CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

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Catch-up Subject:	Health Education		Grade Level:	9
Quarterly Theme:	Sexual and Reproductive Health (refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)		Date:	February 16, 2024
Sub-theme:	Prevention of early p	regnancy	Duration:	(time allotment as per
	refer to Enclosure No. 3 2024, Quarter 3	3 of DM 001, s.		DO 21, s. 2019)
Session	 Understand the face 	ctors contributing to	Subject	(schedule as per
Objectives:	early pregnancy.		and	existing Class Program)
	Identify methods a	nd strategies for	Time:	
	preventing early pr	regnancy.		
References:	K to 12 Basic Educati	on Curriculum		
Materials:				
Lesson Proper	Duration	Activities		
Friday Routine				mindfulness exercise or
exercise/	5 minutes			e and focus the students
Dynamic		for the lesson ah	ead.	
Stimulator				
Current Health News and Sharing	5 minutes		alth or gen are their tl	elated to sexual and der equality. Encourage houghts or any related
		adolescents to use to their lives. Choose a game engagement with	nderstand the that encoura th the to uiz focusing	why it is important for his topic and its relevance ages critical thinking and opic. For example, a g on facts about sexual ation.
Health Session	30 minutes	groups and ass pregnancy preve engage in sexu with a partner). and discuss stra in real life. Interactive Activ the consequence impact on educa	ivide studer sign them so ention (e.g., al activity, Have them ategies for havity: Conductes of early partion, career significant students.	nts into pairs or small cenarios related to early refusing peer pressure to negotiating condom use role-play these scenarios andling similar situations a group discussion on pregnancy, including the goals, and mental health.
Class Reflection and Sharing	10 minutes	Provide time fo learned during t any insights, qu the topic. Empl safe and supp	r students he health se estions, or c hasize the i	to reflect on what they assion. Ask them to share concerns they have about apportance of creating a conment for discussing
	10	sexual and repro		
Wrap up	10 minutes	1		overed during the lesson, of proactive measures for

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	preventing early pregnancy. Remind students of available resources for additional information and support. End the lesson on a positive note, encouraging students to apply what they've learned in their daily lives.
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Teacher I

Recommending Approval: Approved:

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