



ES 1 to 12 Y LESSON LOG

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Teaching Dates and Time: NOVEMBER 6 - 10, 2023 (WEEK 1)

Grade Level: IV
Learning Area: SCIENCE
Quarter: 2ND QUARTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I. OBJECTIVES					
A. Content Standards	Demonstrate understanding of how the major internal organs, such as the brain, heart, liver, stomach, bones and muscles keep the body healthy.				
B. Performance Standards	Describe the main function of major organs.				
C. Learning Competencies/ Objectives (Write the Code for each)	1. Describe the functions of the bones.	1. Describe the functions of the muscles. 2. Describe how do bones and muscles allow us to move.	1. Describe the functions of the muscles. *involuntary and voluntary	1. Identify common bone injuries and diseases.	Demonstrate first aid measures for common bone injuries and diseases
II. CONTENT (Subject Matter)	Chapter 1:Major Organs of the Human Body Lesson 14:Bones and Muscles	Chapter 1:Major Organs of the Human Body Lesson 14:Bones and Muscles	Chapter 1:Major Organs of the Human Body Lesson 14:Bones and Muscles	Chapter 1:Major Organs of the Human Body Lesson 14:Bones and Muscles	Chapter 1:Major Organs of the Human Body Lesson 14:Bones and Muscles
III. LEARNING RESOURCES References					
1. Teacher's Guide pages	73-79	73-79	73-79	73-79	73-79
2. Learner's Material pages	58-69	58-69	58-69	58-69	58-69
3. Textbook pages					
4. Additional Materials from Learning Resource LR portal					
A. Other Learning Resources	skeleton dance video	skeleton dance video	skeleton dance video	skeleton dance video	Speakers ,ice bag, elastic bandage,
IV. PROCEDURE					
A. Reviewing previous Lesson or presenting new lesson	Let the pupils do the Skeleton dance.	What are the functions of the bones?	What are the functions of the bones?	Let the pupils do the Skeleton dance.	What are common bone and muscle injuries? Tell something about these.
B. Establishing a purpose for the lesson	- "What would we look like if we have no bones in our body?	- "Do you think could move with the bones alone?	- "Do you think could move with the bones alone?	- Did you experience having some bone injuries or muscle injuries? How did you feel?	While you were playing luksong baka, one of your friends fell and broke his bone in his elbow, what are you going to do first?
C. Presenting examples/ instances of the new lesson.	Let the pupils touch and feel their bones and tell something about these bones.	*Show a video of how the muscles and bones allow a person to move.	*Show a video of how the muscles and bones allow a person to move.	Show pictures of children suffering from bone injuries and muscle injuries.	- Show a video of applying a first aid measure for a fractured bone.

D. Discussing new concepts and practicing new skills.#1	-See pp 62 of the LM for the activity.	Introduce the activity. See pp 59 of the LM for the gactivity.	Introduce the activity. See pp 61 of the LM for the activity.	- Introduce the activity. See pp 65 of the LM for the activity	Introduce the activity. See pp 68-69 of the LM for the activity.
E. Discussing new concepts and practicing new skills #2.	-The teacher further explains the lesson. 1.What are the bones that protect the internal organs? 2. Which set of bones protect the lungs and the liver? 3-4. (See LM, p.63)	-The teacher further explains the lesson. 1. How many bones are involved in the movement? 2. Are the bones connected to each other? 3. (See LM, p.60) - The teacher clarifies misconceptions	-The teacher further explains the lesson. 1. What helps your finger bones move as you write? 2. Were you able to control the movement of your arms and legs? 3-7. See LM, p.61 *Explain what voluntary and involuntary muscles are.	-The teacher further explains the lesson. She explains the common bone and muscle injuries. 1.What are the common muscle injuries? 2. What are the common bone injuries? 3-7. (See LM, p.66-67)	-The teacher further explains the first aid treatment for bone injuries. -The teacher demonstrates the first aid treatment for different bone and muscle injuries.
F. Developing Mastery (Lead to Formative Assessment 3)	-Show pictures of these bones that protect the internal organs and explain the function of each.	-Explain the background information (pg 60of LM) -Have the pupils master the concepts.	-Explain the background information (pg 62of LM) -Have the pupils master the concepts.	-Explain the background information (pg 67of LM) -Have the pupils master the concepts.	-Explain the background information (pg 69of LM) -Have the pupils master the concepts.
G. Finding practical application of concepts and skills in daily living	*What do you think might happen to our internal organs if there are no bones?	Do you think the body can move if the muscles and the bones do not coordinate with each other? If the bones do not have joints, what will happen? Why?	What will happen if we don't have involuntary muscles in our body?	*What are you going to do to avoid these bone and muscle injuries? Original File Submitted and Formatted by DepEd Club Member - visit depedclub.com for more	Find a partner and demonstrate the first aid treatment for one of the following: 1. Fracture 2. Cramps 3. Bruise 4-5.
H. Making Generalizations and Abstraction about the Lesson.	* What are the functions of the bones? *What are the bones that protect the internal organs?	*What are the functions of the muscles?	*What is the difference between voluntary and involuntary muscle? Give examples.	* What are different bone and muscle injuries?	*What are the first aid treatment for different bone and muscle injuries?
I. Evaluating Learning	What bone protects the following: 1. Brain 2. Heart 3. Liver 4. Vertebrae or backbone 5. Pelvic bone	Tell whether the statement is TRUE or FALSE. 1. The muscle and bones coordinate with each other to make the body move. 2. The point where the bones meet are called joints. 3-5.	Tell whether the following are voluntary or involuntary muscles: 1. Leg muscles 2. Arm muscles 3. Heart muscles 4. Lung muscles 5. Eyelid muscles	Identify the following bone and muscle injury: 1. It is a break in the bone. 2. It occurs when a bone is displaced out of its proper position. 3-5.	The first aid treatment demonstration will serve as the evaluation part of the lesson. Use rubrics in assessing their performance.
J. Additional Activities for Application or Remediation	Draw the bones that protect our internal organs.	Draw the skeletal system in a a bond paper.	List some examples of voluntary and involuntary muscles.	Research some first aid measure for these bone and muscle injuries.	List the steps in performing the first aid treatment for sprain.

V. REMARKS					
VI. REFLECTION					
A.No. of learners earned 80%in the evaluation.					
B . No. of learners who required additional activities for remediation who scored below 80%					
C. Did the remedial lesson work? No. of learners who have caught up with the lesson.					
D. No. of learner who continue to require remediation					
E. Which of my teaching strategies worked well? Why did these work?					
F. What difficulties did I encounter which my principal or supervisor can help me solve?					
G. What innovation or localized materials did I used/discover which I wish to share with other teachers?					