

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	1
Quarterly Theme:	Sexual and Reproductive Health <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	February 23, 2024
Sub-theme:	Body differences and growth <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:	<ul style="list-style-type: none">Learners will understand body differences and growth.Learners will recognize and appreciate diversity in physical appearance and growth patterns.	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	<p>Start with a quick energizing exercise routine such as stretching or a fun dance to get learners moving and engaged.</p> <p>Gawain 1-Kumanta Tayo! Ipaawit sa mga bata ang kantang “Paa,tuhod,balikat,ulo” Paa tuhod balikat ulo (3x) Magpalakpakan tayu.</p> <p>Gawain 2-Laro Tayo Hipuin ang parte ng katawan na babangitin ng guro. Halimbawa: 1. Ulo 2. Mata 3. Ilong 4. Bibig 5. Tenga</p>	
Current Health News and Sharing	5 minutes	<p>Share a brief piece of current health news related to body differences and growth, such as a new study on children's growth patterns or a fun fact about different body types. Allow learners to share any related experiences or thoughts they may have.</p> <p>Gawain 3. Iparinig/ ipabasa ang maikling kuwento Ako ay may Titi (ni Genaro R. Gojo Cruz) Ako ay may titi kasi sabi ni Nanay ako raw ay isang lalaki.Kapag naliligo ako sinisiguro ni Nanay na ito’y malinis. Sabon-sabon. Hugas-hugas. Kuskos-kuskos. Tapos pupulbuhan niya ito. Sabi niya, dapat laging malinis ang bahagi ng katawan na laging natatakpan. Pagkatapos susuotan ako ni nanay ng malinis na salawal. Presko ang pakiramdam ko! Iba-iba ang nangyayari sa aking titi. Tuwing naiihi ako, bumubukas itong parang gripo. Hinahawakan ko ito tuwing umiihi ako sa arinolang maliit na binili ni nanay. Minsan naman kakaunti. Ilang patak lang ang lumalabas.At kapag nagising na ako, nagigising din</p>	



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		<p>ito. Lumalaki at tumitigas. Ihing ihi kasi uli ako. Kapag natutulog ako parang tulog din ang aking titi. Kuluntoy ito. Kulu-kulubot. Sinliit ng bagong pisang sisiw. Tulad ng aking mga mata,ilong,bibig at mga tainga alagaan ko raw ang aking titi sabi ni Nanay. Bahagi ito ng katawan na talagang mahalaga. Ako ay may titi kasi ako ay isang lalaki. Ito ang isang dahilan kung bakit mayroon ako nito.</p>
Health Session	30 minutes	<ul style="list-style-type: none">● Introduction to Body Differences and Growth:<ul style="list-style-type: none">● Begin by discussing what it means to have different bodies and how everyone grows at their own pace.● Show pictures or illustrations of children of different ages, heights, and body types to illustrate diversity.● Playing Games:<ul style="list-style-type: none">● Play a game like "Simon Says" where learners mimic different body movements, emphasizing how each person's body can move differently.● Alternatively, play a matching game where learners match pictures of children with different heights or body types.● Sample Activities:<ul style="list-style-type: none">● Role-Playing: Divide learners into pairs and have them act out scenarios where they encounter someone who looks different from them. Encourage discussions on how to respond with kindness and acceptance.● Creative Activities: Allow learners to choose from activities like poster making or slogan writing to express their understanding of body differences and growth. Display their creations in the classroom.● Group Discussions: Lead a discussion on how differences in appearance and growth are natural and should be celebrated. Encourage learners to share examples of times when they felt proud of their own unique qualities.
Class Reflection and Sharing	10 minutes	<p>Facilitate a reflection session where learners share what they learned during the health session. Encourage them to discuss how they can apply this knowledge in their daily lives, such as being inclusive and respectful towards others.</p> <p>Gawain 5. Acting Out Isakilos ang tamang paglilinis ng bahagi ng katawan.</p> <ol style="list-style-type: none">1. Mukha2. Ngipin3. Tainga

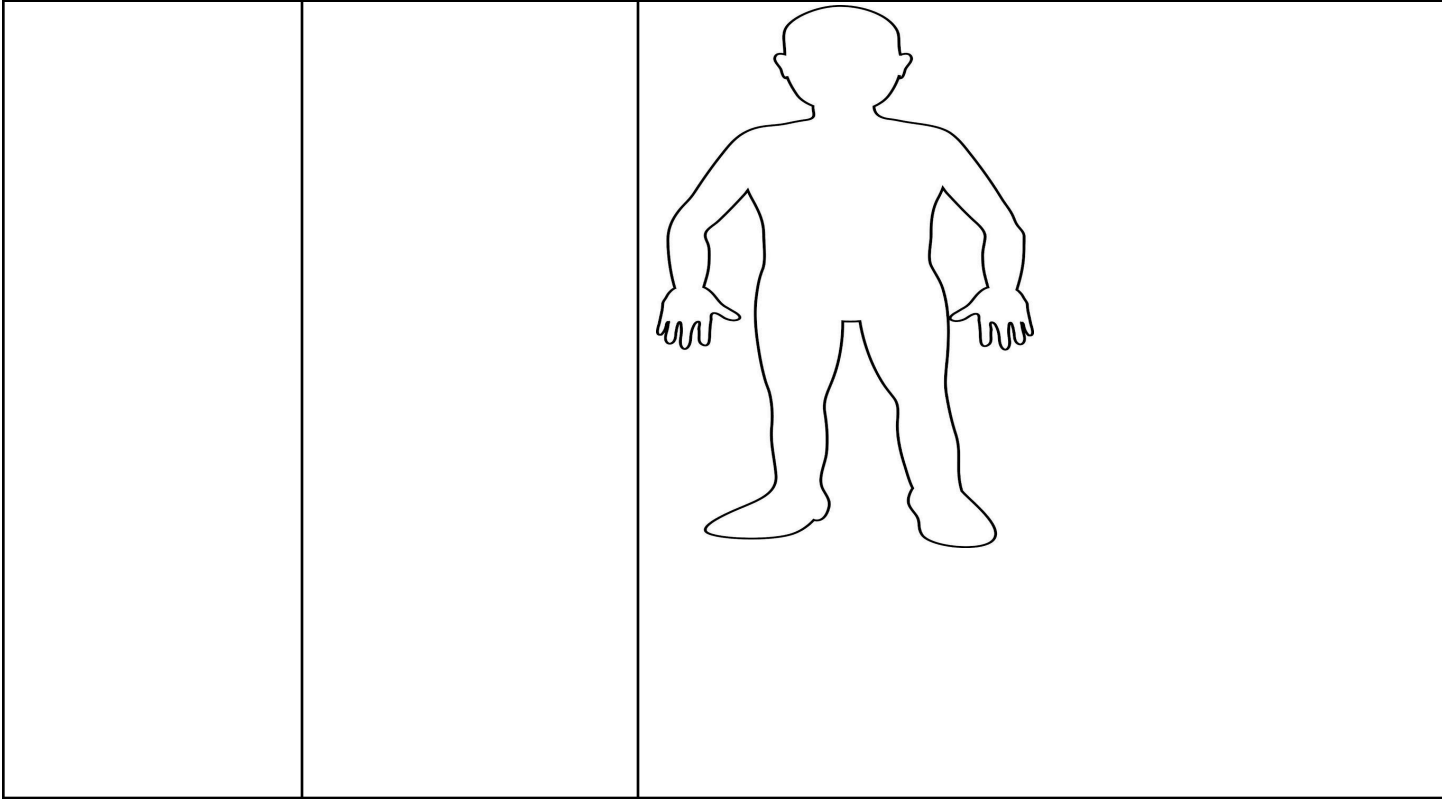
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		<div><div><div>4. Kuko</div><div>5. kamay</div></div><div>Gawain 6. Piliin ang tamang paglilinis ng maselang bahagi ng katawan.</div><div><div>Hugasan</div><div>Sabonan</div><div>Punasan</div><div>Huwag sabunin</div></div></div> <div>Gawain 7</div> <div><div><div>malinis - marumi</div><div><div></div><div></div></div></div><div><div>A</div><div>B</div></div><div>Alin sa dalawang larawan ang dapat tularan? Alin sa ang nagpapakita ng kalinisan? Bakit iyan ang napili mong larawan? Ipaliwanag ang sagot.</div></div> <div><div>Wrap up</div><div>10 minutes</div><div><div>Summarize the key points of the lesson and reiterate the importance of accepting and appreciating differences in body types and growth. End with a positive affirmation or mantra related to embracing diversity.</div><div>Gawain 8. Bumuo ng bilog bawat grupo. Iguhit ang nawawalang bahagi ng katawan.</div></div></div>
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Teacher I

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