



Trimester Planner

Term one for 2017/2018

Life skills

Grade 10 General / Advanced

Week No	Period	Chapter	Lesson	Pages	
1	1	NA	Introduction		
	2		Introduction		
2	1	Unit 1	Describe what a plan is	16 - 27	
	2		Identify the principles of planning	28 - 37	
3	1		Describe the benefits of planning	38 - 45	
	2		Demonstrate the principles of planning	46 - 51	
4	1		Complete an unplanned activity	52 - 59	
	2		NA	Quiz	
5	1	Unit 2	Describe problem-solving	64 – 71	
	2		Identify the principles of problem-solving	72 – 79	
6	1		Identify problem-solving styles	80 – 85	
	2		Demonstrate effective problem-solving skills	86 – 91	
7	1		Describe the process of decision-making	92 – 107	
	2		Describe communication	108 – 117	
8	1	Unit 3	Identify the different methods of communication	118 – 127	
	2		Describe effective communication techniques	128 – 137	
9	1		Describe the importance of listening	138 – 145	
	2		Describe how assertive communication can benefit a team	146 - 159	
10	1		EOT Exam		

Week No	Period	Chapter	Lesson	Pages
	2	EOT Exam		
11	1	Unit 4	Describe teamwork and identify different types of teams	162 – 171
	2		Describe the process of working as a team	172 – 179
12	1		Describe the characteristics of a good team	180 – 185
	2		Explain the benefits of working in a team	186 – 191
13	1		Demonstrate effective teamwork skills	191
	2		Revision	
14	1	Na	School Exams	
	2		School Exams	

Grade 11 General / Advanced

Week No	Period	Chapter	Lesson	Pages
1	1	NA	Introduction	
	2		Introduction	
2	1	Unit 1	Introduction of the laws around first aid in the UAE	16 – 21
	2		Explain the cardiovascular system and the procedure for deep laceration	22 – 31
3	1		Describe the importance of protective clothing	32 – 35
	2		Explain the sequence of events upon discovering an accident scene	36 – 41
4	1		Demonstrate different bandaging techniques	42 – 45
	2		Identify the correct use of slings and splints	46 - 55
5	1	Unit 2	Explain types of disasters Describe effects of natural disasters	58 – 77
	2		Explain how to prepare for a disaster	78 – 89

Week No	Period	Chapter	Lesson	Pages	
6	1		Describe the National Emergency Crisis and Disasters Management Authority (NCEMA) and their role	90 – 95	
	2		Demonstrate an emergency plan in preparation for a disaster	96 – 107	
7	1	Unit 3	Describe the need for road traffic c safety in the UAE	110 – 117	
	2		Explain the importance of using a seat belt	118 – 125	
8	1		Describe the different government initiatives to improve road safety	126 – 135	
	2		Demonstrate stopping distances in different conditions	136 – 143	
9	1		Introduction to the dangers of off-roading Describe what is search and rescue and the responsibility of the different organizations	144 – 157	
	2		Explain the theory of Lost Person Behavior	158 - 165	
10	1		EOT Exam		
	2		EOT Exam		
11	1	Unit 4	Demonstrate the drop, cover and hold technique	168 – 175	
	2		Describe what to do while outside during an earthquake	176 – 181	
12	1		Identify 'safe zones' and demonstrate correct actions during a disaster simulation	182 – 191	
	2		Identify the correct actions to take after a disaster	192 – 197	
13	1		Describe mass casualty management techniques	198	
	2		Revision		
14	1	Na	School Exams		
	2		School Exams		