

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
1. Why We Like Sports	The thrill of games and sports.	This chapter introduces the student to the dynamics of the book by making them think about the different aspects of sports.	To understand that sports have always been important in a person's development.	To appreciate games in general (sports in particular) as a learning tool.	To look enthusiastically at the challenges of games and sports.	Unit I: Understanding Sports
		Difference between games and sports.				
		The history of sports and great athletes.				
		Student motivation by showing the benefits of practicing sports.				
2. People, Games and Sports	Play: a universal activity for all people, all times, and all nations.	Description of games at different periods in history and throughout a person's lifetime.	To know a brief history of sports and the universality of sports practice.	To value sports as an important factor in personal growth.	To identify the growth experienced by playing games and its positive elements in our own life.	
		Sports and games are integral to a person's formation, stimulating the physical, psychological, and spiritual levels.	To understand that all people have a natural sense of play and an instinct for sports.		To be interested in playing well.	

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
3. Rules of the Game	The significance of rules		To understand the importance and necessity for respecting rules throughout life	To accept rules as guidelines for coexistence	To be respectful of the rules of daily life	
			To know the disadvantages of cheating	To reject cheating and see it as an act that harms the cheater	To encourage others to respect rules	
4. Playing Your Position	Every member of a team is important.		To recognize that all team members, including substitute players, provide are essential for the team to work properly.	To value the contributions and efforts each member brings to the team, regardless of ability or skill level.	To experience a positive and healthy sense of belonging to a group (as a team member).	
				To value all members of a team, regardless of their function or position.	To know that you are important and essential, even if you're not the best player.	
					To make an effort to do your best as a team member.	

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
5. The Team Captain	The importance of following instructions and knowing how to give them.		To understand that on all teams the person in charge (trainer, coach, captain, etc.) gives orders, while members of the team follow the orders so the team can work properly.	To value correct execution of orders for the team's benefit.	To be cooperative and respect the authority of the group leader.	
				To appreciate this experience as a tool for learning how to give orders in the future.		
6. Competing With Myself	Challenging oneself: Playing well - not just to win.		To understand that competition consists of self-improvement, without giving up legitimate winning aspirations.	To value the game as a possibility for personal improvement.	To see a game as an opportunity for self-improvement and gaining mutual respect.	
				To consider both the players' personal effort and mutual cooperation as the basis of a team's success.		

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
7. Growing Through Sports	"Mens Sana in corpore sano." (A healthy mind in a healthy body)	Sports lead to growth and good health	To understand that sports is fundamental for growth and maintaining a healthy body.	To appreciate sports as a means for growth and expressing values.	To participate in sports to develop physical and mental abilities, especially self-control, strength, and coordination.	
		Relationship between muscular and mental development		To value the role of sports in the growth of bones, muscles, lungs, heart, and mental coordination improvement.		
		Willpower, fighting spirit and satisfaction through achievements				
8. Good Athletes	The importance of training and discipline to achieve goals.		To know how discipline and training prepares one to do one's best.	To value self-discipline as part of wanting to train well.	To improve by applying discipline and dedication and keeping it up.	
9. Defeated, but Undaunted	A lack of self-confidence is the enemy of a healthy ambition. The need for a positive attitude in the face of failure.		To find out that failures are a source of learning and to resist becoming discouraged by them.	To always have a healthy inner attitude of self-improvement.	To confront and overcome personal problems, such as laziness and a lack of self-confidence, or setbacks.	Unit II: Learning To Win
					To develop a healthy ambition.	

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
10. Knowing My True Value	Personal knowledge, capabilities, and limitations.		To understand that all people have talents and flaws and that by identifying these, we can improve the good and reduce the bad.	To be aware of the contributions we can make, in spite of our limitations, on the different teams in life (such as family or school).	To develop a healthy and realistic self-esteem.	
			To understand the value of diversity for a team.			
11. The Big Winner	The nobility of a good athlete	Characteristics of a winner	To understand that winners should be magnanimous and generous.	To value the virtue of being a magnanimous winner.	To behave with generosity and humility when winning.	
	Self-confidence, generosity towards others, and realism	True winners know they never stop learning				
		Sports help us become better people				
12. The Poor Loser	An athlete's poor attitudes: boastful when winning, angry when losing.		To understand that a lack of effort, quitting, and failure forms a vicious circle.	To believe the key for success is to improve by accepting reality and working on limitations.	To grow in realism, self-confidence and hard work, without becoming self-satisfied.	
			To understand that negative attitudes in sports lead to failure.			

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
13. The Losing Team	Characteristics of a losing team	A team "can lose" before the game begins	To identify wrong attitudes that affect how the team functions.	To reject negative attitudes that affect team spirit.	To make genuineness and truthfulness the basis for how the team functions.	
	What happens when the virtues that unite are missing	A lack of a fighting spirit affects the team				
		A losing attitude prevents improvement				
14. Team Spirit	Characteristics of a winning team.		To understand that only united, driven, generous, and loyal teams succeed.	To value being part of a well-rounded team.	To practice loyalty with integrity.	
15. My Most Important Team	Family is my most important team. It can prosper, create a future, do good things for the community, and make its members happy.		To recognize that a family is a team with rules, leaders, and different members, and each member plays an important role.	To value family as a natural environment for achieving self-fulfillment as a human being	To practice good values for positive coexistence with family members.	Unit III: My Family is a Great Team
			To address the important virtues for coexistence, beginning with the nuclear family.	To feel like an important part of building a happy family.		

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
16. Captain of the Home Team	The people who are responsible for the family and the respect they deserve for this great responsibility.		To identify the need, the importance, and characteristics of a family leader (not just parents but also those that sometimes take their place such as: guardians, aunts, uncles, grandparents, etc).	To value the many functions of a family leader as a protector, provider, responsible person, and counselor.	To respect and cooperate with the "captain" of the "family team".	
			To understand their role is not easy, and they require respect and cooperation.			
17. No Rules	The consequences of living without rules (chaos, selfishness, and disorder).		To learn that throughout time there have been laws to rule and order human coexistence for the common good.	To value the necessity for laws and rules at home, in school, and in society.	To abide by the rules in your family and at school.	
18. My Family, a Winning Team	If everybody contributes their best effort, any family can become a dynamic and happy group.		To understand that my family can also be a winning team if all share the responsibilities with generosity.	To value cooperation as the secret to progress toward a neat and happy family.	To help with the cleaning and maintenance at home.	
				To hope my family will always try to improve.	To make an effort to collaborate with family members.	

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
19. My Classroom Team	To apply the virtues that we've learned so far to help improve school coexistence.		To understand the class is also a "team" that requires the same virtues of collaboration and responsibility as the sports or family teams.	To appreciate living by the virtues learned in sports.	To be a good team member in class.	Unit IV: My School is Another Great Team
	The teacher is the leader of the class team.		To understand the teachers' importance for this team.			
20. "The Truth Will Out"	The need for honesty and sincerity in a school environment.	Virtues and their benefits	To understand that cheating is a harmful act for the cheater as well as for others.	To value honesty more than easy cheating.	To live by honesty and effort and reject cheating.	
	Order, respect, and fairness compared with cheating, lying, and gossip.	Order, respect, fairness	To discover the importance of being orderly, fair and respectful in school.			
		The effects of cheating				
21. Making Things Happen	We can change our world.		To understand how negative attitudes can affect the school environment.	To want to share responsibility with others for the surrounding environment.	To commit to becoming an active promoter of positive things in one's own environment.	

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
22. Making Our School a Winner	Taking care of a school or environment is not decided by money, but by the level of order and respect shown by each and every member.		To understand the importance of having an orderly school.	To value school as an investment for the future.	To promote order at school by setting an example.	
			To relate behavior of today with gains in the future.			
23. Doing My Part	The community: its advantages and responsibilities		To know the composition of a community: family, neighborhood, city, etc.	To want to collaborate, participate and abide by the rules to be part of a happy community.	To work join in generously to group projects.	Unit V: My Community Team
			To understand that the happiness of communities depends on the attitudes of its members.			
24. Smart? Or a Wise Guy?	Ignoring rules, laws, or solidarity results in community disorder and destroys lives.		To understand that "wise guys" may seem to be ahead of the game, but when they treat others unfairly, they end up disadvantaged.	To want justice and respect as the best way - for yourself and for others.	To avoid acting like a wise guy that breaks laws and harms other people.	

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
25. My Country	Patriotism, activism, and responsibility.		To learn that in a democracy a country's welfare and the quality of its government depend on its citizens.	To value the contributions that citizens make for their country as well as our personal contributions.	To practice patriotism through such virtues as honesty, solidarity, and altruism.	
26. My Friends	Good friends and bad friends		To identify the characteristics of friendship.	To value the need for friends.	To become loyal, honest, and truthful.	
			To understand the harm that a bad friend or bad group can cause.	To try to live up to "good friend" virtues.		
27. My Team of Friends	Necessary virtues for a group of friends.		To recognize the characteristics in a group of true friends.	To appreciate the need for groups to respect loyalty, truthfulness, and honesty.	To practice loyalty, honesty, and truthfulness in daily life situations.	
					To look for good relationships based on these virtues.	
28. Playing on Nature's Team	To see the perfection in Nature's order as a reason to cooperate as part of Nature's team	Nature can also be compared to a team, and we need to apply what we have learned to play on that team	To become aware of all that Nature offers us.	To internalize the need for collaboration and cooperation in life.	To start considering Nature as a source of knowledge and wisdom.	Unit VI: Living Within Nature's Team
		Examples of interrelationships between different animals and plants (members of Nature's Team)	To find out how Nature's different components are interrelated.			

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
		The ecological balance between animals and plants				
		The importance of respecting and caring for Nature				
29. The Mystery of Genetic Inheritance	Genetic inheritance and its influence in Nature and on people.		To learn about genes and the basic rules of genetic inheritance as a natural relationship between parents and children.	To develop a sense of respect and acceptance for differences in people.	To have an accepting attitude about oneself and others.	
30. Who Am I	Genetic inheritance in humans.		To understand the basic process of human reproduction and genetic inheritance.	To appreciate inherited family features as a facet of belonging to one's family.	To develop the sense of belonging, identity, and self-esteem.	
				To value the fact that who we are depends on both genetic inheritance and spiritual inheritance through education and upbringing.		

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
31. Different But Equal	To consider genetic inheritance as the foundation where we can begin to build ourselves. To accept people's limitations by respecting their dignity		To understand that everyone is born with a potential to develop.	To value people for being human, even when they seem different.	To accept all people.	
			To understand that some people are genetically different, and they require more consideration and assistance.		To try to act generously and with understanding.	
32. It's Great to Be Me!	To reaffirm full acceptance of oneself, male or female.		To understand that being a man or woman is a gift from Nature and genetics.	To value being a boy or girl as part of their identity and to feel a healthy pride in their sexual reality as male or female.	To develop self-esteem, objectivity, and responsibility.	
33. We All Have Rights	As people, we all have rights. The concept of rights and the need to make sure our rights are respected. Children's rights.		To understand the general meaning of having rights.	To value the importance of one's rights.	To practice respect and insist on respect.	Unit VII: Rights and Duties
			To understand who has these rights.	To accept that other people's rights are equally important.		

Chapter	Topic	Content	Activity Objective - Knowing	Activity Objective - Accepting	Activity Objective - Doing	Comments
34. We All Have Duties	To show how rights have corresponding duties		To understand the relationship between rights and duties.	To appreciate duties as a guarantee of our rights.	To mindfully respect the rights of others.	
	Our rights will always involve duties		To understand that justice guarantees rights and duties.			
35. Health: A Right and a Duty	Principles of taking care of our health.		To understand that caring for our health means leading an orderly life.	To value health and everything that can be done to protect it.	To acquire healthy habits.	