



An Roinn Oideachais
agus Óige
Department of Education
and Youth

Personal Care

Junior Cycle Level 2

Priority Learning Unit (PLU)

Prepared by the National Council for Curriculum and Assessment (NCCA)

PLU 3: Personal Care

This unit is concerned with the personal development of the students. It deals with their health and wellbeing covering areas such as healthy eating habits and healthy lifestyles. It is concerned with enabling students to be as independent as possible in catering for their personal care needs. This includes becoming aware of their sexuality, managing stress, and knowing how to stay safe in a range of contexts.

The elements in this PLU are:

- Developing good daily personal care
- Developing healthy eating habits
- Developing a healthy lifestyle
- Being able to manage stress
- Knowing how to stay safe
- Becoming aware of one's sexuality
- Recognising emotions
- Making personal decisions.

Element	Students should be able to...
Developing good daily personal care	3.1 identify essential daily personal care practices
	3.2 describe the most important ways of keeping the body clean
	3.3 identify some benefits of good personal care
	3.4 explain the benefits of a range of daily personal care products
	3.5 maintain an agreed personal care plan
	3.6 give two or three reasons to care for personal belongings
	3.7 identify appropriate clothing for a range of routine activities at home, at work and in the community
Developing healthy eating habits	3.8 sort familiar foods according to food group
	3.9 describe typical foods and drinks associated with a well-balanced diet
	3.10 describe common consequences of good diet
	3.11 participate in the preparation of healthy meals
	3.12 identify common safe practices associated with food preparation and storage
	3.13 demonstrate appropriate food hygiene and safety practices
Developing a healthy lifestyle	3.14 identify three personal benefits of regular exercise
	3.15 outline a personal weekly exercise plan
	3.16 demonstrate the principles of safe exercise practice
	3.17 maintain an exercise routine in a well-structured environment
	3.18 explain how the food we eat contributes to our state of health
	3.19 give two examples of lifestyle choices which affect our health
	3.20 identify a range of emotional and physical states

Element	Students should be able to...
Being able to manage stress	<p>3.21 describe school/personal/community situations that are stressful</p> <p>3.22 recognise some of the signs of stress</p> <p>3.23 identify some ways to relax</p> <p>3.24 demonstrate a relaxation technique</p> <p>3.25 practise a range of relaxation techniques in real life circumstances</p> <p>3.26 identify a range of situations in which ability to relax has been helpful</p>
Knowing how to stay safe	<p>3.27 identify key safety risks in the workplace/home/community</p> <p>3.28 recognise when personal safety is threatened</p> <p>3.29 name daily practices that promote personal safety</p> <p>3.30 describe appropriate response when a risk is identified</p>
Becoming aware of one's sexuality	<p>3.31 identify the standard names of the sexual organs</p> <p>3.32 describe the functions of the sexual parts of the body</p> <p>3.33 recognise the physical and emotional changes which occur in girls and boys during adolescence</p> <p>3.34 recognise the difference between appropriate and inappropriate ways of expressing feelings</p> <p>3.35 recognise the difference between a friendship and a more intimate relationship</p>
Recognising emotions	<p>3.36 identify common emotions and associated words used to express them</p> <p>3.37 recognise their own emotional responses to a range of situations</p> <p>3.38 describe appropriate ways of expressing their emotions</p> <p>3.39 recognise the emotions of others</p> <p>3.40 react in an emotionally appropriate way in a given situation</p>
Making personal decisions	<p>3.41 list the main values in the student's life</p> <p>3.42 describe how values are linked to making decisions in a range of scenarios</p> <p>3.43 make a list of what and who can influence decision-making</p> <p>3.44 identify the choices and consequences involved in an imminent short term decision</p> <p>3.45 explore the consequences of decisions made, both while implementing and on conclusion</p>



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