

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	2
Quarterly Theme:	Drug Education (refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4)	Date:	APRIL 12, 2024
Sub-theme:	Uses of medicine refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4	Duration:	(time allotment as per DO 21, s. 2019)
Session Objectives:	By the end of the lesson, students will be able to understand the basic uses of medicines, how they help us get better when we are sick, and the importance of using them responsibly under the guidance of parents or guardians. Students will learn through interactive activities, fostering an engaging and informative environment.	Subject and Time:	(schedule as per existing Class Program)
References:	K to 12 Basic Education Curriculum		
Materials:			
Lesson Proper	Duration	Activities	
Friday Routine exercise/ Dynamic Stimulator	5 minutes	Begin with a simple stretching exercise to get the blood flowing. Have the students stand up beside their desks and follow the teacher in a series of arm stretches, toe touches, and jumping jacks. This activity aims to energize the students and prepare them for the lesson.	
Current Health News and Sharing	5 minutes	Discuss a simple, age-appropriate health news item, such as the importance of washing hands to stay healthy. Afterwards, give the students a chance to share any health-related stories they have. This could include times they had to take medicine when they were sick.	
Health Session	30 minutes	Playing Games and Selected Activity: Choose the "hands-on activities" option for today's session. Introduce "The Medicine Safety Game," a simple board game where students move pieces along a board filled with scenarios involving medicines (e.g., finding a pill on the floor, being given medicine by an adult, etc.). Each scenario will require a decision from the student, teaching them the right actions to take in each situation. Alternatively, if time and resources allow, engage students in a creative activity like drawing their favorite healthy activities or foods, and discuss how these contribute to not needing medicine as often.	
Class Reflection and Sharing	10 minutes	Have a circle time where students can discuss what they learned from the game or activity. Encourage them to share how they feel about using medicines and what to do if they're ever unsure about a medicine they're given. This is a crucial step in reinforcing the lesson's objectives and ensuring the students feel comfortable asking questions.	
Wrap up	10 minutes	Conclude the lesson by summarizing the key points learned during the health session. Emphasize the importance of consulting adults about medicine use and reiterate that medicines are helpful when used	

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		correctly. Hand out a simple, colorful flyer that recaps the day's lessons for the students to take home and share with their parents.
Additional Notes: <ul style="list-style-type: none">• Ensure all materials used are safe and age-appropriate.• Keep the discussion light and engaging to maintain the students' interest.• Be prepared to answer questions in a simple, reassuring manner.• Encourage participation from all students, making sure no one feels left out.• Adapt the games and activities as necessary to fit the class size and dynamics.		

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