

LESSON PLAN TEMPLATE

Lesson Title	Charting Creative Careers and Nurturing Maternal-Child Health
Learning Area/s	MAPEH
Name of Teacher/s	DepED Tambayan PH (Visit www.depedtambayanph.net for more downloads.)
Grade Level and Section	Grade 10
No. of Sessions	4 Sessions
References	None specified
Declaration of AI use	Consistent with the policy guidelines on the use of AI in basic education, I, DepED Tambayan PH (Visit www.depedtambayanph.net for more downloads.), hereby declare that I have used AI tools to assist in the preparation and delivery of teaching and learning materials. I used Gemini AI for limited support tasks, specifically for rephrasing, organizing, and refining the text and structure of this lesson plan, after I had already defined the learning objectives and the ILAW instructional framework. The prompt(s) used were: "Generate a detailed 4-session lesson plan structure based on these standards: Music and Arts: Assess relevant career options in creative industries based on their career plan ana...". I affirm that the use of AI tools was intended solely to enhance the quality of instructional material and support the teaching and learning process. All outputs have been reviewed, adapted, edited, and validated using my professional expertise and agency to ensure accuracy, appropriateness, and alignment with learners' developmental needs/levels. Likewise, I affirm that no confidential learner information or sensitive institutional information/data was shared with the AI platform/app identified above in the process.

Intentions.

Meaningful learning experiences are anchored in how we frame them. Start by deciding what you want learners to master by the end of the lesson – keep it clear and simple.

Learning Competency and Curriculum Standards:	Learning Competency: Music and Arts: Assess relevant career options in creative industries based on their career plan analysis. Physical Education and Health: Discuss the role of physical activities in safeguarding the health of mothers and children. Content Standards: n/a
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	Performance Standards: n/a			
	Session 1	Session 2	Session 3	Session 4
Learning Objectives:	Identify various sectors within the creative industries in the Philippines. Analyze personal career plans to determine alignment with creative industry opportunities.	Assess specific career options based on current market demands and personal skill sets. Formulate a preliminary career assessment report focusing on creative industries.	Discuss the physiological and psychological benefits of physical activities for expectant and new mothers. Identify safe and appropriate physical activities for different stages of motherhood.	Analyze the role of physical activities in the growth and development of children. Propose a simple family-based physical activity plan to safeguard the health of both mother and child.
Learner Context:	The class exhibits mixed readiness levels in career planning. A majority of students demonstrate high engagement when presented with visual aids and interactive, hands-on activities. Barriers to learning include varying levels of awareness regarding the scope of local creative industries.	Students respond well to practical applications of theoretical concepts. Some learners may require additional scaffolding when interpreting career market data. Visual learners benefit from infographics and flowcharts depicting career paths.	Students show a strong interest in health-related topics that have real-world familial applications. Visual aids depicting correct exercise forms are essential for this group. Potential barriers include cultural myths regarding physical activity during pregnancy.	The class enjoys collaborative work and hands-on planning activities. Visual learners appreciate the use of timers and video demonstrations of family exercises. Learners demonstrate strengths in creative brainstorming for group activities.
Learning Experience. A learning experience is like a thoughtfully designed journey. Each activity and interaction builds towards meaningful understanding and growth. Identify activities and interactions to help learners gain knowledge, skills, or understanding in a purposeful way.				
Pre-Lesson:	Visual Prompt: Display a collage of local creative	Recall Activity: A quick review game using a chalkboard	Anticipation Guide: A True or False activity regarding	Recall: Recap of maternal health benefits from the

	professionals (designers, musicians, animators). Diagnostic Activity: A brief 'Career Interest Survey' to gauge students' current leanings toward arts or music.	to list identified creative sectors from the previous session.	exercise during and after pregnancy.	previous session. Warm-up: A brief 'Follow the Leader' activity to simulate active play.
Flow:	Invite: Use a 'Picture Analysis' activity where students guess the specific roles in the creative industry based on icons. Learn: Present a slide presentation on the sectors of creative industries as defined by relevant national frameworks. Act: Students will use their personal career plan drafts to cross-reference their skills with one specific industry sector. Work: Small group discussion where students share their initial career plan analysis and receive peer feedback.	Invite: 'Skills Bingo' where students identify soft and hard skills necessary for arts and music careers. Learn: Discussion on assessing career viability, including job stability, growth potential, and personal passion. Act: 'Career Path Workshop' where students map out a 5-year trajectory for a chosen creative role. Work: Completion of a Career Plan Analysis summary highlighting chosen career options.	Invite: Story-sharing or video clip showing the daily physical demands of motherhood. Learn: Lecture-discussion using a slide presentation on the role of exercise in preventing maternal health complications. Act: Students will list and demonstrate 'low-impact' exercises suitable for mothers using visual guides. Work: Creation of a health infographic or flyer that advocates for maternal physical activity.	Invite: Brainstorming session on 'Traditional Filipino Games' (Laro ng Lahi) and their health benefits for kids. Learn: Discussion on how physical activity supports child development (motor skills, social skills, obesity prevention). Act: 'Family Fitness Design' workshop where students create a weekly schedule of activities involving parents and children. Work: Presentation of the Family Physical Activity Plan with a focus on safety and inclusivity.
Learning Resources:	• Laptop/Computer • Projector/Smart TV • PowerPoint/Slide Presentation • Worksheets for Career Mapping	• Chalkboard/Whiteboard • Printed Career Assessment Rubrics • Audio/Speakers for industry interview	• PowerPoint/Slide Presentation • Projector/Smart TV • Printed Activity Sheets on Maternal Health	• Laptop/Computer • Smart TV • Worksheets for Activity Planning • Chalkboard

		snippets		
Opportunities for integration:	Social Studies: Integration of the 'Creative Industries Development Act' and its economic impact.	English: Practice in writing formal career assessment reports.	Science: Integration of the reproductive system and the physiological changes during pregnancy.	EsP (Values Education): Strengthening family bonds through shared physical activities.
Assessment. Assessments reveal what learners have gained and what they still need help with. These are helpful in providing you with information to guide your future instruction throughout the entire session.				
Formative Assessment:	Accomplished 'Creative Industry Alignment Matrix' worksheet.	Exit Slip: Identify three specific career options in the creative industry that match your skills.	Group Presentation: A 2-minute 'Health Talk' about one specific benefit of physical activity for mothers.	Peer evaluation of the proposed Family-based Physical Activity Plan.
Ways Forward. Meaningful learning can also happen beyond the classroom – for both the learners and the teacher. Pause and reflect on what happened today.				
Extended learning opportunities:	Students are encouraged to research one successful Filipino professional in their chosen creative field.	Watch a short documentary or interview featuring a contemporary Filipino artist or musician.	Interview a health professional or a mother in the community about their physical activity habits.	Encourage students to try one of the planned activities with their family members over the weekend.
Reflections:	How did the visual aids help students differentiate between the various creative sectors?	Are the students able to realistically match their personal skills with industry requirements?	Did the students express any misconceptions about maternal exercise that need further clarification?	Which family-based activities did the students find most feasible and engaging to plan?