CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	**Grade Level:**	5
Quarterly Theme:	**Drug Education** *(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4)*	**Date:**	APRIL 12, 2024
Sub-theme:	**Nature of a gateway drug** *refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4*	**Duration:**	*(time allotment as per DO 21, s. 2019)*
Session Objectives:	By the end of the session, students will be able to understand the basic concept of substance use and its implications on health in an age-appropriate manner. They will learn the importance of saying no to harmful substances and the value of making healthy choices.	**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, energetic song that encourages movement, like "The Hokey Pokey" or "Head, Shoulders, Knees, and Toes". This activity aims to energize the students and prepare them for the lesson ahead.
Current Health News and Sharing	5 minutes	Discuss a simple, positive health-related news item, such as a community clean-up or a new park opening, to highlight the importance of a healthy environment. Encourage students to share any health-related news they have heard from home or their community.
Health Session	30 minutes	***Playing Games:*** • ***"Red Light, Green Light" with a Twist****: Introduce this classic game with a healthy twist. When you say "green light", students can move forward, but when you say "red light", they must stop and you will mention a healthy habit (e.g., eating fruits, drinking water). If you say a harmful habit (e.g., eating too much candy), they should not move.* ***Sample Activities (Select 1):*** • ***Role-playing****: Create simple scenarios where one child is offered something harmful (like candy representing a bad substance) and they practice saying no.* • ***Hands-on Activities****: Craft a 'Healthy Choices' collage where children cut out pictures from magazines representing good and bad substances, categorizing them on a poster board.* • ***Creative Activities****: Have the children create posters with slogans about saying no to harmful substances. Use bright colors and stickers for a fun and engaging activity.* • ***Interactive Activities****: Set up stations around the room with different activities like sorting good and bad substances, a matching game with healthy habits, etc.*

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		• ***Group Discussions****: Talk about why it's important to make healthy choices and how some substances can harm our bodies. Use simple, age-appropriate language.* • ***Debate on Health Issues****: Though formal debates might be challenging for fifth graders, a simplified version where children share their thoughts on why we should choose healthy habits over bad ones can be insightful.*
Class Reflection and Sharing	10 minutes	Have a circle time where students can share what they learned today. Ask them how they feel about saying no to harmful substances and making healthy choices. This encourages them to articulate their thoughts and listen to their peers.
Wrap up	10 minutes	Summarize the day's lessons with a focus on the importance of making healthy choices. Introduce a catchy, simple jingle that reinforces the day's learnings, encouraging the students to sing along. Hand out stickers or simple certificates to every student for participating and making healthy choices today. End the session with a reminder that they can always talk to an adult if they're unsure about something and that saying no to harmful substances is always the right choice.
Notes for the Teacher: • Ensure that all discussions and activities are age-appropriate and focus on promoting health and wellness. • Be prepared to answer questions in a straightforward, reassuring manner. • Encourage participation from all students and create a supportive environment where they feel comfortable expressing themselves. • Adjust the activities based on the dynamics and specific needs of your class.		

Prepared By:

Deped-tambaya.com

Teacher I

Recommending Approval:

Deped-tambaya.com

Approved:

Deped-tambaya.com