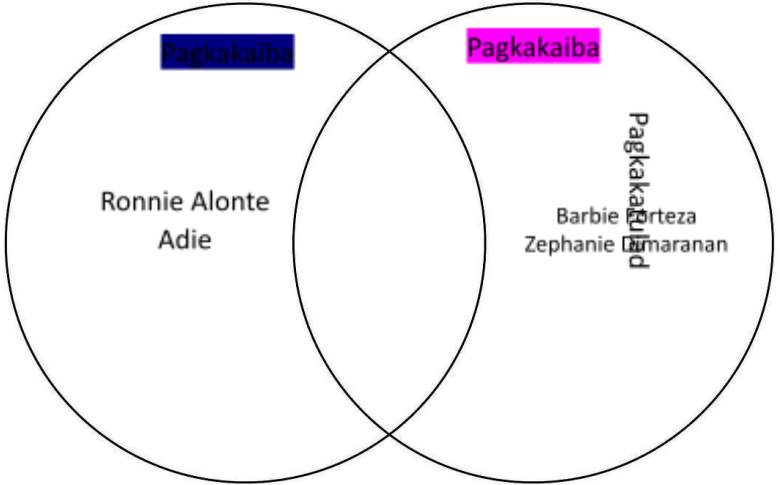


CATCH-UP FRIDAYS TEACHING GUIDE

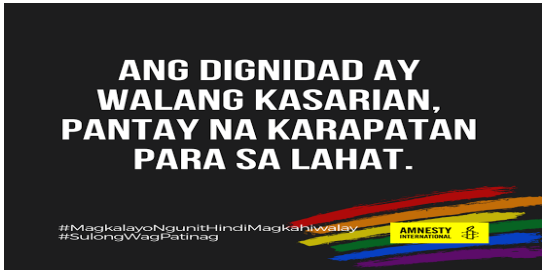
CATCH-UP FRIDAYS TEACHING GUIDE

Catch-up Subject:	Health Education	Grade Level:	6
Quarterly Theme:	Sexual and Reproductive Health (refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)	Date:	February 23, 2024
Sub-theme:	Taking Care of Body Parts (refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)	Duration:	60 mins (time allotment as per DO 21, s. 2019)
Session Title:	" Napahahalagahan ang Magaling at Matagumpay na mga Pilipino "	Subject and Time:	ESP 1:00 – 2:00 PM (schedule as per existing Class Program)
Session Objectives:	Pagkatapos ng Gawain, Nakikilala at napahahalagahan ang mga magaling at matagumpay na Pilipino sa iba't ibang larangan.		
References:	K to 12 Basic Education Curriculum		
Materials:	Large pictures or flashcards of different personalities Large board or chart paper Sticky notes Markers Small prizes or stickers Journals or notebooks for each student		
Components	Duration	Activities	
Introduction and Warm-Up	15 mins	Pagbati. Pang-araw-araw na Gawain. Picture Puzzle Hahatiin sa apat na grupo ang mga bata at bibigyan sila ng mga larawan na kanilang bubuuin upang makilala kung sino sino sila.  	

CATCH-UP FRIDAYS TEACHING GUIDE

		  Itanong: Nakilala ba ninyo ang mga nasa larawan? Sino-sino ang mga nasa nabuong mga larawan? Kilalanin ang mga matatagumpay na Pilipino na nagmula sa lungsod ng Binan. Talakayin kung saang larangan sila pamoso o kilala. *Anu anong mga bahagi ng kanilang katawan ang ginagamit nila sa kani-kanilang larangan? *Bakit dapat nila itong ingatan? *Ano ang maaring mangyari kapag ito ay kanilang napabayaan? Magbigay ng haliimbawa.
Concept Exploration	10 mins	Paghahambing (Filipino Integration) Gamit ang grapikong organayser na Venn Diagram, pagahahmbingin ng mga mag-aaral ang mga tampok na personalidad.  Sa ginawang paghahambing ng pagkakatatulad at pagkakaiba gamit ang Venn dayagram, anong kaisipan ang nais nitong maunawaan Ninyo bilang mga mag-aaral?
Reflection	10 mins	Sa ginawang paghahambing ng pagkakatatulad at pagkakaiba gamit ang Venn dayagram, anong kaisipan ang nais nitong maunawaan Ninyo bilang mga mag-aaral?

CATCH-UP FRIDAYS TEACHING GUIDE

		Bilang isang mag-aaral sa ika-anim na baitang bakit maha laga ang paggalang sa anumang uri ng kasarian? Kung mayroong miyembro ang inyong pamilya o mayroon kang kamag-anak, kaibigan na iba ang <i>gender preference</i>/kinabibilangang kasarian, paano mo sila pakikitunguhan?
Wrap Up	15 mins	Poster Making Gumuhit ng poster na nagpapakita o tumatalakay ng ng pagkakapantay pantay ng mga kababaihan at kalalakihan at ipaliwanag sa klase. Halimbawa: 
Drawing/Coloring Activity (Grades 1- 3) Journal Writing (Grades 4 – 10)	10 mins	Sa inyong sariling pag unawa, ano sa tingin ninyo ang nais ipahiwatig ng kaisipan sa ibaba. Isulat ito sa inyong journal at ibahagi ito sa klase. 

Prepared By:

MARIA SHARICE M. NAVALES
Teacher I

MARIA CHRISANTA B BAY
Teacher II

Approved:

ROWENA S. BEDERICO
School Head

CATCH-UP FRIDAYS TEACHING GUIDE

Mapped subject

Grade Level: Grade 7
Subject: Science

Quarter	Content Standard <i>The learners demonstrate understanding of...</i>	Performance Standard <i>The learners should be able to...</i>	Most Essential Learning Competencies	Duration	K to 12 CG Code
3rd	motion in one dimension	conduct a forum on mitigation and disaster risk reduction	Describe the motion of an object in terms of distance or displacement, speed or velocity, and acceleration	Week 1-2	S7FE-IIIa-1
			Create and interpret visual representation of the motion of objects such as tape charts and motion graphs	Week 3	S7FE-IIIb-3
	waves as a carriers of energy		Infer that waves carry energy	Week 4	
			Describe the characteristics of sound using the concepts of wavelength, velocity, and amplitude	Week 4	S7LT-IIIId-7
	the characteristics of light	suggest proper lighting in various activities	Explain color and intensity of light in terms of its wave characteristics	Week 5	

Sample Class Program

GRADE 7 MATATAG CLASS PROGRAM

School Year 2023-2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:20	FLAG CEREMONY				
7:20-8:20	MATH	MATH	MATH	MATH	Independent Learning (MATH)
8:20-9:20	FILIPINO	FILIPINO	FILIPINO	FILIPINO	ESP
9:20-9:50	RECESS				
9:50-10:50	TLE	TLE	HOMEROOM GUIDANCE	TLE	TLE
10:50-11:50	MAPEH	MAPEH		MAPEH	Page 5 of 5
12:00-1:00	LUNCH BREAK				
1:00-2:00		SCIENCE	SCIENCE	SCIENCE	SCIENCE
2:00-3:00	ARALING PANLIPUNAN	ARALING PANLIPUNAN		ESP	ARALING PANLIPUNAN