







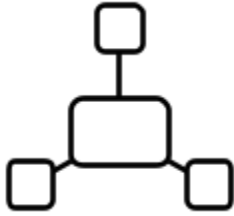



## **CATCH-UP FRIDAYS TEACHING GUIDE**

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<b>Catch-up Subject:</b>	MAPEH (HEALTH EDUCATION) 6	<b>Grade Level:</b>	6
<b>Quarterly Theme:</b>	Community Awareness	<b>Date:</b>	February 16, 2024
<b>Sub-theme:</b>	Justice	<b>Duration:</b>	60 mins (time allotment as per DO 21, s. 2019)
<b>Session Title:</b>	Explain the effects of Noise Pollution in Promoting Peace in the Community	<b>Subject and Time:</b>	Mapeh (Health) 10:45 –11:45 AM (schedule as per existing Class Program)
<b>Session Objectives:</b>	At the end of the session, the pupils will be able to: <ul style="list-style-type: none"> <li>• Identify noise pollution.</li> <li>• Give examples of noise pollution in the community.</li> <li>• Explain the effects of noise pollution in the community.</li> </ul>		
<b>References:</b>	K to 12 Basic Education Curriculum <a href="https://depedtambayan.net/wp-content/uploads/2022/02/HEALTH6-Q1-MODULE3.pdf">https://depedtambayan.net/wp-content/uploads/2022/02/HEALTH6-Q1-MODULE3.pdf</a>		
<b>Materials:</b>	Powerpoint Presentation Pictures Graphic Organizer Worksheets		

<b>Components</b>	<b>Duration</b>	<b>Activities</b>												
<b>Introduction/ Warm-Up</b>	15 mins	<p><b>A. WARM UP</b> Stop Dance Game Instructions: The teacher will play different kinds of music, learners will identify the different music played in the dance. <i>(Identifying soft and loud sounds)</i></p> <p>Ask Questions: 1. What kinds of sounds did you hear? 2. What are the effects of hearing soft sounds? What about the loud sounds? 3. How do you feel when you hear the soft and loud sounds?</p>												
<b>Concept Exploration</b>	25 mins	<p><b>Activity 1:</b> <b>Game: Wordscapes</b> Instructions: The teacher will post letters on the board, then learners will create words based on each letter. <i>(Teacher will pick 5 Boys and 5 Girls in each group as representatives).</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">3 LETTERS</th> <th style="width: 25%;">4 LETTERS</th> <th style="width: 25%;">5 LETTERS</th> <th style="width: 25%;">6 LETTERS</th> </tr> </thead> <tbody> <tr> <td style="height: 100px;"></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p><b>Activity 2:</b> Picture Puzzle Game Instructions: The teacher will show two puzzle pictures, learners will arrange it on the board.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;"><b>PICTURE A</b></th> <th style="width: 50%; text-align: center;"><b>PICTURE B</b></th> </tr> </thead> <tbody> <tr> <td align="center"></td> <td align="center"></td> </tr> </tbody> </table>	3 LETTERS	4 LETTERS	5 LETTERS	6 LETTERS					<b>PICTURE A</b>	<b>PICTURE B</b>		
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		<div data-bbox="764 150 1544 365" style="border: 1px solid black; height: 80px; width: 100%;"></div> <p>Follow -up questions:</p> <ul style="list-style-type: none"> <li>- Look at the two pictures, what can you observe?</li> <li>- Compare Picture A and Picture B using Venn Diagram.</li> <li>- As a pupil, which place do you want to live? Why or why not?</li> </ul> <p><b>Lesson:</b>  <b>Noise pollution</b> is defined as prolonged exposure to loud sound levels that may lead to adverse effects in human or other living organisms. Exposure to constant excessive noise has been shown to cause a range of health problems such as headache, hypertension, poor concentration, depression, stress and fatigue from lack of sleep to more serious issues such as cognitive impairment, cardiovascular disease, tinnitus and hearing loss.</p> <p><b>Effects of Noise Pollution</b></p> <ul style="list-style-type: none"> <li>● <b>Physical effect</b> of loud sound includes high blood pressure or hypertension, heart disease and headache or migraine.</li> <li>● <b>Psychological effect</b> includes stress, fatigue, anxiety, depression and noise irritation or emotional reaction that can have an immediate impact.</li> <li>● <b>Insomnia or sleep disturbances</b> are usually caused by constant exposure to noise pollution.</li> </ul> <p><b>Activity:</b>  <b>Using of Graphic Organizer:</b>          Based on the examples above, Give examples of noise pollution that harm in your community.</p> <div data-bbox="1003 1526 1235 1741" style="text-align: center;">  </div>
<p><b>Valuing/Wrap-up</b></p>	<p align="center">10 mins</p>	<p><b>Activity:</b>          Game: Show Speak!          Instructions: The teacher will show different types of Pictures showing Noise Pollution. Learners will explain each picture.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="712 1951 1037 2201">  <p align="center"><b>Picture 1</b></p> </div> <div data-bbox="1110 1951 1461 2201">  <p align="center"><b>Picture 2</b></p> </div> </div> <div data-bbox="870 2247 1278 2537" style="text-align: center;">  </div>

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		<p style="text-align: center;"><b>Picture 3</b></p> <p>Ask Questions:</p> <ol style="list-style-type: none"><li>1. What can you observe in the pictures?</li><li>2. As a pupil, what are the ways you can do to lessen the noise pollution?</li><li>3. How important is peace in the community?</li></ol>
<b>Reflective/ Journal Writing</b>	10 mins	<p>Individual Activity:</p> <p>Write a journal/essay writing about Peace in the community. Give some ways on how to lessen noise pollution on your community.</p>

Prepared By:

**Mariz B. Humarang**

Teacher I

**Ela Mae K. Eseo**

Teacher I

Approved:

**Rowena S. Bederico**

Principal II