "lock" symbol.
- ✓ Use security software on your computer

13) What is online presence?
 14) What is digital footprint?
 15) What steps can be taken to have a good digital footprint?
 Or
 16) What steps can be taken to have a good digital footprint?
Same answer!

Cybercriminal الإلكتروني مجرم: a person who uses computers & internet to commit crime



19) On which website would you find reliable health information?

20) What is considered to be reliable healthcare information online?

How to search for reliable information online?

P39-41

1. Use well known websites:

- ✓ Government websites: MOHAP/ Organizations: WHO
- ✓ News websites
- ✓ Websites developed by healthcare providers
- ✓ Online helplines or forums



وزارة الصحة ووقاية المجتمع
MINISTRY OF HEALTH & PREVENTION



World Health
Organization

2. Who wrote it?

(check qualification & experience: choose information written by professors & professionals)

- ✓ Information from nurses & doctors/ medical journals are reliable.

3. Is the website safe?

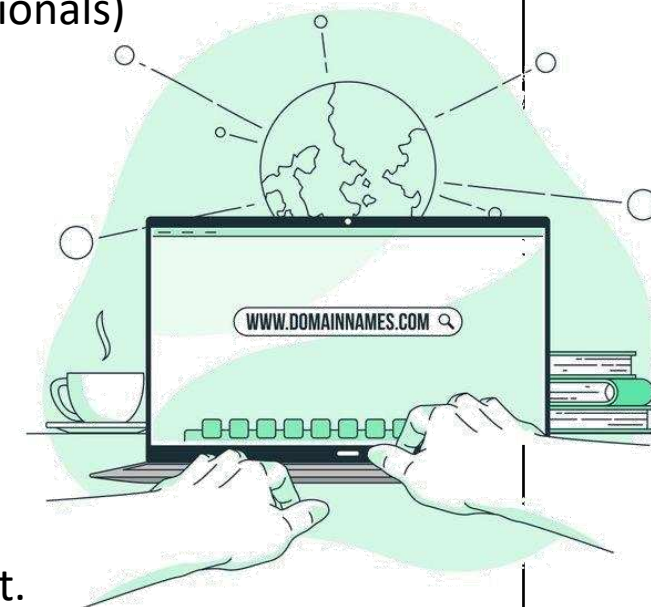
Careful of websites asking for private information

4. Check how old the information is

(choose up-to-date/ latest information)

5. Make a judgement

Completing all the above checks, will help to decide if the information is reliable or not.



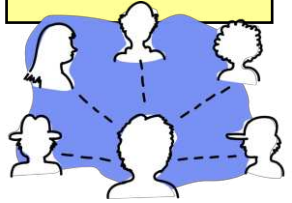
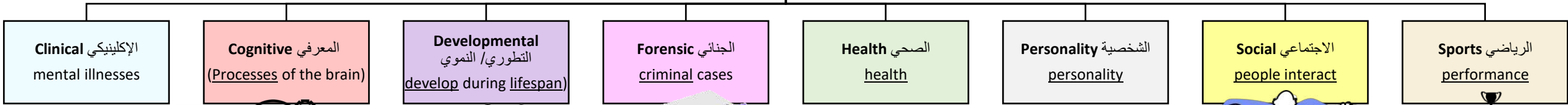
21) What does a health psychologist do?
 22) What does a clinical psychologist do?



Psychology: the study of the **mind** علم النفس

Types of **psychology**
 أنواع/ تخصصات علم النفس

P50



عشان تتذكر كلمة "forensic" اربطها بـ "police force"

انتبه كلمة "inter" بمعنى "بين" غير عن الكلمة الانجليزية "enter" بمعنى "إدخال"

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Basic cognitive processes:

العمليات المعرفية الأساسية

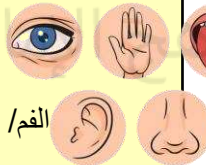
P55,57

Sensation: الاحساس
the process that allows the brain to take information from 5 senses.

5 senses: الحواس الخمسة
Sight النظر
Hearing السمع
Taste التذوق
Smell الشم
Touch اللمس

Sensory receptors allow the senses to transfer information from the environment to CNS

المستقبلات الحسية
Sensory receptors found in these organs:
Eyes العيون
Ears الأذان
Mouth/ tongue الفم/ اللسان
Nose الأنف
Skin الجلد



أعضاء Organs

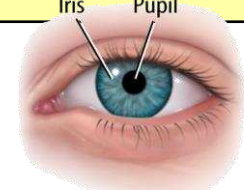
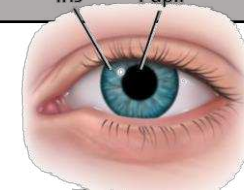
Sensory receptors	Eyes	Ears	Mouth	Nose	Skin
Function (5 senses)	Sight	Hearing	Taste	Smell	Touch

Sensory adaption: التكيف الحسي

When the level of sensitivity decrease (goes down) as the senses get used to new conditions.

Example

Light?	Dim light (dark room)	Bright light
What happens to the eyes? "how they adapt?"	Pupils get bigger Iris Pupil	Pupils get smaller Iris Pupil



- 7) What are the five senses?
- 8) What are sensory receptors?
- 9) Which organ is responsible for taste?
- 10) Which organ is responsible for hearing?

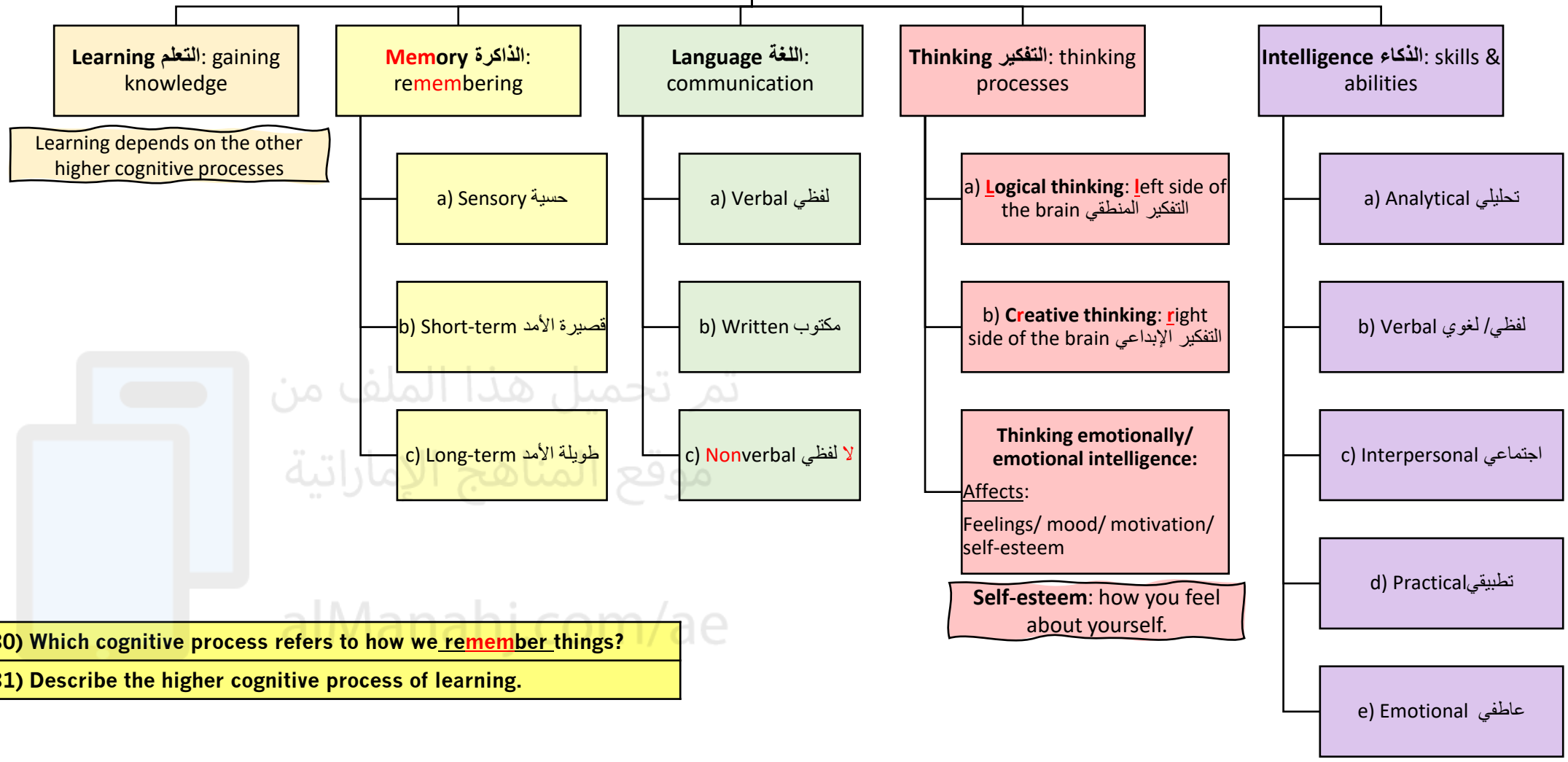


- 25) What are the higher cognitive processes?
- 26) What are the types of memory?

P60-63

Higher cognitive processes:
 العمليات المعرفية العليا

- ✓ Change at each stage of our lifespan
- ✓ We have more control over them



- 30) Which cognitive process refers to how we remember things?
- 31) Describe the higher cognitive process of learning.



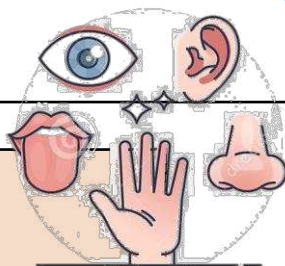
27) What is sensory memory?

P61



Memory

Sensory



Short-term



Long-term



SENSORY MEMORY

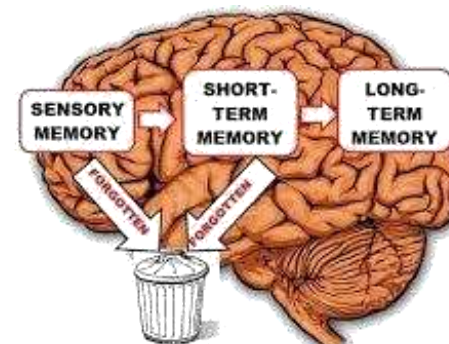
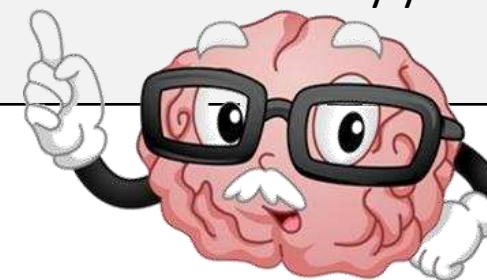
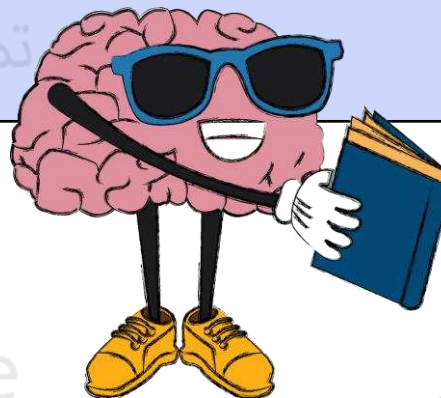
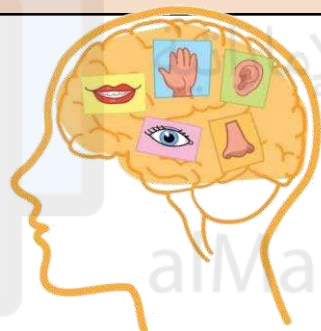
- # The shortest type of memory.
- # Lasts only for a few seconds.
- #Ex: if you looking at a picture, you can describe what it looks like once it is taken away.

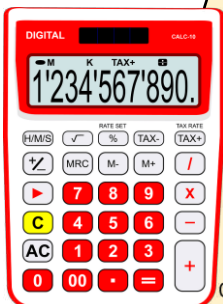
SHORT-TERM MEMORY

Lasts around 30 seconds to a few days.

LONG-TERM MEMORY

Ability to store information over a long period (a few weeks to many years)





الذكاء التحليلي: Analytical intelligence:

The ability to solve problems

$2 > -3$
 $0.999... = 1$
 $\pi \approx 3.14$
 $\sqrt{2}^{1+2 \cdot 3}$
 5^2
 $(1 - 2) + 3$
 $101_2 = 5_{10}$

P63

Intelligence types:
أنواع الذكاءات

بين الأشخاص
الذكاء الاجتماعي: Interpersonal intelligence:

Good with other **people**



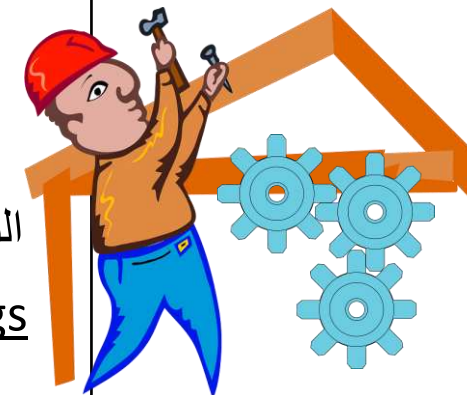
الذكاء اللغوي: Verbal intelligence:

Skilled in languages



الذكاء التطبيقي: Practical intelligence:

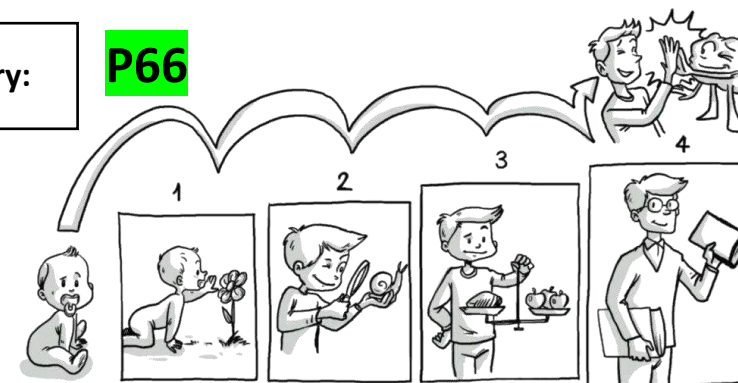
The ability to adapt to new things



Lifespan psychology & development theory:

P66

Theory of cognitive development:
(Piaget theory) نظرية بياجيه للتطور المعرفي
4 stages



23) What happens in the pre-operational stage in the theory of cognitive development?

24) According to the theory of cognitive development, which stage is a 6-year-old at?

1) **Sensori-motor:** (0-2) الحسية الحركية

Understand the world through senses by touching/ grasping/ watching/ listening

2) **Pre-operational:** (2-7) ما قبل العمليات

- #Develop language skills
- #**Pretend play** "use things to represent something real"
- #Draw pictures & talk about things that happened in the past
- #Understand objects names & uses

3) **Concrete operational:** (7-11) العمليات المادية

- #Learn logical "physical" rules (height/ weight/ volume)
- #Understand conversations, & others' feelings

4) **Formal operational:** (11+) الذكاء الرسمي/ التفكير المجرد

- #Analyse situations critically
- #**Reasoning** (logic/ sensible thinking, e.g., finding a good solution to a problem)
- #Abstract ideas

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P78-80



Scientific report parts:

حتا ان مر رد كرر
RRC DR RM In AATH



1) Hypotheses النظرية	• <u>Idea</u>	
2) Title العنوان	• <u>A small amount of information</u>	
3) Abstract نبذة مختصرة	• <u>Brief summary</u>	
4) Authors المؤلفون	• <u>Names</u>	
5) Introduction المقدمة	• <u>Reasons & objectives.</u>	
6) Methods الطريقة	• <u>Detailed process</u>	
7) Research design أسلوب البحث	• <u>Own research</u> (in a clinic setting/ a lab/ through questions) • <u>Analysis of already existed data</u>	
8) Results النتائج	• <u>Findings</u>	
9) Discussion المناقشة	• <u>Explanation</u>	
10) Conclusion الخاتمة	• <u>Summary of your report</u>	
11) Recommendations التوصيات	• <u>Provide recommendations</u>	
12) References المراجع	• <u>Sources</u>	

28) List three sections in a scientific report.

29) Which part of a scientific report includes a brief summary of the whole report.



- 32) Why might an elderly person need physiotherapy?
- 33) What is the purpose of physiotherapy?

Physiotherapy/ physical therapy
العلاج الطبيعي

The purpose of physiotherapy

Physiotherapy: helps to improve movement & body function after an injury, illness or disability



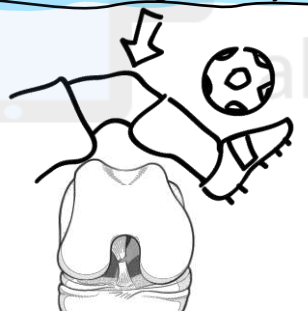
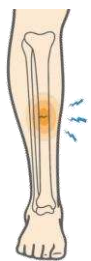
Ages (all ages use it!)
الأعمار / من الذي يستفيد من العلاج؟

- @Premature babies الاطفال الخدج
- @Children with physical developmental disease
- @Pregnant women المرأة الحامل
- @Athletes الرياضيين
- @Elderly people كبار السن
- @Heart disease patients
- @Stroke patients مرضى السكتة الدماغية
- @Patients after major surgery بعد عملية جراحية

Reasons/ importance?
شو أهميته؟

- @Reduce/ stop **pain**
- @Avoid **surgery**
- @Improve **mobility**: help with standing/ walking/ moving troubles through stretching + strengthening exercises
- @Recover from a **stroke** تعافي من السكتات
- @Recover/ prevent sports injury
- @Improve **balance** & prevent falls (improve balance & coordination)
- @Manage **age-related issues**
- @Manage **women's health** (improve **bowel/ bladder control**) تعزيز التحكم بالمثانة

Sports injuries examples:
marathon runners: stress fracture شرخ
Tennis players: tennis elbow كوع التنس
Footballers: knee ligament injuries تمزق أربطة



Age-related issues: مشاكل متعلقة بكبر السن

- arthritis التهاب المفاصل
- osteoporosis هشاشة عظام
- may need a joint replacement تبديل مفصل
- balance decreases يقل الاتزان
- more risk of falling معرضين للسقوط

P86-90

Which healthcare professional involved in physiotherapy?
ما اسم المختص المسؤول عن العلاج؟

Physiotherapist اخصائي العلاج الطبيعي

What is expected from a physiotherapist?

- A physiotherapist provide the following:
- 1) Physical examination + review medical history + evaluation: posture/movement/ flexibility & muscle & joint performance
 - 2) Diagnose + plan of care (short-term & long-term goals)
 - 3) Treatment (passive therapy)
 - 4) Advice + education (active therapy)

- 36) Which medical professional provides physiotherapy?
- 37) What does a physiotherapist do?

U11: Physiotherapy and rehabilitation

- 38) Which type of physiotherapy is given to someone who is experiencing a lot of pain?
- 39) What are the types of physiotherapy?

Physiotherapy treatments:

في العلاج السلبي المريض يتلقى العلاج فقط من دون أي جهد منه!

تمارين يقوم بها المريض




Passive therapy
(something done to the patient)

P92-94

Active therapy
(the patient is **actively** involved)

L2: Physiotherapy treatments

- 40) List types of passive therapy
- 41) List types of **active** therapy

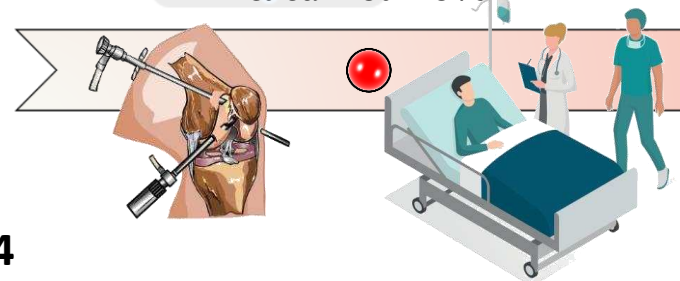
Physiotherapy treatment type:	Passive السلبي	Active النشط
Examples:  <p>Puncture لا تنسوا البنشر</p>	Massage التدليك Manipulation Acupuncture العلاج بالإبر الصينية Ultrasound الموجات فوق الصوتية Hot packs كمادات ساخنة Ice packs كمادات باردة Laser Electrical nerve simulation العلاج بالكهرباء 	Stretching muscles or moving joints تمارين التمدد Weightlifting رفع الأثقال Balance exercises تمارين الاتزان Walking المشي Yoga Cycling ركوب الدراجة 
The role of patient?	No effort from the patient	<ul style="list-style-type: none"> ✓ The patient will begin to do actual joint & muscle movement ✓ Can be done on their own time without the presence of the physiotherapist
The role of physiotherapist?	The physiotherapist carries out the therapy techniques	Supervision & give instructions
When to use this type of therapy?	In the <u>beginning</u> of recovery process	When the <u>patient can move</u> with low level of discomfort
Sometimes both can be used in one treatment session (e.g., massage before cycling)		

For a **successful physiotherapy**:
The patient should do **as instructed** & **take responsibility**

The role of passive & active therapy in recovery?

EXAMPLE

After knee surgery the patient is in pain & cannot move



The patient can take role in **active therapy**



Passive therapy will help to **relief pain** & the **joint & muscles** to be **stronger**

- 42) What should a patient keep in mind if they want their physiotherapy treatment to be successful?



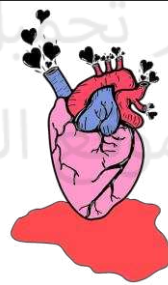
Question:	Answer:
1) List examples of social media.	Facebook, Instagram, WhatsApp, Tik Tok, Telegram
2) What are social media apps?	A computer program that you can use to do different things
3) Who may access your digital footprint?	Digital footprint can be seen by your: <u>family, friends, teachers, future university, or future employer</u>
4) What information can be found out about a person by doing an online search?	This may include information from your social media, your browser history and any photos and videos you upload
5) What are the advantages of social media?	<ul style="list-style-type: none"> ✓ Information ✓ Communicate ✓ Promote yourself/ business
6) What are the disadvantages of social media?	<ul style="list-style-type: none"> X Access people's <u>personal information</u> and invade <u>privacy</u> X Risk of "hackers" (people who want to steal your personal data) X Addiction "spend too much time on social media & less time studying & being with friends & family"
7) What are the five senses?	<ol style="list-style-type: none"> 1. Sight النظر 2. Hearing السمع 3. Taste التذوق 4. Smell الشم 5. Touch اللمس
8) What are sensory receptors?	<p>Sensory receptors allow the senses to transfer information from the environment to CNS (spinal cord + brain) & found in the following organs:</p> <p>Eyes العيون Ears الأذان Mouth/ tongue الفم/ اللسان Nose الأنف Skin الجلد</p>
9) Which organ is responsible for taste?	Mouth/ tongue
10) Which organ is responsible for hearing?	Ears
11) How does social media negatively affect health?	<ul style="list-style-type: none"> Less face-to-face time Lower levels of physical activity Sleeping problems Anxiety & depression Compare yourself to others Feeling inadequate Fake friends Cyberbullying Hackers

Question:	Answer:
12) How does social media positively affect health?	<ul style="list-style-type: none"> ^Information ^Communicate ^Promote yourself/ business ^Meet new people (“meet-up” groups) ^Learn new things ^Education(distance learning “Teams”) ^Online shopping ^Inspiration (creativity)/ self-expression ^Emotional support ^Raise awareness ^Motivation ^Strengthen existing relationships & reduce isolation (especially with people who are far away)
13) What is online presence?	Information from your <u>social media</u> , <u>browser history</u> , <u>photos</u> and <u>videos</u> that you upload. <u>Every time you go on the internet you leave a trace of your activity & it will remain somewhere even if YOU DELETE IT!</u>
14) What is digital footprint?	<u>All actions you take online</u>
15) What steps can be taken to have a good digital footprint? Or 16) What steps can be taken to have a good digital footprint? Same answer!	<ul style="list-style-type: none"> ✓ Use it positively such as doing your HW. ✓ Think before you post negative things ✓ Set your accounts to private. ✓ Don't share your whole life on social media ✓ Research yourself. You can contact web service provider to delete any bad information added
17) What should healthcare providers post on social media?	<ul style="list-style-type: none"> @Use online communication platforms to connect with patients @Share health updates (e.g., when to get COVID-19 vaccination/ tips on how to avoid spreading the virus) @Share information about: <ul style="list-style-type: none"> *Opening times *How to reach a doctor *The services available @Professionals can share their experience & knowledge
18) What information should never be shared on social media by healthcare providers?	Patient's medical record report or their personal information السجل الطبي للمريض
19) On which <u>website</u> would you find reliable health information?	<ul style="list-style-type: none"> ✓ Government websites: MOHAP/ Organizations: WHO ✓ News websites ✓ Websites developed by healthcare providers

Question:	Answer:
20) What is considered to be reliable healthcare information online?	<ul style="list-style-type: none"> ✓ Well known websites ✓ Online helplines or forums ✓ Medical journals ✓ Information written by professors & professionals ✓ Information from nurses & doctors ✓ Up-to-date
21) What does a health psychologist do?	Examines why people behave the way they do in relation of their <u>health</u>
22) What does a clinical psychologist do?	Diagnoses & treats mental illnesses
23) What happens in the pre-operational stage in the theory of cognitive development?	<ul style="list-style-type: none"> #Develop <u>language</u> skills #<u>Pretend play</u> “use things to represent something real” #<u>Draw</u> pictures & <u>talk</u> about things that happened in the past #Understand <u>objects</u> names & uses
24) According to the theory of cognitive development, which stage is a 6-year-old at?	Pre-operational stage
25) What are the higher cognitive processes?	Learning/ Memory / Language/ Thinking/ Intelligence
26) What are the types of memory?	Sensory/ short-term/ long-term
27) What is sensory memory?	<ul style="list-style-type: none"> # The shortest type of memory. # Lasts only for a few seconds.
28) List three sections in a scientific report.	<ol style="list-style-type: none"> 1) Hypotheses 2) Title 3) Abstract 4) Authors 5) Introduction 6) Methods 7) Research design 8) Results 9) Discussion 10) Conclusion 11) Recommendations 12) References
29) Which part of a scientific report includes a <u>brief summary</u> of the whole report.	Abstract
30) Which cognitive process refers to how we <u>remember</u> things?	Memory
31) Describe the higher cognitive process of learning.	The process of gaining knowledge اكتساب المعرفة + depends on all other higher cognitive processes

Question:	Answer:
32) Why might an elderly person need physiotherapy?	To manage age-related issues: <ul style="list-style-type: none"> ○ arthritis التهاب المفاصل ○ osteoporosis هشاشة عظام ○ may need a joint replacement تبديل مفصل ○ balance decreases يقل الاتزان ○ more risk of falling معرضين للسقوط
33) What is the purpose of physiotherapy?	<ul style="list-style-type: none"> @Reduce/ stop pain @Avoid surgery @Improve mobility: help with standing/ walking/ moving troubles through stretching + strengthening exercises @Recover from a stroke تعافي من السكتات @Recover/ prevent sports injury @Improve balance & prevent falls (improve balance & coordination) @Manage age-related issues @Manage women's health (improve bowel/ bladder control) تعزيز التحكم بالمثانة
34) List ways to protect your personal information online.	<ul style="list-style-type: none"> ✓ Do not give your personal information over phone to whomever ✓ Do not share too much personal information on social media such as your full name/ address/ phone number etc. ✓ Use strong passwords ✓ When shopping online use well known websites or safe websites with "lock" symbol. ✓ Use security software on your computer
35) Define personal e-Safety.	Protect yourself & online profile from people who might bully or hurt you online
36) Which medical professional provides physiotherapy?	Physiotherapist
37) What does a physiotherapist do?	<ol style="list-style-type: none"> 1) Physical examination + review medical history + evaluation: posture/movement/ flexibility & muscle & joint performance 2) Diagnose + plan of care (short-term & long-term goals) 3) Treatment (passive therapy) 4) Advice + education (active therapy)
38) Which type of physiotherapy is given to someone who is experiencing a lot of pain?	Passive
39) What are the types of physiotherapy?	Passive + active

Question:	Answer:
40) List types of passive therapy treatments.	<p>Massage التدليك Manipulation Acupuncture العلاج بالإبر الصينية Ultrasound الموجات فوق الصوتية Hot packs كمادات ساخنة Ice packs كمادات باردة Laser Electrical nerve simulation العلاج بالكهرباء</p>
41) List types of active therapy treatments.	<p>Stretching muscles or moving joints تمارين التمدد Weightlifting رفع الأثقال Balance exercises تمارين الاتزان Walking المشي Yoga Cycling ركوب الدراجة</p>
42) What should a patient keep in mind if they want their physiotherapy treatment to be successful?	The patient should follow instructions & take responsibility!
43) If a patient does not do as they are instructed by their physiotherapist, what may happen?	Physiotherapy won't be effective & the patient won't recover successfully



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