

# Domain Title: Life Skills

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## *Introduction*

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The relevance of life skills in the context of prevocational education is already well established. It is a very essential aspect of education in the Mauritian context, that will prepare a large percentage of the prevocational school population to join the world of work or a system of apprenticeship from the age of 16.

Through life skills the prevocational students will develop attitudes, dispositions and social competences needed to become functional at both social and personal levels. Life skills will develop a wide range of psycho-social and interpersonal skills which will help students make informed decisions, communicate effectively develop coping and self-management skills. These will help them develop into healthy and well-balanced individuals leading a productive life and contribute in the development of a peaceful, healthy and sustainable environment. Life skills will equip the students with the knowledge, skills and attitude to face the challenges in their adult life and the world of work. It will develop an awareness of our history and inform the students of their rights and responsibilities as active citizens. They will learn movement and motor skills for an active participation in physical and leisure activities. They will be empowered to recognize the benefits of healthy lifestyles, analyse the risks and consequences of unhealthy lifestyles and to take responsible decisions to manage their own lifestyle and behavior. In short, this domain will help students develop into whole individuals with a good sense of significance, responsibility, competence and well being.

The objectives of the domain will be achieved through the following strands:

- i. Movement and Personal Growth
- ii. History and Heritage
- iii. Values and citizenship
- iv. Interpersonal Skills, Conflict Resolution and Emotion Management
- v. Wellness and Self Care

ICT will be used as a support in the development of the strands.

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## *The aims of Life Skills at Pre-Vocational Secondary*

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- Ensure that students understand the importance of a healthy and active lifestyle.
- Develop a range of movement and motor skills for a healthy and active life.
- Develop a range of interpersonal and social skills through games and activities.
- Develop an awareness of the past so as to understand the evolution of society to its present state
- Inform students of their rights and responsibilities as active citizens for a sustainable development
- Develop knowledge, skills and attitudes needed to preserve, appreciate and share our multiple cultural heritages.
- Develop skills to deter behaviours and lifestyles associated with crime, drugs and violence.
- Develop an atmosphere of peace and a sense of shared humanity. Demonstrate basic assertiveness strategies to manage interaction with others
- Develop an understanding of the functioning of the human body.
- Develop action competence to reduce vulnerability to health problems.

## *Assessment objectives*

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Students will be assessed under the following objectives:

1. Knowledge and understanding of:

- reasons for participation in physical activity and leisure.
- their rights and responsibilities as active citizens.
- the functioning of the human body
- the history of the nation
- the importance of preserving our national heritage.

2. Ability to :

- Show a range of movement and motor skills
- display positive attitudes towards physical activity and leisure;
- participate in activities according to the rules of each game;
- develop a range of positive values
- preserve and respect our cultural heritage

## *Mode of Assessment*

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### **Activity and Project-based assessment**

Assessment in Life Skills will be mainly formative and continuous. Students will be given activities and tasks to work on while teachers will provide regular feedback for improvement. Project based tasks and observation check lists will allow teachers to monitor students' progress and assess their improvement. Behaviour changes, social skills and attitudes will be assessed through observation checklists.

It is proposed that the students be lead towards the development of structured projects that will integrate the different strands in Life Skills as well the other domains in the prevocational curriculum. They will be expected to apply the knowledge and skills acquired in the Life Skills domain to successfully carry out their project based tasks and activities as well as draw from the knowledge and skills from other domains to successfully complete the project.

## Curriculum content

### *Year 1*

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#### **Movement & Personal Growth**

Basic skills in team games:

Football – passing, dribbling, ball control, shooting.

Volleyball - Under arm serve, dig pass, volley pass.

Basketball – passing and receiving, dribbling, shooting

Sense of rhythm & Aerobics

#### **History & Geography**

Indian Ocean in the past: countries bordering Indian Ocean (introduction)

Important periods in the history of Mauritius – the Dutch, French and British periods

Our Natural Environment – Mauritius and Rodrigues

Land Use and economic activities – Mauritius and Rodrigues

#### **Values and Citizenship**

Active citizenship

Rights and responsibilities

Respect and values of a good citizen

Friendship and developing a definition of values for oneself

#### **Interpersonal Skills, Conflict Resolution and Emotion Management**

Self image and self esteem

Respect for self, family and the society

Developing confidence and responsibilities

#### **Wellness and Self Care**

Introduction to cell, tissues, organs and systems in the human body

Care of body parts – respect for the body

Male and female reproductive systems

Puberty and changes in human body during puberty

Pregnancy and factors leading to pregnancy

## Year 2

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### **Movement & Personal Growth**

Consistency and control in the execution of the basic skills in team games combined with simple game tactics.

Football – passing, dribbling, ball control, shooting. Create space in the defence to shoot.

Basketball – passing and receiving, dribbling, shooting

Handball – passing and receiving, dribbling, shooting

Volleyball - Under arm serve, Dig pass, volley pass. Score in the unoccupied space on the court.

Aerobics – jumping, turning, balancing and travelling movements

Dance – posture and alignment when dancing, coordination and fluency in movement.

Importance of good posture – for efficient movement and aesthetic appearance

### **History and Heritage**

Evolution of society- From Past to Present: Know the past to build the future

Growth of civilizations: early and modern human beings

Historical background of tools (who were using them, how they were being used and how these tools have evolved over time)

### **Values and Citizenship**

Sense of belonging

Importance of Cooperation, Joint effort / teamwork

### **Interpersonal Skills, Conflict Resolution and Emotion Management**

Interpersonal skills as a plethora of sub-skills such as eye contact, listening, meaning reflection and empathy.

### **Wellness and Self Care**

Human reproductive and digestive systems, their related common diseases

Communicable and non-communicable diseases (CD & NCD) and their preventive measures\* ( examples of STI and non-STI group of CD are given; but only non-STI such as malaria, AH1 N1 flu may be considered here)

Human Sexual Behaviours: causes, mode of transmission, symptoms and preventive measures of HIV/AIDS and other STIs

Effect of alcohol and other Drugs on man

Strategies to resist drug abuse

## **Year 3**

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### **Movement & Personal Growth**

Basic rules for the officiating of a match at Year III level

Simple tactical moves in offense and defence

Consistency and precision in the basic skills in game situations in the following team games:

Football / Basketball/ Handball / Volleyball

Importance of nutrition and healthy life style in physical activity and performance

The effects of Alcohol, Smoking and drugs on health and fitness

Importance of regular physical activity

### **History and Heritage.**

Growth of civilizations:

The world's first civilisation

the Egyptian civilisation

### **Values and Citizenship**

Living in a sustainable community

Importance of rules

Developing confidence and responsibilities

### **Interpersonal Skills, Conflict Resolution and Emotion Management**

Anger Management - ways to confront anger. (methods to control emotion and avoid anger)

Conflict resolutions

Managing emotions

Goal setting

### **Wellness and Self Care**

Human circulatory and respiratory systems and common related diseases

Preventive measures against above diseases

basic criteria and conditions for good health

Action competence to reduce vulnerability to health problems.

Venues where testing and counselling for STI/HIV

## *Year 4*

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### **History and Heritage**

Life and work of important personalities who helped to pave the way of Mauritius towards a successful nation.( e.g; Sir Seewoosagar Ramgoolam, Pandit Sahadeo, Sir Abdool Raman Osman)

Importance of monuments in history and culture

Restore, preserve and conserve artifacts

Identification and preservation of places of historical interest (examples. Aapravasi Ghat, Botanical Garden, Naval Museum)

### **Values and Citizenship**

Intercultural citizenship

Project based learning – community work/ social work

### **Interpersonal Skills, Conflict Resolution and Emotion Management**

Peer groups – effects of peer pressure

The mass media and its effect on teenagers, implications for life

### **Wellness and Self Care**

Human circulatory and respiratory systems and common related diseases

Preventive measures against above diseases

Basic First Aid Skills in case of injuries