

تم تحميل هذا الملف من موقع المناهج الإماراتية



المواضيع المقترحة في امتحان الكتابة المسار المتقدم

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التواصل الاجتماعي بحسب الصف الحادي عشر



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Grade 11 Advanced

Term 3 Writing exam review (**Possible Topics**)

Health and Fitness

1. The Benefits of Regular Exercise on Mental Health

- How physical activity helps reduce stress, anxiety, and depression.
- The connection between exercise and improved cognitive function and memory.
- Examples of exercises that are particularly beneficial for mental health.

2. The Role of Nutrition in Maintaining a Healthy Lifestyle

- The importance of a balanced diet in preventing chronic diseases.
- How different nutrients (proteins, carbohydrates, fats, vitamins, and minerals) contribute to overall health.
- The impact of dietary habits on energy levels and physical performance.

3. The Impact of Inactive Lifestyles on Health

- Health risks associated with prolonged sitting and inactivity, such as obesity, heart disease, and diabetes.
- Strategies to incorporate more physical activity into daily routines, especially for office workers.
- The role of employers and schools in promoting active lifestyles.

4. The Importance of Sleep for Physical and Mental Health

- How lack of sleep affects bodily functions, mood, and cognitive abilities.
- The relationship between sleep quality and fitness performance.
- Tips for improving sleep hygiene and achieving restorative sleep.

5. The Role of Mindfulness and Meditation in Overall Well-being

- How mindfulness practices can reduce stress and improve mental clarity.
- The physical health benefits of regular meditation, such as lower blood pressure and improved immune function.
- Practical ways to integrate mindfulness and meditation into daily life.

6. The Relationship Between Physical Fitness and Longevity

- How regular exercise can extend lifespan and improve quality of life in older age.
- The role of different types of physical activity (aerobic, strength, flexibility) in promoting longevity.
- Research findings on the long-term benefits of maintaining an active lifestyle.

Environment.

1. The Benefits of Urban Green Spaces

- How urban green spaces contribute to environmental sustainability and improve city living conditions.
- The role of parks, gardens, and green roofs in enhancing biodiversity and reducing urban heat islands.
- Examples of cities that have successfully integrated green spaces into their urban planning.

2. How does plastic pollution affect marine life?

- Describe how plastic pollution enters the ocean.
- Explain the effects of plastic pollution on different marine species.
- Propose measures to reduce plastic pollution in the oceans.

3. Why is it important to protect endangered species?

- Discuss the reasons why certain species become endangered.
- Explain the importance of preserving endangered species.
- Suggest actions individuals and governments can take to protect these species.

4. What are the benefits and challenges of using renewable energy sources?

- List at least three types of renewable energy sources.
- Discuss the environmental benefits of using renewable energy.
- Analyze the challenges associated with the usage of renewable energy.

5. How can individuals contribute to reducing climate change?

- Describe daily habits that can help reduce carbon footprints.
- Explain the role of community and government actions.
- Highlight the importance of education and awareness in combating climate change.

6. What are the consequences of deforestation?

- Explain the major causes of deforestation.
- Discuss the impact of deforestation on ecosystems and climate.

- Suggest strategies for sustainable forest management and tree farming efforts.

Feelings and Emotions

1. The Role of Emotional Intelligence in Personal and Professional Life

- How emotional intelligence can improve interpersonal relationships and communication.
- The importance of self-awareness, empathy, and self-regulation in developing emotional intelligence.
- Ways to enhance emotional intelligence through practice and mindfulness.

2. The Impact of Stress on Mental and Physical Health

- How chronic stress affects the body and mind, leading to conditions such as anxiety and depression.
- Common sources of stress in modern life, including work, relationships, and financial pressures.
- Effective stress management techniques, such as exercise, meditation, and time management.

3. The Importance of Expressing and Managing Anger

- How unexpressed or mismanaged anger can lead to negative outcomes in personal and professional settings.
- Healthy ways to express anger, such as through assertive communication and creative outlets.
- Strategies for managing anger, including relaxation techniques and cognitive restructuring.

4. The Influence of Positive Emotions on Well-being

- How positive emotions like joy, gratitude, and love contribute to overall happiness and life satisfaction.
- The role of positive psychology in promoting mental health and resilience.
- Practices that can increase positive emotions, such as practicing gratitude, savoring positive experiences, and building strong social connections.

5. The Complexity of Human Emotions in Relationships

- How emotions like love, jealousy, and trust shape and influence relationships.

- The importance of emotional honesty and communication in maintaining healthy relationships.
- Strategies for resolving emotional conflicts and building emotional intimacy with others.

6. The Connection Between Emotions and Decision-Making

- How emotions can influence our choices and behavior, both positively and negatively.
- The role of emotional regulation in making rational and effective decisions.
- Examples of how different emotions, such as fear, excitement, and regret, impact decision-making processes.

7. Coping with Negative Emotions: Strategies and Techniques

- How to recognize and understand negative emotions like sadness, fear, and frustration.
- Healthy coping mechanisms, such as mindfulness, journaling, and seeking social support.
- The importance of professional help and therapy in managing intense or persistent negative emotions.