CATCH-UP FRIDAYS TEACHING GUIDE

Catch-up Subject:	MAPEH (HEALTH EDUCATION) 6	**Grade Level:**	6
Quarterly Theme:	Community Awareness	**Date:**	February 16, 2024
Sub-theme:	Justice	**Duration:**	60 mins (time allotment as per DO 21, s. 2019)
Session Title:	Explain the effects of Noise Pollution in Promoting Peace in the Community	**Subject and Time:**	Mapeh (Health) 10:45 –11:45 AM *(schedule as per existing Class Program)*
Session Objectives:	At the end of the session, the pupils will be able to: ● Identify noise pollution. ● Give examples of noise pollution in the community. ● Explain the effects of noise pollution in the community.		
References:	K to 12 Basic Education Curriculum https://depedtambayan.net/wp-content/uploads/2022/02/HEALTH6-Q1-MODULE3.pdf		
Materials:	Powerpoint Presentation Pictures Graphic Organizer Worksheets		

Components	Duration	Activities
Introduction/ Warm-Up	15 mins	**A. WARM UP** Stop Dance Game Instructions: The teacher will play different kinds of music, learners will identify the different music played in the dance. *(Identifying soft and loud sounds)* 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?
Concept Exploration	25 mins	**Activity 1:** **Game: Wordscapes** Instructions: The teacher will post letters on the board, then learners will create words based on each letter. (*Teacher will pick 5 Boys and 5 Girls in each group as representatives).*

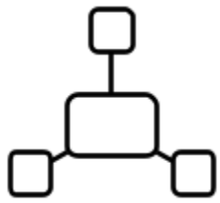
3 LETTERS	4 LETTERS	5 LETTERS	6 LETTERS

Activity 2:

Picture Puzzle Game

Instructions: The teacher will show two puzzle pictures, learners will arrange it on the board.

PICTURE A	*PICTURE B*
	

		<table><tr><td></td><td></td></tr></table> Follow -up questions: - *Look at the two pictures, what can you observe?* - *Compare Picture A and Picture B using Venn Diagram.* - *As a pupil, which place do you want to live? Why or why not?* **Lesson:** **Noise pollution** is defined as prolonged exposure to loud sound levels that maylead 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 tomore serious issues such as cognitive impairment, cardiovascular disease, tinnitusand hearing loss. **Effects of Noise Pollution** ● **Physical effect** of loudsound includes high blood pressure or hypertension,heart disease and headache or migraine. ● **Psychological effect** includes stress, fatigue, anxiety, depression and noise irritation or emotional reaction that can have an immediate impact. ● **Insomnia or sleep disturbances** are usually caused by constant exposure to noise pollution. **Activity:** **Using of Graphic Organizer:** Based on the examples above, Give examples of noise pollution that harm in your community. 
Valuing/Wrap-up	10 mins	**Activity:** Game: Show Speak! Instructions: The teacher will show different types of Pictures showing Noise Pollution. Learners will explain each picture.  **Picture 1**  **Picture 2** 

		Picture 3 Ask Questions: 1. What can you observe in the pictures? 2. As a pupil, what are the ways you can do to lessen the noise pollution? 3. How important is peace in the community?
Reflective/ Journal Writing	10 mins	Individual Activity: Write a journal/essay writing about Peace in the community. Give some ways on how to lessen noise pollution on your community.

Prepared By:

Mariz B. Humarang
Teacher I

Ela Mae K. Eseo
Teacher I

Approved:

Rowena S. Bederico
Principal II