

Pre-Vocational Syllabus – Form I – Form IV

Subject title: Life Skills

Introduction

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.

The aims of Life Skills at pre-vocational level are to:

- 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

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

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.

Content

This section details the curriculum content for each year for each strand of Life Skills

Year I

Movement & Personal Growth	<ul style="list-style-type: none">• Basic skills in team games: Football – passing, dribbling, ball control, shooting. Basketball – passing and receiving, dribbling, shooting Handball – passing and receiving, dribbling, shooting Volleyball - Under arm serve, Dig pass, volley pass.• Basic rules of the games.• Aerobics – jumping, turning, balancing and travelling movements• Sense of rhythm in music
History and Heritage.	<ul style="list-style-type: none">• Evolution of society- From Past to Present: Know the past to build the future• Growth of civilizations: Nomads to modern man• Historical background of tools (who were using them, how they were being used and how these tools have evolved over time.)• Indian Ocean in the past: countries bordering Indian ocean (introduction)
Values and Citizenship	<ul style="list-style-type: none">• Citizenship• Active citizenship• Rights, responsibilities, rules• Feelings• Importance of Values: Honesty, peace, humility, compassion, Cooperation• Friendship and developing a definition of values for oneself• Mauritius as an intercultural society
Interpersonal Skills, Conflict Resolution and Emotion Management	<ul style="list-style-type: none">• Self image and self esteem• Respect for self, family and the society• Developing confidence and responsibilities

	<ul style="list-style-type: none"> • Managing emotions • Conflict resolutions <ul style="list-style-type: none"> ◦ Assertiveness <p>Why is being assertive important Respect for elders, parents, religions Family ties Self esteem</p>
Wellness and Self Care	<ul style="list-style-type: none"> • 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 • Menstrual cycle • Pregnancy and factors leading to pregnancy • STIs, causes, risk factors and preventive treatment • Drugs and type of drugs (Legal and illegal drugs)

Year II

Movement & Personal Growth	<ul style="list-style-type: none"> • Consistency and control in the execution of the basic skills in team games combined with simple game tactics. Football – passing, dribbling, ball control, shooting. <p>Creating 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.</p> <p>Score in the unoccupied space on the court.</p> <ul style="list-style-type: none"> • Athletics – Basics of Track and Field events • Dance – posture and alignment when dancing, coordination and fluency in movement. • Importance of good posture – for efficient movement and aesthetic appearance • The effects of Alcohol, Smoking and drugs on health and fitness • Importance of regular physical activity
History and Heritage.	<ul style="list-style-type: none"> • Indian Ocean in the past: countries bordering Indian ocean ; Africa and East Asia (trade and culture) • Important periods in the history of Mauritius – Dutch, French, British and independence • Slavery and Indentured labour: contributions of slaves and Indian immigrants in the development of the island. • Important personalities and their contributions in the development of the island.
Values and Citizenship	<ul style="list-style-type: none"> • Importance of Cooperation, Joint effort / teamwork • Republic of Mauritius: sense of belonging <ul style="list-style-type: none"> • Recognise personal values of truth, responsibility, love and acceptance • Importance of rules and laws • Building self-esteem and positive behaviours through self-check exercises of good and bad behaviours
Interpersonal Skills, Conflict Resolution and Emotion Management	<ul style="list-style-type: none"> • Interpersonal skills as a plethora of sub-skills such as eye contact, paraphrasing, listening, meaning reflection and empathy.
Wellness and Self Care	<ul style="list-style-type: none"> • Human reproductive and digestive systems, their related common diseases

	<ul style="list-style-type: none"> • 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, <ul style="list-style-type: none"> ◦ 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
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Year III

Movement & Personal Growth	<ul style="list-style-type: none"> • 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 • Athletics – Relays • Dance – spatial awareness and coordination with other dancers Simple choreography in groups • Importance of nutrition and healthy life style in physical activity and performance. • Causes of Non-Communicable diseases, such as Diabetes, Hypertension and Cardiovascular problems.
History and Heritage.	<ul style="list-style-type: none"> • Identification and preservation of places of historical interest (examples.. Aapravasi Ghat, Botanical Garden, Naval Museum) • Importance of monuments in history and culture • Restore, preserve and conserve artifacts
Values and Citizenship	<p>Interdependence for livelihood- (how and why no country is self sufficient)</p> <ul style="list-style-type: none"> • Importance of sharing and contributing for the well-being of all • Caring for the needy at school. • Living in a sustainable community • Assertiveness, respect and wisdom for decision making
Interpersonal Skills, Conflict Resolution and Emotion Management	<ul style="list-style-type: none"> • Identity formation • Forming a positive identity • Emotional expression • Friendship and peer influence • Juvenile delinquency and its implications

	<ul style="list-style-type: none"> • Anger Management - ways to confront anger. (methods to control emotion and avoid anger) • Managing emotions
Wellness and Self Care	<ul style="list-style-type: none"> • 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 IV

Movement & Personal Growth	<ul style="list-style-type: none"> • Tactical moves in offense and defence in game situations. • Decision making in team games during play. • Obesity and its effects on health and participation in physical activity. • Dance – coordinating and communicating with other dancers Expression and message through dance
History and Heritage.	<ul style="list-style-type: none"> • 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) • History of major inventions which transformed the society.
Values and Citizenship	<ul style="list-style-type: none"> • The morality certificate. – its use, importance and the requirements. • Role of the school, family and work place. • Empathy for elderly people, HIV victims and people with diseases.
Interpersonal Skills, Conflict Resolution and Emotion Management	<ul style="list-style-type: none"> • Negotiation, appraisal and critical skills • Peer groups – effects of peer pressure • The mass media and its effect on teenagers, implications for life. • Difference between good and bad information
Wellness and Self Care	<ul style="list-style-type: none"> • Basic First Aid Skills in case of injuries • Skills to deter behaviours and lifestyles associated with crime, drugs and violence • Strategies to resist drug abuse • Teenage pregnancy and its implications

Notes to Teachers

- ❖ The Team games in Movement and Personal Growth will be selected by the teachers depending on the facilities and resources available at the school.
- ❖ “Nutrition for Participation in Physical Activity” will be dealt in Livelihood and Trade Skills

ICT will be used as a tool to enhance and reinforce learning. ‘Hot Potatoes’ can be used to design puzzles, multiple choice questions, treasure hunts for teaching and assessment. Internet search, word processing, cut/paste, paint brush and Web 2.0 tools can be used for project based tasks.

Proposed Activities

Year I

Movement & Personal Growth

Two sided games with reduced number of players.

Mini tournament in the different disciplines

History and Heritage

View MCA films on the history of Mauritius and modern Mauritius (produce a timeline)

Visits to museums and historical sites (observe, find out and write a report)

Recall important periods of our history (through arts and craft)

Our responsibilities (group discussion)

My daily responsible action challenge (keep a diary)

Communicate our feelings through performing arts (slams, poems, story telling, songs)

Interpersonal Skills

Debates and discussions.

Wellness and Self Care

Health Education Activities e.g projects, role play, talks by resource persons

Values and Citizenship

- Story telling,
- Drawings,
- role play and talks from resource persons

Year II

Movement & Personal Growth

Aerobics competition.

Mini tournaments in the different disciplines.

Game-based Skill development sessions

History and Heritage

Film Shows and Discussions.

Fondation pour l'Interculturel et la **Paix'** (MIE educational kit)

Participate in the NPCC Civic Action Team competition (**project based learning and oral presentation**)

Understand patriotism and the importance of nation building as a pledge for peace, justice and liberty. (**Debate**)

Interpersonal Skills

Skill building activities such as **structured role play** whereby the student learns the importance of basic interpersonal skills such as eye contact, paraphrasing, meaning reflection and empathy.

Values and Citizenship

- Visualisation,
- Drawing,
- simulation

Year III

Movement & Personal Growth

Group dance by the students

Tournaments and competitions with the students as officials

Mini project on Nutrition and physical activity

History and Heritage

Preserve our local heritage (**project: identify and restore a local historic site or an artifact**)

Contribute in the making of a sustainable community (Construct a green equipment for the school or our home e.g. solar heater, éolienne, composter)

Communicate and create links with students from abroad; valuing cultural diversity (Use ICT and internet)

Interpersonal Skills, Conflict Resolution and Emotional Management

Open discussion with peers for self development.

Year IV

Movement & Personal Growth

Group dance on a theme chosen with a message

Mini project on obesity, Non Communicable Diseases and healthy lifestyle.

History and Heritage

Project on personalities: collection of articles and pictures from newspapers, magazines and internet.

Sharing of information through links created with students from abroad; valuing cultural diversity (Use ICT and internet)

Project on a specific invention which transformed the society

Values and Citizenship

Development of charter focusing on being a responsible citizen (using ICT for the presentation of the charter).

Wellness and Self Care

Poster design on crimes, drugs and violence.

Prevocational – Life Skills

Movement & Personal Growth

Basic skills in team games -
Two sided games
The effects of Alcohol,
Smoking and drugs on health
and fitness
Causes of NCDs and
Cardiovascular problems.
Importance of regular physical
activity
Importance of leisure activities

**History and Heritage/
Values and Citizenship**

Citizenship and Patriotism

Cooperation

Joint effort / teamwork

Patriotism

Mutual understanding
Sharing

***Leisure/ Entertainment /
Sports***

Emotional expression
Emotional understanding
Emotional self regulation
Peer influence
Friendship

**Communication
Skills**

Prevocational – Life Skills

Wellness and Self Care

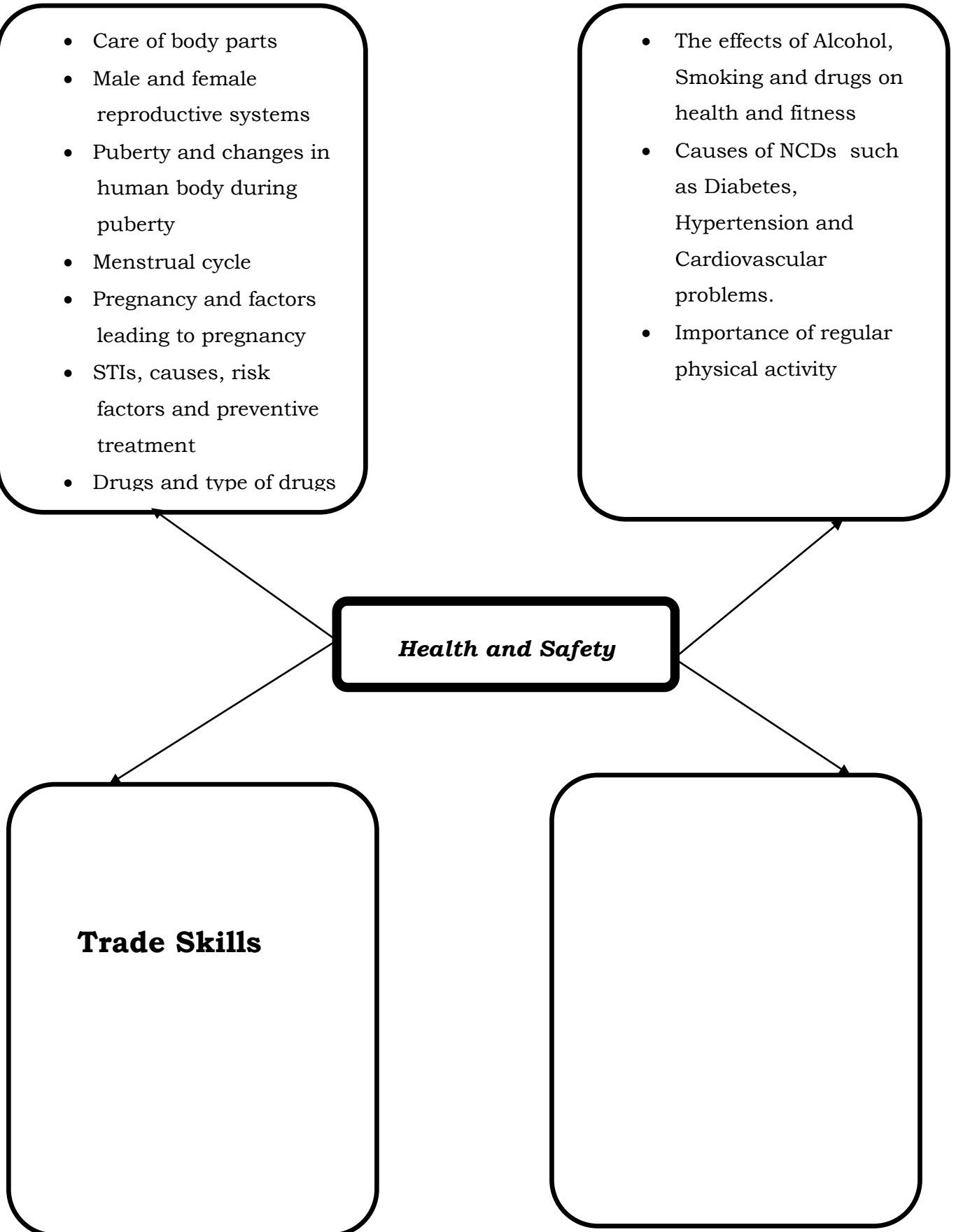
- Care of body parts
- Male and female reproductive systems
- Puberty and changes in human body during puberty
- Menstrual cycle
- Pregnancy and factors leading to pregnancy
- STIs, causes, risk factors and preventive treatment
- Drugs and type of drugs

Movement & Physical Growth

- The effects of Alcohol, Smoking and drugs on health and fitness
- Causes of NCDs such as Diabetes, Hypertension and Cardiovascular problems.
- Importance of regular physical activity

Health and Safety

Trade Skills



Themes for Project Based Tasks

The following themes are proposed to integrate the knowledge and skills in the Life Skills domain:

- Living in a Community
- Health and Safety
- Sports, Leisure and Entertainment

The diagrams below give an indication of how these themes can be used for project based teaching/ learning.

Values

- Values based activities:(serving the school community)
- Project work

Celebrating values day at the school