

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 16, 2024
Sub-theme:	Body parts including private sexual parts <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:	By the end of the session, students will be able to identify and understand basic concepts related to sexual and reproductive health, including body parts, especially private sexual parts, and the importance of keeping them safe.	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	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	Discuss a child-friendly health news topic related to the theme to raise awareness and encourage students to share their thoughts and experiences.	
Health Session	30 minutes	Playing Games: Incorporate educational games that involve identifying and naming body parts, emphasizing the importance of privacy and safety. Sample Activities: Choose one activity such as role-playing scenarios where students practice saying "no" to unwanted touch, or hands-on activities like creating a collage of body parts with a focus on private areas. Engaging in activities that promote understanding and empowerment around personal boundaries is crucial, especially for young learners. Role-playing scenarios can be a fun and effective way for students to practice asserting their boundaries in a safe environment. Encouraging them to confidently say "no" to unwanted touch helps build their confidence and teaches them the importance of consent. Hands-on activities, like creating a collage of body parts with a focus on private areas, can also be a creative and interactive way to educate students about their bodies. This visual representation not only helps them understand the concept of private areas but also encourages open conversations about body autonomy and respect. By incorporating these types of activities into educational settings, we can empower students to recognize and communicate their boundaries	

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		effectively, fostering a culture of safety, respect, and consent.
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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