

 I.E.S. SAN PABLO	I.E.S. "SAN PABLO" (SEVILLA)	
	Becoming an adult in the 21st century	Curso 2021/2022

**PROJECT/UNIT 1º Bachillerato : BECOMING AN ADULT IN THE 21st CENTURY**


SUBJECTS	Philosophy	Physical Education	English
Objectives/ Global Goal	<p>The students will learn the main theories and philosophical concepts of the definition of person.</p> <p>The students will learn the background of the current idea of "human being" and person; Reason, Emotions and Freedom and how they define their process of becoming adults.</p>	<p>The aim of this project from the subject of Physical Education is to find out how human beings relate to physical activity and health from different philosophical perspectives.</p> <p>We focus on the spiritual human being and the rational and materialistic human being.</p>	
Contents	<p>Human beings and person through the History of Philosophy</p> <p>Contemporary idea of person: Rational, spiritual, and social. Becoming an adult in the XXI century.</p> <p>The social perspective of rationality and spirituality at our consumerism time.</p>	<p>The spiritual human being from the perspective of physical activity and health: sports disciplines, lifestyle, nutrition, sportswear consumption.</p> <p>The social human being from the perspective of physical activity and health: sports disciplines, lifestyle, nutrition, sportswear consumption.</p> <p>The rational materialistic human being from the</p>	

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		perspective of physical activity and health: sports disciplines, lifestyle, nutrition, sportswear consumption.	
Competences	Learning to learn. Verbal communication competences. Social and cultural competences	Linguistic communication  Learning to learn  Cultural awareness and expression  Social and civic competences.	
Communication Skills (listening, Reading, writing and speaking)	Listening and reading philosophical texts dealing with the concept of human being. Writing dialogues about their own experiences. Practicing dialogues.	<ul style="list-style-type: none"> <li>• Reading texts</li> <li>• Speaking: Explaining to classmates what they have learnt in the text.</li> <li>• Listening: following yoga and crossfit classes in english.</li> </ul>	
Timing and number of sessions	3 Sessions. 50 minutes each one. The group is divided, part of the work will be made at home.	3 Sessions of 50 minutes each one.	

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Description of main tasks /classroom management	<p>We will work in two different methodologies depending on each activity:</p> <p>-In a big group at classroom"</p> <p>The analysis of the text and the sum up of the contents</p> <p>-In little groups</p> <p>Preparing the practical activities.</p>	<p>1stLesson) Spiritual perspective:</p> <p>We will read a text about yoga style divided into several parts (yoga style, nutritious, discipline, how to wear...). The class will be divided in gruops and ecah one will read their part and later they will explain what they have learnt to the rest of the group. Finally, we practise a yoga classes from an english speaker teacher in youtube.</p> <p>TEXT: " <u>Yoga Lifestyle : Everything You Need To Know To Live A Yogic Lifestyle</u>"</p> <p>2nd Lesson) We will analyze the social perspective of the human being and The value of socialization through sports</p> <p>We will practise a collective sport. Basketball.</p> <p>TEXT:</p> <ul style="list-style-type: none"> <li>• Social Theory &amp; Sports: Functional and Conflict theory/ perspective.</li> </ul>	
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		<ul style="list-style-type: none"> <li>• <a href="https://www.britannica.com/sports/sports/Sociology-of-sports">https://www.britannica.com/sports/sports/Sociology-of-sports</a></li> </ul> <p>3rd Lesson) The same organization, but analyzing the social perspective of the human being. We will practise crossfit.</p> <p>Finally we will compare and discuss the three perspectives from physical activity and health.</p> <p>TEXT:  <a href="https://ir.library.illinoisstate.edu/cgi/viewcontent.cgi?article=1004&amp;context=sta">https://ir.library.illinoisstate.edu/cgi/viewcontent.cgi?article=1004&amp;context=sta</a></p> <p>"The Culture of CrossFit: A Lifestyle Prescription for Optimal Health and Fitness "</p>	
Coordination with other subjects	With the Area of English, we will work the Vocabulary of the subject and the	Our project is based on philosophy texts and we adapt to their contents from physical education.	

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	<p>pronunciation of the dialogues</p> <p>With Physical Education we will work the body expression of three models of human being: Spiritual Materialistic and Social</p>		
<p>New Technologies (ICT)/ cooperative learning using ICT.</p>	<p>New Technologies (ICT)/ cooperative learning using ICT. We will work with different websites looking for information about the subject. The group task will be done using the internet due to the COVID situation.</p>	<p>We will use the classroom and youtube in class just to practise the different disciplines.</p>	
<p>Resources</p>	<p>All the material resources of the IES San Pablo. Websites of information. Meeting websites. Classroom</p>	<p>Websites, classroom, computer and projector from IES San Pablo.</p>	
<p>Final Assessment / Rubrics</p>	<p>The students will develop a practical activity which will be assessed by the teachers. In Philosophy Area they will answer a questionnaire</p>	<p>During the explanation of the selected texts, the comprehension of the text as well as the way of expressing it to the classmates will be assessed.</p>	

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		In the same way, it will be evaluated how the classmates understand the explanation of the texts and the explanations of the classes to be followed (yoga, basketball rules and crossfit exercises)	
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