

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:	February 16, 2024
Sub-theme:	Sexual and reproductive system (structure and functions) <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 identify and understand the structure and functions of the sexual and reproductive system.	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 and energetic exercise routine to get the students moving and engaged, setting a positive tone for the lesson.	
Current Health News and Sharing	5 minutes	Discuss a recent health-related news item with the class and encourage students to share their thoughts and opinions on the topic. Today, let's delve into a recent health-related news item that has been making headlines. This topic is not only relevant but crucial for us to understand and reflect upon. I encourage each of you to actively participate and share your thoughts and opinions on this matter. Your perspectives are valuable and can contribute to a meaningful discussion that can broaden our understanding and awareness of health issues. Let's engage in an open dialogue and learn from each other's insights and experiences. Remember, every voice matters, and together, we can cultivate a deeper understanding of the world around us.	
Health Session	30 minutes	Sample Activities: Begin by playing educational games related to the sexual and reproductive system to engage students and make learning fun. Choose one sample activity per theme: <ul style="list-style-type: none">Role-playing: Students act out different parts of the reproductive system.Hands-on activities: Create models of the reproductive system using everyday materials.Creative activities: Students make posters illustrating the structure and functions of the reproductive system.Interactive activities: Group discussions on the importance of sexual and reproductive health.	

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Class Reflection and Sharing	10 minutes	Allow students to reflect on what they've learned, sharing their thoughts and any questions they may have in a safe and supportive environment.
Wrap up	10 minutes	Summarize the key points of the lesson, reinforcing the importance of understanding and respecting their bodies and boundaries. Encourage students to ask questions and seek help if needed.

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