CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	**Grade Level:**	3
Quarterly Theme:	**Sexual and Reproductive Health***(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)*	**Date:**	February 23, 2024
Sub-theme:	**Functional and loving relationship** *refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3*	**Duration:**	*(time allotment as per DO 21, s. 2019)*
Session Objectives:	Learners will understand the characteristics of functional and loving relationships, recognize healthy communication patterns, and learn basic skills for building and maintaining positive relationships.	**Subject and Time:**	*(schedule as per existing Class Program)*
References:	K to 12 Basic Education Curriculum		
Materials:			

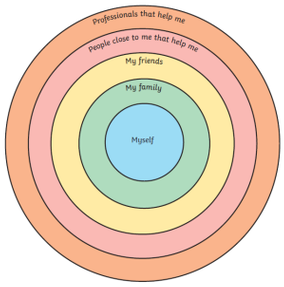
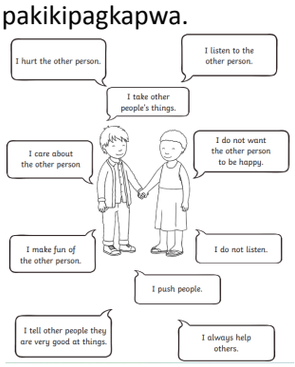
Lesson Proper	**Duration**	**Activities**
Friday Routine exercise/ Dynamic Stimulator	5 minutes	Start the session with a quick energizing activity to get learners engaged and focused. This could be a short dance, stretching routine, or fun movement game.
Current Health News and Sharing	5 minutes	Briefly discuss a recent news article or story related to relationships or emotional health. Encourage learners to share their thoughts or experiences related to the topic.

Health Session	30 minutes	• **Introduction:** Explain the concept of functional and loving relationships in simple terms suitable for Grade 1 learners. Define key terms such as respect, trust, kindness, and cooperation.
		• **Playing Games:** My Relationship Circle
		Ito ay makakatulong upang matukoy ang mga tao na makakatulong sa ating buhay at makapagdulot upang maging isang
		• **Sample Activity:** Choose one activity from the following options:
		  • *Role-playing:* Divide learners into pairs and have them act out scenarios demonstrating healthy communication and problem-solving skills.
		  • *Interactive Activities:* Conduct a group discussion about what makes a good friend or family member, and encourage learners to share their ideas.

Class Reflection and Sharing	10 minutes	Facilitate a reflection session where learners can share what they learned during the health session. Encourage them to discuss any new insights or questions they have about relationships. Ang pakikipagkapwa ay nagdudulot ng kasiyahan, pagpapahalaga sa sarili at sa iba, matuto ng kabutihan, at maipakita ang pagmamalasakit at pag-unawa sa kapwa.

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		 Magbigay ng halimbawa ng pangyayari na nagpapakita ng pakikipag-kapwa at sabihin ang Magandang naidulot nito saiyo. Ano pa ang iyong ibang magagawa upang magkaroon ng mabuting pakikipag-kapwa? Pag-usapan ang sumusunod na sitwasyon. 1. Nakita mo ang dalawa mong kaibigan na nag-aaway. Ano ang iyong gagawin? 2. Nakatanggap ka ng mensahe mula sa dati mong kaibigan. Ano ang iyong gagawin?
Wrap up	10 minutes	Summarize the key points of the lesson and emphasize the importance of treating others with kindness and respect in building healthy relationships. Provide learners with a simple takeaway message or activity to reinforce the lesson, such as drawing a picture of themselves with a friend or family member and writing a short sentence about what makes their relationship special. ***Mabuting Pakikipagkapwa*** Basahin ang diyalogo sa ibaba. Kulayan ang mga pahayag sa loob ng speech bubbles na nagpapakita ng pagkakaroon ng maayos na pakikipagkapwa. 

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Teacher I

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