

No daudzveidīgiem
uzdevumiem līdz kompleksas
prasmes vērtēšanai.

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Sasniedzamais rezultāts: prasme



Darba plāns

- 1. nodarbība** - Praktiskās daļas izklāsts (40 minūtes)
Tehniskais starpbrīdis (10 minūtes)
- 2. nodarbība** - Teorija praksē (40 minūtes)

Veselība, slimības un ārstēšana.

9 mācību stundas

Kompleksais SR tēmai “Veselība, slimības un ārstēšana” - Mērķtiecīgi meklē un apkopo nepieciešamo informāciju; strukturē un pielieto ikdienas sadzīviskās situācijās.

Miniet veidus, kā efektīvi apgūt vārdu krājumu!

www.menti.com

1.st.SR: Izmanto elektroniskās vārdnīcas jauno vārdu nozīmes izpētei un noskaidrošanai.

Health, diseases, treatment

Translate the unknown words!

H E A L T H

THE HUMAN BODY

CIRCULATORY SYSTEM
artery /'ɑ:təri/
blood circulation /'blʌd sə:kjə'leɪʃən/
blood vessels /'blʌd 'veslz/
circulatory system /sə:kju'leɪtəri 'sɪstəm/
vein /veɪn/

DIGESTIVE SYSTEM
digestion /daɪ'dʒestʃən/
digestive system /daɪ'dʒestɪv 'sɪstəm/
liver /'lɪvə/
small/large intestine /smɔ:l, la:dʒɪ m'testəɪn/
stomach /'stʌmək/

LOCOMOTOR SYSTEM
joints /dʒɔɪnts/
ligament /'lɪgəmənt/
locomotor system /ləʊkəʊ'məʊtə 'sɪstəm/
muscle /'mʌsəl/
tendon /'tendən/

NERVOUS SYSTEM
brain /breɪn/
nervous system /'nɜ:vəs 'sɪstəm/
neurons /'nju:ənz/
spinal cord /'spɪnəl 'kɔ:rd/

RESPIRATORY SYSTEM
breathing /'brɪ:ðɪŋ/
bronchi /'brɒŋkai/
lungs /lʌŋz/
respiratory system /rɪ'spɪrətəri 'sɪstəm/

SICKNESS AND HEALTH

be allergic to sth /bi ə'lɜ:dʒɪk tə ,sʌmθɪŋ/
catch a cold /kætʃ ə 'kəʊld/
come down with the flu /kʌm daʊn wɪð ðə 'flu:
contract an infectious disease /kən'trækt ə ɪn'fektʃəs dɪ'zɪz/
cure /kjʊə/
have/undergo surgery /hæv, ,ʌndə'gəʊ 'sɜ:dʒəri/
heal /hi:l/
make a speedy recovery /meɪk ə 'spi:di rɪ'kʌvəri/
plastic surgery /'plæstɪk 'sɜ:dʒəri/
recover (from sth) /rɪ'kʌvə frəm ,sʌmθɪŋ/
recovery /rɪ'kʌvəri/
regain (physical) strength /rɪ'geɪn ,fɪzɪkəl streŋθ/
surgery /'sɜ:dʒəri/
suffer (from) /'sʌfə frəm/
treat /tri:t/
treatment /'tri:tmənt/

INJURIES

bandage /'bændɪdʒ/
bruise /bru:z/
cut /kʌt/
in plaster (BrE)/in a plaster cast (AmE) /ɪn 'plɑ:stə, ɪn ə 'plɑ:stə kɑ:st/
injure (oneself) /ɪndʒə wʌn'self/
injury /ɪndʒəri/
plaster (BrE)/Band-Aid (AmE) /'plɑ:stə, 'bænd eɪd/
pull a muscle /pu:l ə 'mʌsəl/
scar /skɑ:/
scratch /skrætʃ/
sling /slɪŋ/
sprain your wrist /spreɪn jə 'rɪst/

stitches /'stɪtʃɪz/
suffer minor injuries /'sʌfə maɪnə 'ɪndʒərɪz/
twist an ankle /twɪst ən 'æŋkəl/
walk on crutches /wɔ:k ɒn 'krʌtʃɪz/
wound /waʊnd/

USEFUL PHRASES

be addicted to /bi ə'dɪktɪd tə/
be allergic to /bi ə'lɜ:dʒɪk tə/
be in good shape /bi ɪn gʊd ʃeɪp/
consult a doctor /kən'sʌlt ə 'dɔ:kətə/
die of /daɪ əv/
have a pain in one's leg /hæv ə peɪn ɪn wʌnz leg/
keep fit /ki:p fɪt/
make an appointment with /meɪk ən ə'pɔɪntmənt wɪð/
operate on /'ɒpəreɪt ɒn/
recover from /rɪ'kʌvə frəm/
see a doctor /si: ə 'dɔ:kətə/
stay fit /steɪ fɪt/
suffer from /'sʌfə frəm/
take blood pressure /teɪk blʌd 'preʃə/
take temperature /teɪk 'temprətʃə/
take things easy /teɪk θɪŋz 'i:zi/

Darbs grupās attālināti tiešsaistē.

The human body Polina Edgars Katrīna	Sickness and health, injuries Healthy/unhealthy lifestyle, useful phrases Andrejs Rihards Artūrs	Remedies, symptoms, diseases Veronika Aleksandra Kristers Ervīns	Disabilities, health care professionals Kārlis Roberts Paula	Healthy/unhealthy lifestyle, useful phrases Sickness and health, injuries Līva Daniels Evelīna
artery- artērija Blood circulation- asins cirkulācija Blood vessels- asinsvadi Circulatory system- asinsrites sistēma Vein- vēna Digestion- gremošana Digestive system- gremošanas sistēma Liver- aknas Small/large intestine- mazās/ lielās zarnas Stomach- kuņģis, vēders Joints- locītavas Ligament- saite Locomotor system- kustību/muskuļu -skeleta sistēma Muscle- muskuļi Tendon- cīpsla Brain-	Avoid stress - izvairīties no stresa Cut down on fatty foods – lietot mazāk taukainus ēdienus Do exercise – vingrot Follow a sensible diet – sekot saprotošai, sap- atīgai diētai Get enough sleep – pietiekami gulēt Give up smoking – beigt smēķēt Healthy diet - veselīga diēta Healthy food - veselīgs ēdiens Healthy habits - veselīgi ieradumi High-fat diet – liela tauku satura diēta Low-fat food – zema tauku	backache - mugurassāpes cough - klepus cramp - krampis earache - aususāpes runny nose- iesnas sneeze- šķaudīt stiff legs - stīvas kājas Antibiotics - antibiotikas Flu vaccination - vakcīna pret vīrusu kādu? Have an injection - injicēt Lozenges - tabletes pastifas Natural— remedies - dabīgas zāles Ointment - ziede Painkillers - sāpju mazinātāji Prescription drugs - recepšu medikamenti Remedy - zāle	amputation - amputācija amputee - amputētais brain damage - smadzeņu bojājums deaf - kurls hard of hearing/hearing -impaired - vārdzirdīgs / dzirdes traucējumi intellectually disabled - intelektuāli invalīdi mentally handicapped - garīgi slimi mute - mēms paraplegic - protēze, paralizē- is Prosthetic leg - kājas protēze, wheelchair - ratiņi, visually impaired person - akls cilvēks, cardiologist - kardiologs, an -	Be allergic to sth - ir alerģiska reakcijai pret ... Catch a cold - saaukstēties come down with the flu - saslimt ar gripu contract an infectious disease - saslimt ar infekcijas slimību cure - ārstniecisks līdzeklis vai izārstēt have/undergo surgery - ir/būs operācija heal - dziedēt make a speedy recovery - ātri atveseļoties

2.,3.st. SR: Pielieto jauno vārdu krājumu par tēmu "Veselība" kontekstā.

THE HUMAN BODY

1 Match the parts of the body to the functions they are involved in.

- | | |
|-----------------------------------|---|
| 1 breathing | a muscles, tendons, joints |
| 2 digestion | b heart, veins, arteries |
| 3 movement | c brain, spinal cord, neurons |
| 4 blood circulation | d bronchi, lungs, nose |
| 5 controlling all other functions | e stomach, small intestine, large intestine |

SICKNESS AND HEALTH

2 Complete the sentences with the verbs from the box in the correct form.

- cure heal injure recover treat wound
- US military casualties in the Vietnam War included 58,209 killed and 153,452 _____.
 - My neighbour was _____ in a car accident last year.
 - We worried about him, but he _____ from the injuries faster than expected.
 - One third of the patients have been entirely _____ of the disease.
 - I've been _____ my cold with various natural remedies, but I don't seem to be getting better.
 - It's a very small cut; don't touch it and it'll _____ by itself.

INJURIES

3 Complete the text with the words from the box.

stitches sling scar crutches cast bandage

Poor Andy has had a bad skiing accident. He broke his leg; now he's got a plaster ¹ _____ on it and he walks on ² _____. He's also got four ³ _____ in his forehead, covered with a ⁴ _____, because he cut himself rather badly when falling. And his right arm is in a ⁵ _____, so he cannot use it much! However, the doctor says he'll be fine; in two months, all you'll be able to see will be an attractive ⁶ _____ on his forehead.



DISEASES

4 Choose the correct word.

- When you suffer from **bronchitis**, you cough / sneeze a lot.
- Otitis** causes intense *backache* / *earache*.
- 'Pink eye', or **conjunctivitis**, is an *eye* / *ear* infection.
- If you have **appendicitis**, your *stomach* / *head* hurts badly and you need surgery.
- Pneumonia** is an inflammation of the *liver* / *lungs*.
- Tuberculosis** (TB) is a serious *lung* / *heart* disease, from which many poor people, including some famous artists, died in the 19th century.
- If you hit your *elbow* / *head*, you may suffer from **concussion**.
- Many types of **cancer** are caused by *smoking* / *drinking*.
- Chicken pox** is a childhood disease which causes a *rash* / *swelling* on the whole body.
- Mumps** is a childhood disease which makes your *neck and face* / *arms and legs* swell and hurt.

DISABILITIES

5 Match the sentence beginnings and endings.

- | | |
|---|--------------------------|
| 1 Amputees | <input type="checkbox"/> |
| 2 Hearing-impaired people | <input type="checkbox"/> |
| 3 Mentally handicapped / intellectually disabled people | <input type="checkbox"/> |
| 4 People who suffer from brain damage | <input type="checkbox"/> |
| 5 Visually impaired people | <input type="checkbox"/> |
- a can't hear well.
b can't see, or can see very little.
c have significantly below-average intellectual ability.
d may lose the ability to speak or walk.
e need prosthetic legs or wheelchairs.

HEALTH CARE PROFESSIONALS

6 Match the people to the health care professionals.

- | | |
|---|--------------------------|
| 1 Mrs Crawford has got problems with her hips. | <input type="checkbox"/> |
| 2 Luke doesn't like the shape of his nose. | <input type="checkbox"/> |
| 3 Tony thinks he's got the flu. | <input type="checkbox"/> |
| 4 Louise is going to have a baby and wants to prepare for childbirth. | <input type="checkbox"/> |
| 5 Little Sammy can't pronounce 's' very well. | <input type="checkbox"/> |
| 6 Virginia suffers from depression. | <input type="checkbox"/> |
- a speech therapist d plastic surgeon
b psychiatrist e midwife

4.,5.,6.st. SR: Meklē informāciju par noteiktām slimībām. Strukturē iegūto informāciju, veido infografiku.

Infografika!

Pievienojiet saites!

<https://piktochart.com/formats/infographics/>

<https://www.skolanakotnei.lv/macibas/radi-saturu/infografikas/>

Slimības - <https://www.nhsinform.scot/illnesses-and-conditions/a-to-z#N>

Dotajā saitē ieraksti, kādu slimību esi izvēlējies/izvēlējiesies –

https://docs.google.com/document/d/1BtkBEa84OyZwHCU4KetM4aoNr_BdAW3W7L757Be0Nqc/edit?usp=sharing

Pirms veido! Padomā!!!

- Kas ir infografika?
- Paraugi (apskaties)!
- Padomā par atbilstošu noformējumu, burtu stilu, krāsu, izvietojumu, attēliem, ja tādi plānoti.
- Infografikas apakšā jānorāda izmantotie interneta avoti.

Slimību izpēte 10 i

Name	Illness
Rihards	Epilepsy
Katrīna	Alzheimer's disease
Evelīna	Lactose intolerance
Kristers	Mouth cancer
Līva	Huntington's disease
Andrejs	Laryngitis
Veronika	Acne
Artūrs	Alzheimers
Paula	Asthma
Roberts	Scoliosis
Aleksandra	Migraine
Ervīns	Sunburn
Poljina	Bulimia
Daniels	Pneumonia
Edgars	Osteoporosis
Kārlis	Psychosis

Infografikas (digitāli)

Acne

What is Acne disease?

- Acne is a common skin condition that affects most people at some point. Its causes spots, oily skin, sometimes skin that's hot or painful to touch.

Where does it develop the most?

- Acne most commonly develops on the:
- face - this affects almost everyone with acne
 - back - this affects more than half of people with acne
 - chest - this affects about 15% of people with acne

What does it look like?



Chest acne



Back acne



Face acne

What are the symptoms?

Acne signs vary depending on the severity of your condition:

- Blackheads** - small black or yellowish bumps that develop on the skin.
- Whiteheads** - have a similar appearance to blackheads, but may be firmer and won't empty when squeezed.
- Red papules** - small red bumps that may feel tender or sore.
- pustules** - similar to papules, but have a white tip in the centre.
- nodules** - large hard lumps that build up beneath the surface of the skin and can be painful.
- cysts** - the most severe type of spot caused by acne. They're large pus-filled lumps that look similar to boils and carry the greatest risk of causing permanent scarring.

How can it be treated?

- Don't wash affected area of skin more than twice a day. Frequent washing can irritate the skin and make symptoms worse.
- Completely remove make-up before going to bed.
- Don't try to "clean out" blackheads or squeeze spots. This can make them worse and cause permanent scarring.
- Wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water can make acne worse.
- If dry skin is a problem, use a fragrance-free, water-based emollient.
- Wash your hair regularly and try to avoid letting your hair fall across your face.
- Avoid using too much make-up and cosmetics. Use water-based products that are described as non-comedogenic (this means the product is less likely to block the pores in your skin).
- Regular exercise can't improve your acne, but it can boost your mood and improve your self-esteem. Shower as soon as possible once you finish exercising, as sweat can irritate your acne.

ACNE TREATMENT



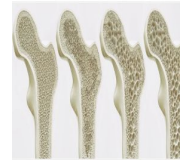
- Although acne can't be cured, it can be controlled with treatment. Several creams, lotions and pills for treating spots are available at pharmacies.

Used sources

- <https://www.mayoclinic.org/diseases-conditions/acne/symptoms-causes/syc-20168047>
- <https://www.healthline.com/health/beauty-skin-care/chest-acne>
- <https://www.nhs.uk/conditions/acne/symptoms-causes/syc-20168047>

Osteoporosis

Edgars Markovs 10.i



What is Osteoporosis?

Osteoporosis is a condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a minor fall or sudden impact causes a bone fracture.

The symptoms of osteoporosis

- Back pain, caused by a fractured or collapsed vertebra
- Loss of height over time
- A stooped posture
- A bone that breaks much more easily than expected

Causes and risk factors

- smoking
- malnutrition
- Women who are going through menopause experience a decrease in estrogen levels, which leads to more rapid bone breakdown
- certain medications, such as steroids, proton pump inhibitors, and some seizure medications
- certain diseases, such as multiple myeloma

Osteoporosis treatment

- Treatment usually includes a combination of medications and lifestyle changes.
- Bisphosphonates are the most common osteoporosis drug treatments. They're typically the first treatments recommended for women who are postmenopausal.
- Even when you're taking any of the medications listed above, doctors recommend getting plenty of calcium and vitamin D in your diet. That's because this mineral and vitamin together can help slow bone loss.



Used sources:

- <https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968>
- <https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/conditions/osteoporosis>
- <https://www.vizualdiagnostika.lv/jaunumi/trauslo-kaulu-silimba-osteoporozs>
- <https://www.news-medical.net/health/Approaches-to-Treating-Osteoporosis.aspx>
- <https://medicine.yale.edu/whr/news/osteoporosis/>
- <https://www.healthline.com/health/osteoporosis-treatments/#causes-and-risk-factors>

ANOREXIA NERVOSA

Anorexia nervosa is an eating disorder and a serious, potentially life-threatening, mental health condition.



People who have anorexia are:

- anxious about their weight
- strictly controlling and limiting what they eat
- excessively exercising

THE SYMPTOMS

- fear of 'being fat' or gaining weight
- problems with self-esteem and body image when it comes to food and weight
- restricting food intake and keeping your body weight low, to the point it's unhealthy

HOW THE SYMPTOMS EXPRESS

- hiding how much you've eaten, or not eaten
- avoiding eating around other people
- coming up with reasons for not eating
- weighing themselves, measuring themselves, such as their waist size
- checking their body in the mirror

TREATMENT

First you need to have an overall assessment of your health. This may be done by your GP or another healthcare professional, one that specialises in eating disorders.

The assessment will help your healthcare professional draw up a plan for your treatment and care. Other healthcare professionals may also be involved in your treatment, such as a psychiatrist, a psychologist or a dietician.

This will help you get advice on eating and nutrition as well as help you gain weight safely. And you can start your recovery journey.



Anxiety

Cause

The exact cause of GAD is not fully understood, although it's likely that a combination of several factors plays a role. Research has suggested these may include:

- overactivity in areas of the brain involved in emotions and behavior
- an imbalance of the brain chemicals serotonin and noradrenaline, which are involved in the control and regulation of mood
- the genes you inherit from your parents - you're estimated to be five times more likely to develop GAD if you have a close relative with the condition
- having a history of stressful or traumatic experiences, such as domestic violence, child abuse, or bullying
- having a painful long-term health condition, such as arthritis
- having a history of drug or alcohol misuse

However, many people develop GAD for no apparent reason.



Generalized Anxiety Disorder (GAD) Symptoms



Symptoms

Generalized anxiety disorder (GAD) can affect you both physically and mentally. How severe the symptoms vary from person to person. Some people have only one or two symptoms, while others have many more. You should see your GP if anxiety is affecting your daily life or is causing you distress.

Psychological

GAD can cause a change in your behavior and the way you think and feel about things, resulting in symptoms such as:

- restlessness
- a sense of dread
- feeling constantly "on edge"
- difficulty concentrating
- irritability

Your symptoms may cause you to withdraw from social contact (seeing your family and friends) to avoid feelings of worry and dread. You may also find going to work difficult and stressful and may take time off sick. These actions can make you worry even more about yourself and increase your lack of self-esteem.

Physical

GAD can also have a number of physical symptoms including:

- dizziness
- tiredness
- a noticeably slow, fast, or irregular heartbeat
- muscle aches and tension
- trembling or shaking
- dry mouth
- excessive sweating
- abdominal cramps
- stomach ache
- feeling sick
- headache
- pins and needles
- difficulty falling or staying asleep (insomnia)

Treatment

Initial treatment

At first, your GP may suggest trying an individual self-help course for a month or two to see if it can help you learn to cope with your anxiety.

If you have been diagnosed with GAD, you will usually be advised to try psychological treatment before you are prescribed medication.

- Cognitive-behavioral therapy
- Cognitive relaxation

Medication

Selective serotonin reuptake inhibitors (SSRIs)

- feeling sick
- low sex drive
- blurred vision
- diarrhea or constipation
- dizziness
- dry mouth
- loss of appetite
- sweating
- feeling agitated
- problems sleeping (insomnia)



Serotonin and noradrenaline reuptake inhibitors (SNRIs)

- feeling sick
- headaches
- drowsiness
- dizziness
- dry mouth
- constipation
- insomnia
- sweating



Pregabalin

Side effects of pregabalin can include:

- drowsiness
- dizziness
- increased appetite and weight gain
- blurred vision
- headaches
- dry mouth
- vertigo (the sensation that you, or the environment around you, is moving or spinning)



Benzodiazepines

Side effects of benzodiazepines can include:

- drowsiness
- difficulty concentrating
- headaches
- vertigo
- tremor (an uncontrollable shake or tremble in part of the body)
- low sex drive



Used information

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/anxiety>

Infografikas (posteris)


Prevention

- Controlling high blood pressure
- Managing diabetes
- Eating a diet rich in fruits and vegetables
- Exercising regularly

SYMPTOMS

- Headache
- Double vision
- Blurry or swollen
- Problems seeing
- Double spacing
- Headache

STROKE



A stroke is a medical condition in which poor blood flow to the brain results in cell death.


Prevention

- STAY HOME
- cover your mouth
- vaccination
- washing hands with soap
- Exercise
- Get a flu shot
- Practise good health habits
- Stay away from flu

SYMPTOMS


- Fatigue
- Headache
- Cough
- Sore throat
- Nausea or body aches
- fatigue

FLU



Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.

Fetal Alcohol Spectrum Disorder




Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning.

Symptoms:

- Abnormal facial features
- Small head size, shorter than average height, low body weight
- Hot coordination, difficulty with attention, poor memory, low IQ
- Disruptive behavior
- Blurred or hearing problems, problems with the heart, kidneys or bones

Treatment: there is no cure for FASDs, but research shows that early intervention treatment services can improve a child's development.

Diabetes



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high.

Type 1

Body doesn't make insulin. Immune system attacks and destroys the cells in pancreas that make insulin.

Symptoms:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Presence of ketones in the urine

Type 2

Body doesn't make or use insulin well.

Symptoms:

- Fatigue
- Irritability
- Blurred vision

Gestational

Develops in some women when they are pregnant. Goes away after the baby is born.

Symptoms:

- Fatigue
- Irritability
- Blurred vision

Treatment: Need to use insulin by injection or by using a pump in **Type 1** or **Type 2**.

Vegetative dystonia

Definition: Vegetatively vascular dystonia has a functional nature. It's caused due to inconsistency of physical development of the nervous and endocrine apparatus.

Symptoms:

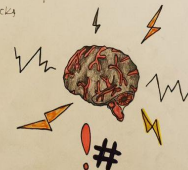
- Psychological exhaustion
- Insomnia
- Total fatigue and depressed mood
- Palpitations in the heart
- Chills or sweating
- Fear

Treatment:

- Doctor prescribed sedatives
- Consultation of a psychologist or psychotherapist
- Physical activities
- Regular autogenic training

Good to know:

- More common in women
- For some people vegetative dystonia is absorbed from birth
- Sometimes it occurs in a form of attacks



Arūda, Gerda 11.8

7.,8.st. SR: Veido dialogu/skeču, izmantojot iepriekš iegūtās zināšanas par noteiktu slimību.

9.st. SR: Prezentē un izvērtē izveidotos dialogus/skečus, ievēro nosacījumus, izmanto informāciju no izveidotās infografikas.

Teorija praksē.

- Caurviju prasmes;
- Diferenciācija;
- Mācību darba organizēšana;
- Pētniecība;
- Starpdisciplinārā pieeja;
- SLA infografikai;
- SLA dialogam/skečam;
- SOLO taksonomija.

Caurviju prasmes

Pašizziņa un pašvadība

- Ir motivēts patstāvīgi mācīties un pilnveidot sevi; saprot un seko līdzī savam mācīšanās procesam.

Domāšana un radošums

- Iztēlojas un rada jaunas idejas un produktus, piedāvā inovatīvus risinājumus un rod jaunus izpausmes veidus.

Sadarbība un līdzdalība

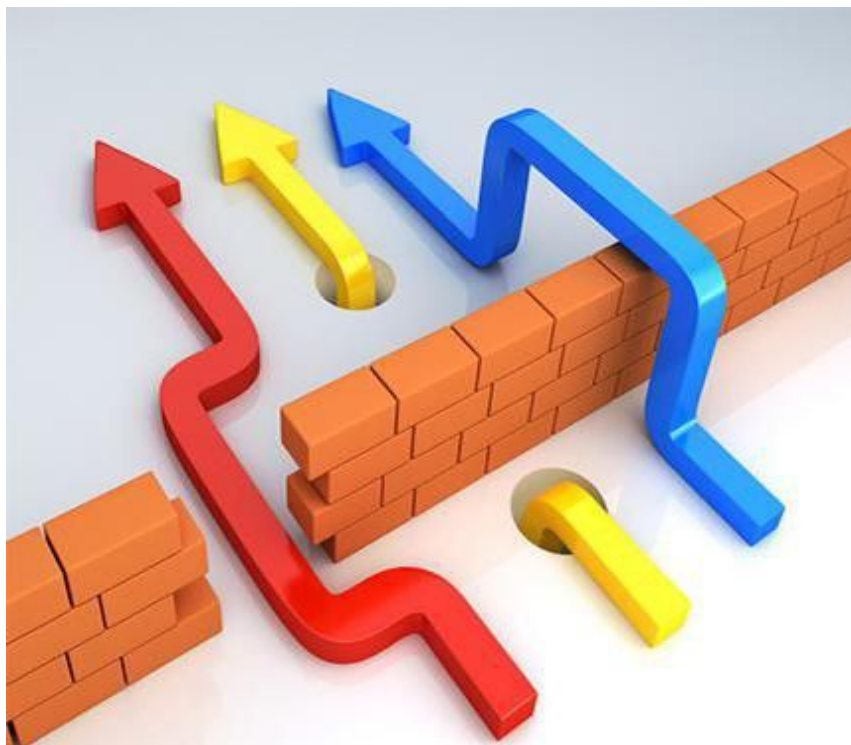
- Domā un rīkojas kā atbildīgs sabiedrības pilsonis, sadarbojas ar dažādiem cilvēkiem, dažādās vidēs.

Digitālā

- Droši un atbildīgi izmanto informācijas un komunikācijas tehnoloģijas un ar to starpniecību rada jaunas zināšanas.

Diferenciācija

- **Diferenciācija** ir mācību princips, kas paredz nepieciešamību un iespējamību mācību procesu pielāgot skolēna interesēm, spējām, talantam, vajadzībām parastas klases apstākļos. (Skujiņa, 2000)



Diferenciācijas pozitīvie/negatīvie aspekti

+

- Pieaug skolēnu motivācija
- Savstarpēja palīdzība
- Mācību procesa efektivitāte
- Pieaug gandarījums par rezultātu

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- Stundu gatavošana darbietilpīga
- Uzdevumu sastādīšana pa līmeņiem

Lai veiksmīgi realizētu diferenciaciju mācību procesā, jāņem vērā:

- patstāvīgās mācību darbības prasmes un iemaņas prasme plānot;
- konkrētā mācību priekšmeta zināšanas un prasmes;
- skolēna pašsajūta skolā un kolektīvā;
- izziņas darbības individuālās īpatnības (atmiņa, uztvere, iztēle, domāšana, uzmanība).

Kā organizēt darbu mācību stundās:

- patstāvīgo darbu variantu praktizēšana, kas atšķiras grūtuma un apjoma ziņā;
- pēc pedagoģiskās palīdzības sniegšanas diferencēti uzdevumi;
- mācību tempa koriģēšana;
- diferencēta grupāla darba praktizēšana (2 veida grupas: homogēnās- bērni ar līdzīgām spējām; heterogēnās- bērni ar dažādām spējām).

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Skečs

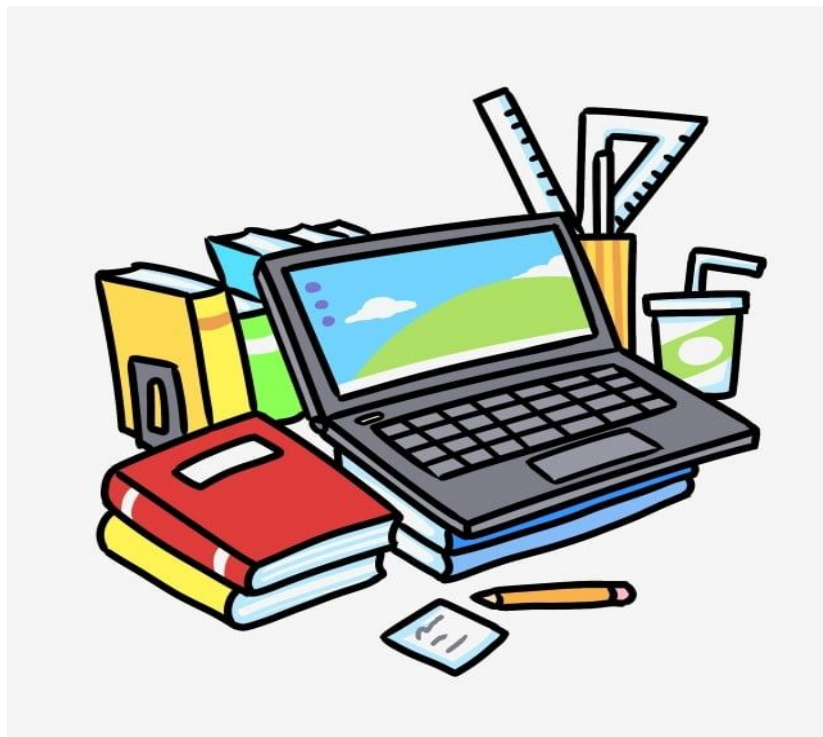
Īss jautra satura dramaturģiskais darbs, arī estrādes priekšnesums ar 2 vai 3 darbības personām.(letonika.lv)

Dialogs

Divu personu vai grupu saruna vai citāda viedokļu apmaiņa. (letonika.lv)

Pētniecība

Mērķtiecīga darbība ar zinātnes metodēm iegūto faktu, teoriju un dabas likumu izmantošanai jaunu produktu, procesu un metožu radīšanā vai pilnveidošanā. (letonika.lv)



Pētniecības pozitīvie/negatīvie aspekti

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- Lasītprasmes veicināšana
- Literatūras padziļināta analīze
- Plāna veidošana
- Rezultāta analīze
- Secinājumi un turpmākās darbības

-

- Laikietilpīgs process
- Skolēniem, kuriem ir nepietiekama zināšanu bāze ir nepieciešams ilgāks laiks uzdevuma izpildei

Starpdisciplināra pieeja

Mācību process, kurā tiek sasaistīti dažādi mācību priekšmeti un prasmes, kas dod iespēju iegūt vispusīgu un jēgpilnu izglītību un iespēju iedziļināties, rosina tālākas mācības.(Skola 2030)



SLA INFOGRAFIKAI

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Kritēriji/ Punkti	Saturs	Attēli/grafiki	Dizains	Valoda un leksika
4	Ietver padziļinātu tēmas izpēti ar plašu informācijas klāstu un piemēriem. Detalizēts informācijas izklāsts.	Visi attēli/grafiki ir saistīti ar noteiktu tēmu un ļauj viegli izprast iekļauto informāciju tekstā.	Izmantotie burtu fonti, krāsas, attēli, grafiki, utt. teicami uzlabo un saturiski papildina <u>infografikas vizuālo noformējumu</u> .	Tekstā nav pareizrakstības un valodas klūdas . Pielieto dažādas gramatisko laiku formas (<u>vienk. laiki</u> ; ilgstošie laiki; saliktie laiki; ciešamā kārta).
3	Ietver būtisku informāciju par tēmu. Pietiekošs informācijas izklāsts.	Lielākā daļa attēli/grafiki ir saistīti ar noteiktu tēmu un ļauj izprast iekļauto informāciju tekstā.	Izmantotie burtu fonti, krāsas, attēli, grafiki, utt. daļēji uzlabo un saturiski papildina <u>infografikas vizuālo noformējumu</u> .	Tekstā atrodamas no 1 līdz 2 pareizrakstības un/vai valodas klūdām . Pielieto divas gramatisko laiku formas.
2	Ietvertā informācija daļēji atbilst noteiktai tēmai. Izklāstā iekļauta vispārīga informācija .	Daļa attēli/grafiki ir saistīti ar noteiktu tēmu un daļēji sasaistās ar sniegto informāciju tekstā.	Izmantotie burtu fonti, krāsas, attēli, grafiki, utt. rada grūtības uztvert un izlasīt <u>infografikā</u> ievietoto informāciju.	Tekstā atrodamas no 3 līdz 4 pareizrakstības un/vai valodas klūdām . Pielieto tikai vienu gramatisko laiku formu.
1	Ietvertā informācija minimāli atbilst noteiktajai tēmai. Izklāstā iekļautā informācija maznozīmīga .	Attēli/grafiki neatbilst noteiktajai tēmai un rada neizpratni par sniegto informāciju tekstā.	Izmantotie burtu fonti, krāsas, attēli, grafiki, utt. liedz uztvert un izlasīt <u>infografikā</u> ievietoto informāciju.	Tekstā atrodamas no 5 un vairāk pareizrakstības un/vai gramatiskām klūdām . Gramatisko laiku formu neprecizitāte traucē uztvert domu.

Infografikas izvērtēšana pēc SLA (izvērtēšana/diskusija 3 - 5 min.)

Acne

What is Acne disease?

- Acne is a common skin condition that affects most people at some point. Its causes spots, oily skin, sometimes skin that's hot or painful to touch.

Where does it develop the most?

Acne most commonly develops on the:

- face – this affects almost everyone with acne
- back – this affects more than half of people with acne
- chest – this affects about 15% of people with acne

What does it look like?



Chest acne



Back acne



Face acne

What are the symptoms?

Acne signs vary depending on the severity of your condition:

- Blackheads** - small black or yellowish bumps that develop on the skin.
- Whiteheads** - have a similar appearance to blackheads, but may be firmer and won't empty when squeezed

- pustules** - similar to papules, but have a white tip in the centre.
- nodules** - large hard lumps that build up beneath the surface of the skin and can be painful.
- papules** - small red bumps that may feel tender or sore.

- cysts** - the most severe type of spot caused by acne. They're large pus-filled lumps that look similar to boils and carry the greatest risk of causing permanent scarring.

How can it be treated?

- Don't wash affected areas of skin more than twice a day. Frequent washing can irritate the skin and make symptoms worse.
- Completely remove make-up before going to bed.
- Don't try to "clean out" blackheads or squeeze spots. This can make them worse and cause permanent scarring.

- Wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water can make acne worse.
- If dry skin is a problem, use a fragrance-free, water-based emollient.
- Wash your hair regularly and try to avoid letting your hair fall across your face.

- Avoid using too much make-up and cosmetics. Use water-based products that are described as non-comedogenic (this means the product is less likely to block the pores in your skin).
- Regular exercise can't improve your acne, but it can boost your mood and improve your self-esteem. Shower as soon as possible once you finish exercising, as sweat can irritate your acne.



Although acne can't be cured, it can be controlled with treatment. Several creams, lotions and pills for treating spots are available at pharmacies.

Used sources

- <https://www.mayoclinic.org/diseases-conditions/acne/symptoms-causes/syc-20368047>

- <https://www.healthline.com/health/beauty-skin-care/chest-acne>

- <https://www.nhsinform.scot/illnesses-and-conditions/skin-hair-and-nails/acne>

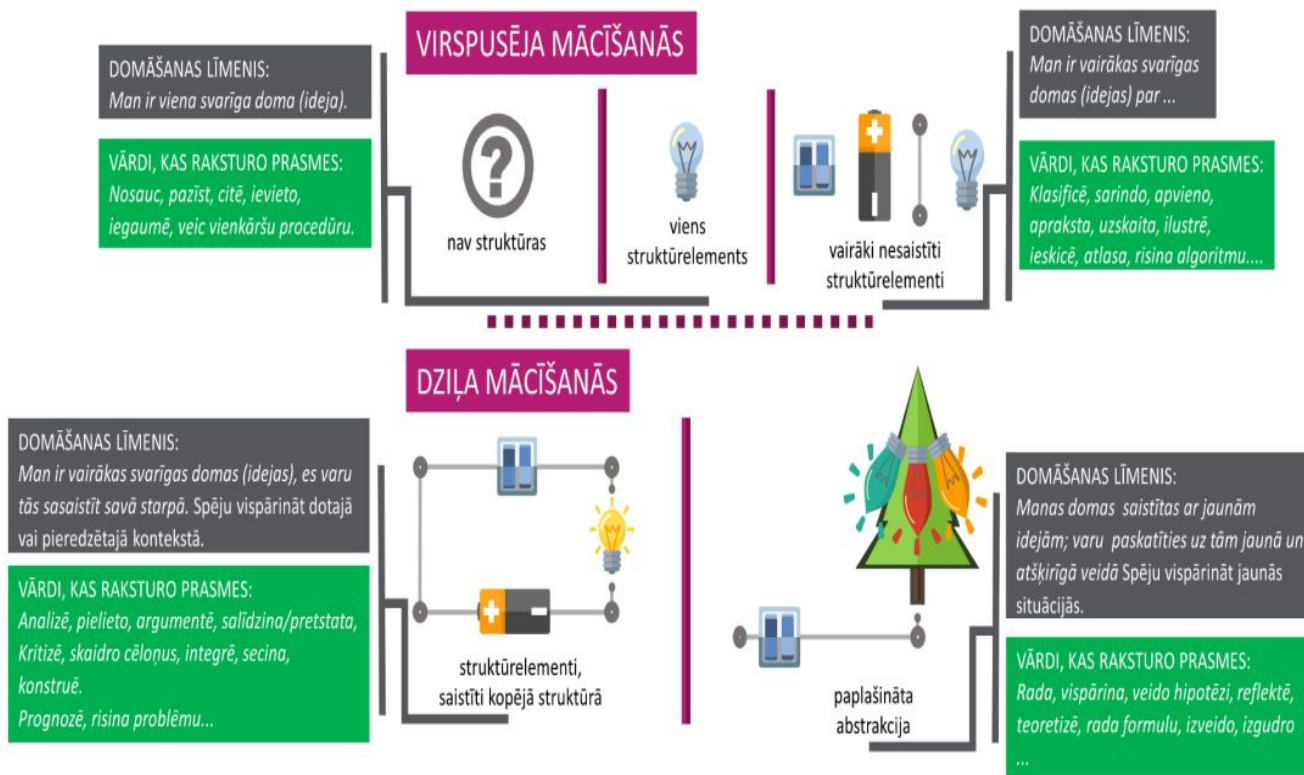
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SLA dialogam

Kritēriji Punkti	Saturs	Runas struktūra	Valodas un leksikas lietojuma prasmes līmenis	Runas izklāsta veids	Izruna
4	Runa liecina par temata dziļu izpratni. Mērķtiecīgi izklāsta galveno domu, izmanto personīgo pieredzi.	Runas skaidrā un precīzā struktūra (ievads, iztirzājums, nobeigums) padara domu viegli uztveramu. Ievēro runas ilgumu.	Plašs vārdu krājums, daudzveidīga teikumu uzbūve un runas mērķim atbilstoša stila izvēle. Nevainojams valodas lietojums. Iespējamās dažas pārteikšanās, bet skolēns pats veic labojumus.	Jau runas sākumā piesaista klausītāju uzmanību. Skaidra izruna. Piemērots runas ātrums. Maina balss intonācijas, lai uzsvērtu teiktā jēgu. Ir acu kontakts ar klausītājiem. Prasmīgi izmanto neverbālos izteiksmes līdzekļus. Radošu izpausmju bagāts tēlojums, aizrauj klausītāju.	Pareiza, skaidra izruna un intonācija.
3	Runa atbilst tematam. Izklāsta galveno domu, izmanto personīgo pieredzi.	Runa strukturēta, daļēji trūkst kāds no plāna elementiem (ievads, nobeigums..)Informāciju un uzskatus izklāsta secīgi. Pamatā ievēro runas ilgumu.	Plašs vārdu krājums, lieto tēmai un situācijai atbilstošu stilu, bet teikumu uzbūve vienvēidīga. Materiāla izklāstā ir dažas leksiski-gramatiskas kļūdas.	Runā skaidri un sadzirdami. Cenšas izmantot intonācijas maiņu un atbilstoši mērķim pielāgot runas ātrumu. Acu kontakts ir tikai ar vienu personu. Cenšas izmantot neverbālos izteiksmes līdzekļus. Iekļautas vairākas radošas izpausmes tēlojumā, rada interesi klausītājā.	Pareiza, skaidra izruna un intonācija. Var būt dažas neprecizitātes. Spēj izteikties bez garām pauzēm.
2	Runa atbilst tematam. Izklāstot domu, pietrūkst mērķtiecības. Izklāsta faktus, idejas, tomēr trūkst pārlicības par sacīto.	Trūkst ievada vai nobeiguma. Mēģina informāciju un uzskatus izklāstīt secīgi. Ievēro runas ilgumu.	Vārdu krājums pietiekams. Materiāla izklāstā ir daudzas leksiski-gramatiskas kļūdas. Vienkāršotas uzbūves teikumi. Lieto situācijai neatbilstošu valodas stilu.	Vāji vai pārspīlēti izmanto balss intonāciju un neverbālos izteiksmes līdzekļus. Nepamatotas pauzes. Iekļautas dažas radošas izpausmes tēlojumā, minimāli aizrauj klausītāju.	Izrunas un intonācijas kļūdas var traucēt uztvert saturu.
1	Runa tikai daļēji atbilst tematam.	Juceklīgi uzskaita faktus, idejas. Neievēro runas ilgumu.	Vārdu krājums ierobežots. Valodas neprecizitāte traucē uztvert domu.	Runa neskaidra. Neatbilstoši neverbālie izteiksmes līdzekļi. Pāris vai vispār nav radoša tēlojuma, neieinteresē klausītāju.	Izrunas un intonācijas kļūdas traucē uztvert saturu.

SOLO taksonomija

Kognitīvās darbības dziļuma mērišana izmantojot SOLO taksonomiju



SOLO taksonomija

1. līmenis.

2. līmenis.

3. līmenis.

4. līmenis.

SR: Meklē informāciju par noteiktām slimībām. Strukturē iegūto informāciju, veido infografiku;

SR: Pielieto jauno vārdu krājumu par tēmu "Veselība" kontekstā;

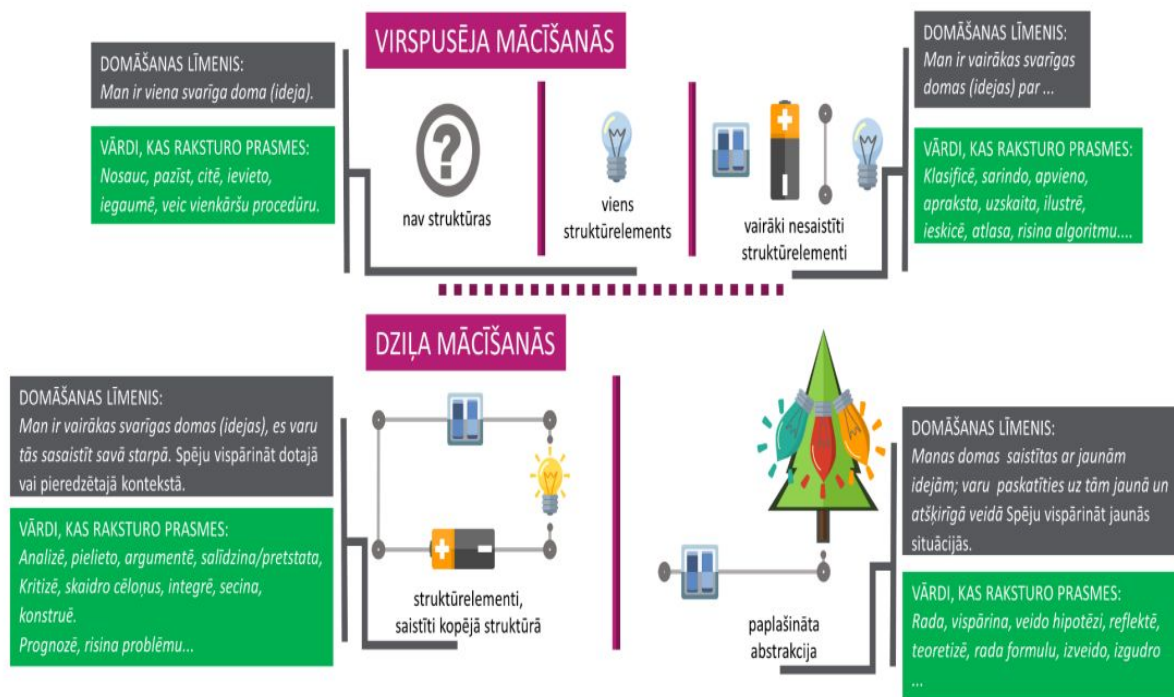
SR: Prezentē un izvērtē izveidotos dialogus/skečus, ievēro nosacījumus, izmanto informāciju no izveidotās infografikas;

SR: Veido dialogu/skeču izmantojot iepriekš iegūtās zināšanas par noteiktu slimību;

SR: Izmanto elektroniskās vārdnīcas jauno vārdu nozīmes izpētei un noskaidrošanai;

SOLO taksonomija

Kognitīvās darbības dziļuma mērīšana izmantojot SOLO taksonomiju



1. līmenis. SR: Izmanto elektroniskās vārdnīcas jauno vārdu nozīmes izpētei un noskaidrošanai;
2. līmenis.SR: Pielieto jauno vārdu krājumu par tēmu “Veselība” kontekstā;
3. līmenis.SR: Meklē informāciju par noteiktām slimībām. Strukturē iegūto informāciju, veido infografiku;
4. līmenis.SR: Veido dialogu/skeču izmantojot iepriekš iegūtās zināšanas par noteiktu slimību; SR: Prezentē un izvērtē izveidotos dialogus/skečus, ievēro nosacījumus, izmanto informāciju no izveidotās infografikas.

Paldies par uzmanību!

Jautājumi.....