

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 <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	February 16, 2024
Sub-theme:	Functional and loving relationship <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 understand the importance of functional and loving relationships in the context of sexual and reproductive health.	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 the theme and encourage students to share their thoughts or experiences. One child-friendly health news topic that students may find interesting to discuss is the importance of staying active and eating nutritious foods to keep their bodies healthy. Encouraging kids to share their thoughts or experiences about their favorite physical activities or healthy snacks can help promote a positive attitude towards taking care of their well-being. This type of discussion can also inspire children to try new activities and foods, creating a fun and engaging way to learn about the benefits of a healthy lifestyle. By fostering open conversations about health and wellness, students can develop a greater understanding of how their choices impact their overall well-being and feel empowered to make positive decisions for themselves.	
Health Session	30 minutes	Playing Games: Sample Activities: Icebreaker Activity: Begin the session with an icebreaker game to energize the students and create a positive atmosphere. For example, a quick round of "Two Truths and a Lie" or a group name game. Friendship Circle: - Have the students form a large circle. Each student should have an index card or sticky note and a marker. - Instruct them to write down one positive trait or quality they admire in another person in the circle. - Encourage them to be specific and genuine in their compliments.	

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		• After writing, they should approach the person they wrote about, share the compliment, and exchange cards. • Repeat this process until everyone has given and received compliments. Communication Relay: • Divide the students into teams of 4-5 members. • Set up a relay course with obstacles or markers (chairs, cones, etc.) that require communication and teamwork to navigate. • Each team member takes turns navigating a portion of the course blindfolded while their teammates guide them verbally. • Emphasize clear, respectful communication and effective teamwork. • The team that completes the course with the fastest time and the fewest mistakes wins. Respectful Debate: • Divide the students into small groups and assign each group a topic related to respect (e.g., respecting differences, respecting personal space, respecting opinions). • Give them time to discuss their assigned topic and come up with arguments to support their viewpoint. • Each group will then present their arguments in a structured debate format, with an emphasis on listening respectfully to opposing viewpoints. • Encourage students to express their opinions while also being open to alternative perspectives
Class Reflection and Sharing	10 minutes	Allow students to reflect on what they've learned and share any new insights or questions they may have about family diversity.
Wrap up	10 minutes	Conclude the lesson by summarizing the key points discussed and reinforcing the importance of functional and loving relationships in maintaining good sexual and reproductive health.

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