

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	2
Quarterly Theme:	Sexual and Reproductive Health <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	MARCH 15, 2024
Sub-theme:	Characteristics of a healthy/ Unhealthy family <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:	The learner demonstrates good family health habits and practices H2FH-IIIcd-12 1. Exercising regularly as a family 2. Doing recreational activities together	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	Begin the class with a quick energizing exercise routine, such as jumping jacks, stretching exercises, or a short dance activity to get learners moving and ready for the lesson. Gayahin ang ehersisyo sa video at ibahagi ito sa pamilya: Chicken Noodle Soup by Live Love Party: Zumba Dance Fitness https://www.youtube.com/watch?v=92YaNY9SqZU	
Current Health News and Sharing	5 minutes	Panalangin para sa Pamilya: https://www.youtube.com/watch?v=peOcx-z6IKI Ano ang naitulong mo sa inyong bahay kahapon? Ano pa kaya ang iba pang gawain ng pamilya na makakatulong upang maging malusog lalo?	
Health Session	30 minutes	Introduction to Different Types of Families (5 minutes): Gawain: FAST LEARNERS: Pangkatin ang klase ng Ang bawat pangkat ay gaganap bilang isang pamilya. Ipapakita ng bawat pangkat ang maaaring gawin nilang pamilya habang nasa parke. AVERAGE LEARNERS Pangkatin ang klase sa 4. Pangkat A at B: Ipakita ng bawat pangkat and isang set ng ehersisyo na maaaring gawin ng pamilya. Pangkat C at D: Sa isang larawan ng pasyalan (parke, tabing-dagat), ilita ang mga gawaing pangkalusugan ng pamilya na maaaring gawin dito. Pagtalakay: 1. Alin sa mga ito ang nagawa ninyong pamilya? Ano ang naidudulot nito sa katawan?	

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Class Reflection and Sharing	10 minutes	- Lead a discussion on what learners learned about different types of families. Encourage learners to share their thoughts, feelings, and any new insights gained from the activities. Pagtalakay: 1. Alin sa mga ipinakita ang nais mong ibahagi sa iyong pamilya? Bakit? Ano kaya ang mararamdam ng inyong pamilya kapag sama-sama nyo itong ginagawa? - Emphasize the importance of respecting and accepting all families, regardless of their differences.
Wrap up	10 minutes	- Summarize the key points discussed during the lesson about different types of families. Ano ang tulong na nagagawa ng ehersisyo lalo na sa pamilya? Anong mga recreational activities ang maaaring gawin ng inyong pamilya ng sabay-sabay? Pag-ehersisyo: (Pumili ng 1 sa mga video) https://www.youtube.com/watch?v=0Cs6hc1xhvQ - Reiterate the importance of valuing diversity and treating everyone with kindness and respect, regardless of their family structure. - Assign a simple take-home activity, such as drawing a picture of their own family and writing a sentence about why they love their family.

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Teacher I

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