

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	2
Quarterly Theme:	Sexual and Reproductive Health <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	MARCH 8, 2024
Sub-theme:	Different types of family <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:	- Learners will learn about different types of families and understand that families come in various forms. - Learners will appreciate the diversity of families and learn to respect and accept differences.	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	Begin the class with a quick energizing exercise routine, such as jumping jacks, stretching exercises, or a short dance activity to get learners moving and ready for the lesson.	
Current Health News and Sharing	5 minutes	Allow learners to share any health-related news they have heard or experienced during the week. This can include personal experiences, news articles, or topics discussed at home.	
Health Session	30 minutes	Introduction to Different Types of Families (5 minutes): - Start by discussing the concept of families. Ask learners what they think a family is and who is in their own families. - Explain that families can look different for different people and that there are many types of families around the world. Playing Games (10 minutes): - Play a simple game like "Family Matching Game" where learners match pictures of different types of families (e.g., nuclear family, extended family, single-parent family, same-sex parents, etc.). Sample Activity: Role-Playing (10 minutes): - Divide learners into small groups and assign each group a different type of family to role-play. Provide scenarios for each group to act out, such as a family mealtime, going on a vacation, or celebrating a holiday.	
Class Reflection and Sharing	10 minutes	Lead a discussion on what learners learned about different types of families. Encourage learners to share their thoughts, feelings, and any new insights gained from the activities.	

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		Emphasize the importance of respecting and accepting all families, regardless of their differences.
Wrap up	10 minutes	- Summarize the key points discussed during the lesson about different types of families. - Reiterate the importance of valuing diversity and treating everyone with kindness and respect, regardless of their family structure. - Assign a simple take-home activity, such as drawing a picture of their own family and writing a sentence about why they love their family.

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