

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	2
Quarterly Theme:	<b>Sexual and Reproductive Health</b> <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	February 16, 2024
Sub-theme:	<b>Different types of family</b> <i>refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3</i>	Duration:	<i>(time allotment as per DO 21, s. 2019)</i>
Session Objectives:	By the end of the lesson, students will be able to recognize and respect different types of families and understand the importance of family diversity.	Subject and Time:	<i>(schedule as per existing Class Program)</i>
References:	K to 12 Basic Education Curriculum		
Materials:			
Lesson Proper	Duration	Activities	
Friday Routine exercise/ Dynamic Stimulator	5 minutes	Start the class with a fun physical activity to energize the students and prepare them for the lesson ahead.	
Current Health News and Sharing	5 minutes	Discuss a child-friendly health news topic related to families or relationships. Encourage students to share their thoughts or experiences related to the news.  When it comes to child-friendly health news topics related to families or relationships, one important subject that can be discussed is the benefits of spending quality time together as a family. Encouraging students to share their thoughts or experiences on how family bonding activities such as playing games, cooking meals together, or going for walks can positively impact their physical and mental health can be enlightening. By fostering open discussions, children can learn the importance of family connections and the positive effects it can have on their overall well-being. This dialogue can also encourage students to appreciate the support and love that family relationships provide, creating a sense of security and happiness in their lives.	
Health Session	30 minutes	Begin by playing a game that introduces the concept of different family types (e.g., family matching game).  <b>Sample Activities:</b> <ul style="list-style-type: none"><li>• Role-playing: Students act out scenarios depicting different family structures.</li><li>• Creative Activities: Students create posters or slogans celebrating family diversity.</li><li>• Group Discussions: Divide students into groups to discuss the importance of accepting and respecting all types of families.</li></ul> By incorporating these types of activities into educational settings, we can empower students to recognize and communicate their boundaries effectively, fostering a culture of safety, respect, and consent.	

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<b>Class Reflection and Sharing</b>	10 minutes	Allow students to reflect on what they've learned and share any new insights or questions they may have about family diversity.
<b>Wrap up</b>	10 minutes	Summarize the key points of the lesson and encourage students to take home the message of accepting and embracing the diversity of families in their communities.

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