CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	**Grade Level:**	5
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	Discuss a relevant health news topic to students related to sexual and reproductive health to engage students and encourage them to share their thoughts and opinions. One engaging topic related to sexual and reproductive health toward students could be the importance of understanding and respecting personal boundaries. This can incorporate discussions on consent, body autonomy, and healthy relationships. By emphasizing the significance of communication and mutual respect in friendships and interactions, students can learn how to navigate social situations with confidence and empathy. Encouraging open conversations and creating a safe space for students to share their thoughts and opinions can empower them to make informed decisions and develop healthy attitudes towards themselves and others. Remember, fostering a supportive and inclusive environment is key to promoting positive health outcomes and building a foundation of respect and understanding among students.
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.

		• 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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