CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Haalda Darray'		Grade	5
	Health Education		Level:	
Quarterly Theme:	Sexual and Reproductive Health(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)		Date:	FEBRUARY 23, 2024
Sub-theme:	Ways of expressing love refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3		Duration:	(time allotment as per DO 21, s. 2019)
Session Objectives:	By the end of the session, students will be able to understand the importance of sexual and reproductive health and explore various ways of expressing love in a healthy manner.		Subject and Time:	(schedule as per existing Class Program)
References:		K to 12 Basic Education Curriculum		
Materials:				
Lesson Proper	Duration	Activities		
Friday Routine exercise/ Dynamic Stimulator	5 minutes	Start the class with a fun and energetic exercise routine to get the students moving and engaged, setting a positive tone for the lesson.		
Current Health News and Sharing	5 minutes	related to sexual students and en and opinions. One engaging to health toward sunderstanding a This can incorpautonomy, and health toward in the students can least with confidence conversations are to share their toward fostering a supplice.	pic related to tudents cou and respective orate discussion and respective healthy relative the significant pect in frient are how to reach and empand creating a choughts and formed decises themselves to bortive and the continuous and the con	news topic to students ductive health to engage in to share their thoughts of sexual and reproductive lid be the importance of ing personal boundaries. It is sions on consent, body onships. It is and interactions, havigate social situations of the safe space for students of opinions can empower ions and develop healthy is and others. Remember, inclusive environment is health outcomes and spect and understanding
Health Session	30 minutes	 Introduce the topic of sexual and reproductive health, emphasizing the importance of understanding and respecting one's body. Slogan Creation and Jingle Writing (20 minutes): Divide students into pairs or small groups. Task each group with creating a catchy slogan or jingle related to expressing love. Provide examples and tips on effective slogan and jingle writing. Encourage students to consider different target audiences and emotions they want to evoke. Set a timer for brainstorming and writing sessions. 		

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		• After the allotted time, have each group share their slogans or jingles with the class, and discuss their choices and creative processes. Facilitate group discussions and debates on health issues to encourage critical thinking and collaboration.
Class Reflection and Sharing	10 minutes	Allow students to reflect on what they've learned, sharing their thoughts and any questions they may have in a safe and supportive environment.
Wrap up	10 minutes	Summarize the key points of the lesson, reinforcing the importance of understanding and respecting their bodies and boundaries. Encourage students to ask questions and seek help if needed.

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Teacher I	
Recommending Approval:	Approved:

Prepared By:

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