

Apex Life School
Curriculum Briefing

CourseName: HPE		Class: VIII	Term: First Term	Year: 2076	Total Annual Working Day: 241
Instructor: Puskar Adhikari		Contact: 9860175211	Email: oepuskar123@gmail.com		Total Working Days First Term: 69
CH. NO	LESSON	COURSE OVERVIEW	OBJECTIVE	PREREQUISITES	SKILLS SUPPORTED
1.	Human Body	Circulatory System <ul style="list-style-type: none"> • Heart • Blood • Blood vessels Reproductive system <ul style="list-style-type: none"> • Male reproductive system • Female Reproductive system Glandular / Endocrine system <ul style="list-style-type: none"> • Exocrine gland • Endocrine gland Nervous system <ul style="list-style-type: none"> • The central Nervous system • Peripheral Nervous system • Autonomic Nervous system 	After the completion of the lesson students will be able to <ul style="list-style-type: none"> • Explain the process of blood circulation and list the importance of healthy heart. • List the different parts of reproductive system. (male/female) and also process of taking care. • List and define the all glandular system parts. • Define the function of brain, and list the different parts of brain as well as function of whole nervous system. 	Students should be able to listen and watch the normal text and data's shown.	<ul style="list-style-type: none"> • Critical thinking • Personal development
2.	Personal Health	<ul style="list-style-type: none"> • Different ways to make a healthy life • Regular health checkup. 	After the completion of the lesson students will be able to <ul style="list-style-type: none"> • Define health according to WHO. • Mention at least five ways to stay healthy. • List the need and importance of Regular health checkup. 	Students should be able to maintain the personal care.	<ul style="list-style-type: none"> • Personal Development
3.	Nutrition	<ul style="list-style-type: none"> • Malnutrition • Anemia • Scurvy • Night blindness • Balanced diet 	After the completion of this lesson students will be able to. <ul style="list-style-type: none"> • Define nutrition; list the types of malnutrition and effects of malnutrition. • Define anemia, list the symptoms and preventive measures. • Define Night Blindness, list its symptoms and preventive measures. • Define balanced diet and list the need and importance of balanced diet. • Write a paragraph about impact of junk food. 	Students should be able define the impact of different diseases in our life.	<ul style="list-style-type: none"> • Personal Development • Critical Thinking

10.	Physical Exercise	<ul style="list-style-type: none"> • Warm up exercises • Exercise of shoulder • Exercise of knee • Exercise of waist • Exercise of arm and chest 	<ul style="list-style-type: none"> • Students will be able repeat those different exercises and also will be able to perform these exercises to others. 	Students should be able to perform the simple exercises without having any physical problems.	Personal development
11.	Drill	Drill steps	Students will be able to perform those drills effectively	Students should be able to perform the simple physical exercises.	Personal development

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CourseName: Health, Population and Environment		Class: 9	Term: First	Year: 2076	Total Annual Working Day: 241
Instructor: Upama K C		Contact:	Email:upamabrt@gmail.com		Total Working Days First Term: 69
S. NO	LESSON	COURSE OVERVIEW	OBJECTIVE	PREREQUISITES	SKILLS SUPPORTED
1.	CONCEPT OF HEALTH, POPULATION AND ENVIRONMENT	This lesson will help students understand: <ul style="list-style-type: none"> - Health, population and environment and importance - Interrelationship between health, population and environment 	<ul style="list-style-type: none"> • On completion of this lesson, Students will be familiar with the concepts of health, population and environment and identify the interrelationship between health, population and environment 	Students should have basic knowledge of health, population and environment	<p>Students will discuss in groups using a collaborative approach and identify need, importance and scope of health, population and environment education</p> <p>Communication skill</p> <p>Citizenship-They will also analyse the importance of health, population and environment education in our country for improving the health status of people from marginalized groups.</p>
2	DEMOGRAPHY, POPULATION CHANGE AND MANAGEMENT	This lesson will <ul style="list-style-type: none"> - Introduce Demography - help students to identify sources of data - discuss determining factors of population change (Birth, death, migration and marriage) - identify areas affected by migration 	<p>After this lesson, students will be able to:</p> <ul style="list-style-type: none"> - analyze the information on demography as well as population change - mention the determinants of population change - identify and list the areas affected by migration 	Students should be familiar with factors of population change like birth, death and migration.	<p>Students will conduct small scale survey on migration issues with in their locality, collect data and interpret it in groups.</p> <p>(Collaborative approach)</p> <p>They will present their findings using power point presentation</p> <p>(Digital literacy)</p> <p>Students will write reports, compare and contrast their findings with population data from secondary sources and also identify limitations of the study.</p> <p>(Critical thinking and problem solving)</p>
3	POPULATION, ENVIRONMENT AND DEVELOPMENT	This lesson will help students <ul style="list-style-type: none"> - conceptualize development and its indicators 	<p>Upon completion of this lesson, students will be able to:</p> <ul style="list-style-type: none"> - Present the indicators 	Students should have basic concept of development and human resource	Students will surf the internet and download the Human development report 2014 and analyses the value of various

4	POPULATION, ENVIRONMENT SITUATION OF NEPAL	<p>- understand human resource development</p> <p>This lesson will discuss</p> <ul style="list-style-type: none"> - Population size - Regional distribution of population - Urbanization and its consequences 	<p>of Development</p> <ul style="list-style-type: none"> - understand the concept of development and human resource development <p>After this lesson, students will be able to:</p> <ul style="list-style-type: none"> • Identify situation and trends of population size, growth and distribution • conclude on the basis of population estimate, forecast and test • Explain the concept of urbanization and its effects 	<p>Students should know about regional distribution of Nepal and familiar with urbanization</p>	<p>countries of the world. (Digital literacy)</p> <p>Critical thinking and problem solving</p> <p>Discuss the reasons why youths are migrating abroad for employment in class (Communication and collaboration)</p> <p>Students will prepare a short report and powerpoint presentation on industry in their locality and its effect on development and environment of that area (Digital Literacy)</p> <p>Discuss on population composition and distribution in Nepal in class</p> <p>Analysis of population distribution (class/ school) and present the data with bar graph . (Analytical skill)</p>
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CourseName: Health, population and environment		Class: 10	Term: First	Year: 2076	Total Annual Working Day: 241
Instructor: Upama K C		Contact:	Email:upamabrt@gmail.com		Total Working Days First Term: 69
S. NO	LESSON	COURSE OVERVIEW	OBJECTIVE	PREREQUISITES	SKILLS SUPPORTED
1.	CONCEPT OF HEALTH, POPULATION AND ENVIRONMENT	This lesson introduces aspects of Health, Population and Environment and interrelationship between various aspects of health, population and environment	<p>On completion of this lesson, Students will be able to...</p> <ul style="list-style-type: none"> • Explain various aspects of health, population and environment • Identify the interrelationship among various aspects of health, population and environment 	Students should have basic concept of Health, population and environment	Analytical skill (Explaining, Reasoning etc.) Communication and Collaborative skill
2	DEMOGRAPHY, POPULATION CHANGE AND MANAGEMENT	This lesson helps students understand demographic components, processes and measurement, consequences of rapid population growth and population management.	<p>After this lesson, students will be able to:</p> <ul style="list-style-type: none"> • Describe demographic components, processes and measurement • Record, analyze and conclude the information on population • Mention the consequences of rapid population growth and identify the measures of population management 	Students should have basic knowledge of demography and factors like birth, death, migration and marriage	Critical thinking and Problem solving skills Communication and Collaborative skill
3	POPULATION, ENVIRONMENT AND DEVELOPMENT	This lesson helps students to understand population, environment and development activities, regional balance in development and sustainable development	<p>Upon completion of this lesson, students will be able to:</p> <ul style="list-style-type: none"> • Identify population, environment and development related activities and mention the concept of regional balance in the development • Introduce sustainable development and present the appropriate measures of sustainable development 	Students should have basic concept of development and its indicator	<p>Communication and Collaborative skill- Class discussion on migration of youths abroad for employment of low skilled or unskilled work</p> <p>Critical thinking and problem solving- suggest the ways for self-employment- Entrepreneurship</p>

4	POPULATION, ENVIRONMENT SITUATION OF NEPAL	This lesson will help students understand status of population and ecosystem by ecological belt and effect on environment as well as environment conservation and management	After this lesson, students will be able to: <ul style="list-style-type: none"> • Mention the population situation and ecosystem by ecological belts and its impact on environment • Be familiar with the local practices of environmental conservation and management • Be involved in conservation activities 	Students should have basic concept of biodiversity	Communication and Collaboration Critical thinking and Problem solving Leadership and personal development (Environmental conservation activity in group)
5	FAMILY LIFE EDUCATION AND QUALITY OF LIFE	This lesson introduces components of quality life, bases of quality life, indicators of happy life and human development index	After this lesson, students will be able to: <ul style="list-style-type: none"> • Present the bases and components of quality of life and indicators of happy life • Develop and adopt the positive and creative skill and attitude for the family members 	Students should have basic knowledge on Quality of life and family	Analytical skill (interpretation of low quality life and quality of life) Critical thinking and problem solving