

A FRAMEWORK

Set out below, with an index to follow, is the framework of topics addressed in Year 4. You may find this useful in creating your lesson plans.

Specific Objectives

UNIT	TOPICS	CHAPTERS
I - Understanding Sports	To learn how games and sport have been played throughout history in all countries of the world. To understand what makes a sport: the rules, team positions, role of captain, need for practice. To value sport as a means to have fun and grow in both body and character. To show pupils how to apply what they learn in sport to the rest of their lives.	1, 2, 3, 4, 5, 6, 7 and 8
II - Learning to Win	To learn the importance of each individual to the team. To encourage pupils to contribute positively in all group situations. To understand that it is effort and good-will that make a difference, not the points scored. To realise that strength of character is built by consistent effort.	9, 10, 11, 12, 13 and 14
III - My Family is a Great Team	To see the family as a team: strong, loyal and effective. To see that families look out for the well-being of all their members by having rules and assigning to each member an important position to play. To help pupils identify their own family responsibilities and appreciate what each does for all.	15, 16, 17 and 18
IV - My School is Another Great Team	To explain what is meant by team spirit in a school context. To show pupils that the school community is also a team. To get them to appreciate their roles within it. To encourage responsibility within the classroom and for school work.	19, 20, 21 and 22
V - My Community Team	To consider the community as a team, with rules and elected leaders. To understand that we have rights and duties in the community. To understand that community law contributes to social organisation, security and general well-being.	23, 24, 25, 26 and 27
VI - Seeing Teamwork in Nature	To see nature as a great, interdependent unit. To learn about genetic inheritance and how it affects life. To discover the marvels of nature.	28, 29, 30, 31 and 32
VII - Rights and Duties	To know the basic rights and duties of all people, especially concerning health. To have a responsible attitude towards the pupils' own rights and duties.	33, 34 and 35

B STUDENT BOOK INDEX

Chapter	Title	Topic	Aspects of Our Humanity
Unit I: Understanding Sports			
1.	Sport and Why We Like It	Love of games and sport.	Skills and their development Habits of behaviour General knowledge Relating to others
2.	People, Games and Sport	Games as an activity common to all peoples in all times and in all nations.	The person as a bio-psycho-spiritual being General knowledge Development of virtues Relating to others
3.	Rules of the Game	The importance of rules.	Good relations with others brings happiness Developing objectivity
4.	Playing Your Position	Team positions and why they matter.	Self-worth and self-control Being realistic Sense of community
5.	The Team Captain	The importance of following instructions and knowing how to give them.	Sense of morality Freedom and responsibility Understanding virtue Relating to others
6.	Competing Against Myself	Giving the best of oneself and understanding that playing well is more important than winning.	Learning self-control Moral maturity Freedom and responsibility
7.	Growing Through Sport	Health of body brings health of mind.	Bio-psycho-spiritual unity Physical and personal growth
8.	Good Athletes	The importance and characteristics of training to achieve goals.	Learning self-control Moral maturity Freedom and responsibility
Unit II: Learning to Win			
9.	Defeated, but Undaunted	Lack of self-confidence is the enemy of healthy ambition. The need for a positive attitude in the face of failure.	Our human make-up Learning self-control Cultivating objectivity
10.	Knowing My True Worth	Knowing ourselves, our capabilities and limitations.	How I see myself Learning self-control Self-worth
11.	The Big Winner!	The nobility of a true sportsman includes self-confidence, generosity towards others and objectivity.	Self-worth Learning self-control Developing objectivity and a realistic outlook Understanding myself
12.	The Poor Loser	The characteristics of the poor loser: arrogance in victory and refusing to accept failure.	Self-worth Learning self-control Developing objectivity and a realistic outlook
13.	The Losing Team	The characteristics of a losing team. What happens when unity of spirit is not cultivated.	Learning self-control Freedom and responsibility Relating to others and to reality Striving for virtue
14.	Team Spirit	The qualities of a winning team.	Learning self-control Freedom and responsibility Appreciating team virtues

Unit III: My Family is a Great Team

15	My Most Important Team	The family as the most important team. Individuals thrive best in families, where they build for the future, contribute to the local community and to their own and others' happiness.	Our human makeup Understanding roles in the family Pulling our weight
16	Captain of the Home Team	Responsibility within the family and respect due to those who bear it.	Development of virtues Authority within the family Order and need for rules
17	No Rules!	Consequences of living without rules (havoc, selfishness and disorder).	Learning self-control Freedom and responsibility Acquiring objectivity Well-being and how to promote it
18	My Family, a Winning Team	Family life becomes vibrant and happy when we give it the best of ourselves.	Freedom and responsibility Relating to others Family behaviour

Unit IV: My School is Another Great Team

19	My Classroom Team	Applying the virtues honed on the playing field to the classroom. The teacher as 'team captain'.	Learning self-control How I see myself Relating to others Friendship
20	The Truth Will Out	The need for honesty and sincerity at school. Order, respect and fairness set against untidiness, lies and fiddles.	Freedom and responsibility Openness to truth Practising virtue
21	Making Things Happen!	We can change the world.	Freedom and responsibility Relating to others Being community minded
22	My School, a Winning Team	Care of our school and its grounds depends not so much on money as on the order and respect with which they are treated.	Freedom and responsibility Relating to others Being community minded

Unit V: My Community Team

23	Playing My Part	The community: the advantages and responsibilities of belonging to it.	Freedom and responsibility Solidarity Relating to others Social responsibility
24	Smart? Or a Wise Guy?	Disregarding rules, laws or the demands of solidarity leads to disorder and can even destroy lives.	Freedom and responsibility Relating to others Social responsibility
25	My Country	Patriotism, activism and responsibility.	Freedom and responsibility Patriotism Community responsibility
26	My Friends	Good and bad friends.	Freedom and responsibility Social responsibility
27	My Team of Friends	Team virtues necessary in a group of friends.	Freedom and responsibility Developing the virtues Community spirit

Unit VI: Seeing Teamwork in Nature

28	Part of Nature's Team	Drawing lessons from the order found in nature.	Our human makeup General knowledge Developing the virtues Relating to nature
29	The Mystery of Genetic Inheritance	Genetic inheritance and how it influences the natural world and human beings.	General knowledge Relating to nature Family links
30	Who Am I?	Genetic inheritance and its application to the human person.	Our human makeup General knowledge Social understanding
31	Different But Equal	Understanding that we are each bound by our genetic inheritance. Accepting our limitations while respecting our like dignity.	Our human makeup Freedom and responsibility Relating to others
32	It's Great to Be Me!	Accepting the self, especially as male and female.	Our human makeup Being objective

Unit VII: Rights and Duties

33	We All Have Rights	The concept of human rights and the need to respect and stand up for our rights. The rights of the child.	Dignity of the person Our human makeup Learning self-control Respecting others and commanding respect Community spirit
34	We All Have Duties	Rights are always accompanied by duties.	Dignity of the person Freedom and responsibility Justice Give and take
35	Health: A Right and a Duty	Looking after our health.	Healthy habits Self-worth Responsibility