CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up	Health Education		Grade Level:	4	
Subject:	Health Education				
Quarterly Theme:	Sexual and Repro Health (refer to En	closure No. 3 of DM	Date:	MARCH 15, 2024	
Sub-theme:	Puberty or sexual effect on the bod thinking, and social relationshipody's preparation	l maturation – an	Duration:	(time allotment a	
Session Objectives:	functions o reproductiv 2. Understand	d the importance of of their sexual and	Subject and Time:	(schedule Program)	
References:	K to 12 Basic Education Curriculum Please download this handouts: https://www.advocatesforyouth.org/wp-content/uploads/storage/advfy/lesson-planty-part-i-and-ii.pdf				
Materials:		T			
Lesson Proper	Duration	Activities			
Friday Routine exercise/ Dynamic Stimulator	5 minutes	A Ram Sam Sam Song ☐ Dance Songs for Children ☐ Kids So Station https://www.youtube.com/watch?v=MU5nBCF5c94&ab channel=KidsSongsandNurseryRhymes			
Current Health News and Sharing	5 minutes	Now let's have a game .You're going to observe the pictures and answer the following questions Now let's have a game .You're going to observe the pictures and answer the following questions What have you observed with the picture? OH NO! OH NO! OH NO! 2. When do you think pimples occur?			

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		1. What have you observed with the picture? 2. When do you think facial hair/beard occur
Health Session	30 minutes	Puberty is a period when the body begins to develop and change being a child to being an adult. What is this period when the body begins to develop and change? Puberty- is the time between childhood and adulthood, during w goes through significant changes as they develop physically, sexually, and mentally into an adult What physical changes occur during puberty? Generally, Puberty starts between ages eight and 13 in girls, ar and 15 in boys. What age does the female puberty starts? How about for male? When the human body is ready for puberty, a pea-shaped gland brain called pituitary gland secrets hormones. Hormones released by the pituitary gland help in the development of the physical cound girls What is this pea-shaped gland located below the brain? Puberty may start different for everyone. Some girls start early at around eight years of age. Puberty period is from one year to six years, or on the average, 3 to 4 years.
Class Reflection and Sharing	10 minutes	Ask learners to reflect on what they learned during the health them to share any questions or insights they have gained. Facilit to reinforce key concepts and address any misunderstandings.

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Wrap up	10 minutes	Name: Score: Parents Signature:
		I. IDENTIFICATION: Read the statements carefully and choose your answer from the box. Write your answers on your paper. Testosterone Progesterone & Estrogen Egg Cells Menupause Puberty 1. Sex hormones for female. 2. A period when a male reach old age, there is a decrease in the production of testosterone. 3. Sex hormones for male. 4. A period when a female ovulation and the production of hormones are stunted. 5. A period when the body begins to develop and change.
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