

CATCH-UP FRIDAYS TEACHING GUIDE (Health Lesson Plan)

Catch-up Subject:	Health Education	Grade Level:	One
Quarterly Theme:	<i>Sexual and Reproductive Health</i>	Sub-theme:	<i>Loving and unloving, Safe and unsafe touches of the body parts</i>
Time:		Date:	
II. Session Details			
Session Title:	Understanding Safe and Unsafe Touches		
Session Objectives:	1. Students will be able to identify and differentiate between loving and unloving touches. 2. Students will understand the concept of safe and unsafe touches on different body parts. 3. Students will develop the ability to communicate and seek help in situations involving unsafe touches.		
Key Concepts:	• Introduction to Body Parts • Understanding Feelings (Happy, Sad, Uncomfortable) • Identifying Loving and Unloving Touches • Recognizing Safe and Unsafe Touches • Communication and Seeking Help		
III. Facilitation Strategies			
Components	Objectives	Activities and Procedures	
Friday routine exercise/ Dynamic stimulator (5 minutes)	To prepare the learner's physical state to prevent injuries and improve blood flow.	• Friday Routine Exercise The students will perform a dance song about body parts.  Theme 4: Body and Face "Point and Touch" Check the video on this link https://www.youtube.com/watch?v=v1V5fWL2WnM	

Current Health News Sharing (5 minutes)	To keep the learners abreast or updated to significant local and international health news	Begin with a discussion on body parts, ensuring that students are comfortable using accurate terminology. Explain that our bodies are private, and there are certain touches that are appropriate and others that are not. Emphasize the importance of feeling safe and comfortable in different situations.
Health sessions (30 minutes)	To engage learners in physical and mindfulness activities to improve wellness.	Activity: Feelings Charades Create cards with different emotions (happy, sad, uncomfortable). Have students take turns acting out the emotions while the rest of the class guesses. Connect the activity to discussing how our bodies might feel different emotions in response to different touches.  Interactive Storytelling: Use a simple and age-appropriate story to illustrate loving and unloving touches. Engage students by asking them to identify the feelings of characters in the story. Body Part Exploration: Utilize diagrams or pictures to label different body parts. Discuss the concept of private and public body parts. Role-Playing:

		Conduct role-playing scenarios where students practice recognizing and responding to safe and unsafe touches. Encourage students to use appropriate language to express their feelings. Enrichment: Art Activity: Provide materials for students to create a poster illustrating safe and unsafe touches. Encourage creativity and self-expression in depicting positive and negative scenarios.
Reflection and Sharing (10 minutes)	Give reflection on the learning experience	Teachers ask the learners to share about their experience on the activities. Teachers ask reflective questions. Teachers may also ask learners to write journals.
Wrap Up	To consolidate information gained from the learning session in health education	Conclusion and Homework Summarize the key points discussed during the lesson by helping the students understanding the feelings associated with touches, identifying loving and unloving touches, and recognizing safe and unsafe touches. Assignment (2 minutes) Take-Home Activity: Provide a worksheet with pictures of different touches. Ask students to categorize them into loving and unloving or safe and unsafe touches.

If you find this video about lesson plan on health education helpful, please consider [subscribing to our YouTube Channel](#) for more [FREE Peace, Health and Values lesson plans](#).

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