

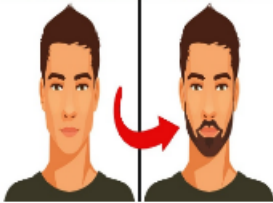
CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	4
Quarterly Theme:	Sexual and Reproductive Health <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	MARCH 15, 2024
Sub-theme:	Puberty or sexual maturation – an effect on the body, emotions, thinking, and social relationships, including the body's preparation for reproduction <i>refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3</i>	Duration:	<i>(time allotment as per)</i>
Session Objectives:	1. Identify the basic structure and functions of the sexual and reproductive system. 2. Understand the importance of taking care of their sexual and reproductive health.	Subject and Time:	<i>(schedule as per Program)</i>
References:	K to 12 Basic Education Curriculum Please download this handouts: https://www.advocatesforyouth.org/wp-content/uploads/storage/advfy/lesson-plan-for-ty-part-i-and-ii.pdf		
Materials:			
Lesson Proper	Duration	Activities	
Friday Routine exercise/ Dynamic Stimulator	5 minutes	A Ram Sam Sam Song 🎵 Dance Songs for Children 🎵 Kids Songs 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? 1. Why do you the girl is conscious on her face? 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 from 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 which a person 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, and between 11 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 in the brain called pituitary gland secretes hormones. Hormones released by the pituitary gland help in the development of the physical changes in boys and 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 session and encourage them to share any questions or insights they have gained. Facilitate a discussion to reinforce key concepts and address any misunderstandings.

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Wrap up	10 minutes	Name: _____Score: _____ Grade & Section _____Parents Signature: _____ I. IDENTIFICATION: Read the statements carefully and choose your answer from the box. Write your answers on your paper. TestosteroneAndropause Progesterone & EstrogenEgg Cells MenopausePuberty _____ 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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Teacher I

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