

School:		Grade Level:	V
Teacher:	File Created by DepEd Click	Learning Area:	SCIENCE
Teaching Dates and			
Time:	NOVEMBER 14-18, 2022 (WEEK 2)	Quarter:	2 <sup>ND</sup> QUARTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.OBJECTIVES					
A.Content Standards	How the parts of the human	How the parts of the human	How the parts of the human	How the parts of the human	
	reproductive system work	reproductive system work	reproductive system work	reproductive system work	
B.Performance Standards	Practice proper hygiene to care	Practice proper hygiene to care of the	Practice proper hygiene to care	Practice proper hygiene to care	
	of the reproductive organs	reproductive organs	of the reproductive organs	of the reproductive organs	
C.Learning Competencies/Objectives	Explain the menstrual cycle.	Explain the menstrual cycle. <b>S5LT-IIc-3</b>	Explain the menstrual cycle.	Explain the menstrual cycle.	
	S5LT-IIc-3	, ,	S5LT-IIc-3	S5LT-IIc-3	
II.CONTENT	The Menstrual Cycle	The Menstrual Cycle	The Menstrual Cycle	The Menstrual Cycle	
II.LEARNING RESOURCES	,	•			
A.References					
1.Teacher's Guide pages					
2.Learners's Materials pages	Science 5 Module, p. 1-16	Science 5 Module, p. 1-16	Science 5 Module, p. 1-16	Science 5 Module, p. 1-16	
3.Textbook pages	1	,	<u> </u>	<u> </u>	
4.Additional materials from learning					
resource (LR) portal					
B.Other Learning Resource					
IV.PROCEDURES			•		
	What I Know	What is It	What I Have Learned	Assessment	
	Directions: Choose the letter of	Phases of Menstrual Cycle	Directions: Identify what phase	Directions: Identify the phase of	
	the correct answer. Write your	➤ Menstrual Phase (Menstruation)	of the menstrual cycle is	the menstrual cycle that is being	
	answers on your	(Day 1-5)	described by each of the	illustrated in each item	
	answer sheet.	The menstrual phase is considered as	statements below. Write your	below. Explain in 2-3 sentences	
	1. Which part of the body is	"periods" or the woman's monthly	answers on your answer sheet.	the events that happen in each	
	capable of producing the	bleeding. The first menstrual bleeding	1. The ovum moves to the	phase of the	
	hormones estrogen and	of a woman is called menarche. It	surface of the ovary just before	menstrual cycle. Copy the table	
	progesterone?	signals that	the mid – cycle.	under the figure to show your	
	A. fallopian tube C. cervix	it is already possible for a woman to	2. Uterine lining begins to	answer.	
	B. endometrium D. ovary	get pregnant. Menstrual blood, known	break down and bleeding		
	2. During the menstrual cycle,	as menses, is shed from the thickened	results.		
	progesterone is at its highest	lining of the uterus, known as	3. The matured egg travels		
	level during the	endometrium.	from the ovary to the uterus.		
		Menstrual blood from the uterus	4. The endometrium becomes		
	A. follicular phase C.	passes through the cervix, to the	thicker in preparation for the		
	menstruation	vagina, and out through the vaginal	implantation of the		

- B. luteal phase D. ovulation
- 3. In a normal 28-day menstrual cycle, when would you expect ovulation to take place?
- A. Day 11 C. Day 13
- B. Day 12 D. Day 14
- 4. The term that refers to painful menstruation is .
- A. dysmenorrhea C. oligomenorrhea
- B. menorrhagia D. polymenorrhea
- 5. Which of the following is the effect of increased levels of estrogen in the follicular phase of the menstrual cycle?
- A. Eggs begin to mature.
- B. The egg travels into the uterus.
- C. Thickening of the lining of the uterus.
- D. Thinning of the lining of the uterus.
- 6. What usually happens to the uterus as the female's body prepares for the implantation of the fertilized egg?
- A. It becomes thicker to provide nutrients for development of fetus.
- B. The thickening of the uterus breaks down.
- C. It grows thinner.
- D. It sheds blood.
- 7. What happens to the egg cell in the ovary during menstruation?
- A. It dies.
- B. It is fertilized.
- C. It starts to mature.
- D. It travels to the fallopian tube.

opening. This fluid may be bright red, light pink, or even brown.

During menstruation, some eggs begin to mature in the ovaries. As the eggs develop,

a hormone called estrogen is being released to the bloodstream. It is during this time

when the female's uterine and muscle in the abdomen contract in order to release

the menstrual fluid, and that, cramps and abdominal pains are felt. This pain is commonly known as dysmenorrhea.

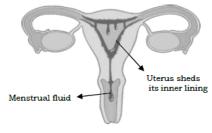


Figure 2. The Menstrual Phase (Dignos.nd)

### ➤ Follicular Phase (Pre- Ovulation) (Day 1-13)

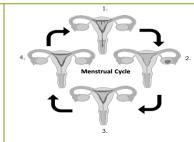
This phase also starts on the first day of menstruation but ends up to the thirteenth day of the menstrual cycle. In this phase, the lining of the uterus starts to

grow due to a hormone known as estrogen. As the estrogen level increases, menstrual bleeding stops and the lining of the uterus thickens in preparation for receiving a

fertilized egg. It also allows the pituitary gland to release a follicle stimulating

fertilized egg.

5. A new egg cell starts to mature in the ovary.



Menstrual Phase	Explanation
1.	
2.	
3.	
4.	

8. Which of the following statements best describes the role of corpus luteum in the menstrual cycle?

A. It contains an egg.

B. It signals the uterus to thicken.

C. It develops a lining of blood vessels and soft tissue in the uterus.

D. It secretes small amount of estrogen and large amount of progesterone.

9. How many days does it take for an egg cell to travel from the ovary to the uterus?

A. 2-3. C. 4-5

B. 3-4 D. 5-6

10. A grade five pupil named Myra had a blood stain on her skirt due to menstruation. If you were her friend, what will you do?

A. Ignore and just leave.

B. Let others see her bloodstain.

C. Laugh at her for not being cautious.

D. Call her in private to change her pad and skirt.

hormone (FSH) that travels toward the ovaries. This hormone stimulates the egg cells

in the ovaries to grow and causes the most matured egg to be released.
Follicle is a sac-like structure found inside of a woman's ovary where one egg

cell starts to mature. It takes an average of 13 days for the egg cell to reach maturity.

As the egg cell matures, the hormone estrogen is released by the follicle. This hormone causes the uterus to develop in preparation for the fertilized egg that may

be received. At the end of the follicular phase, only one follicle will release an egg.



### > Ovulation Phase (Day 14)

the

For a menstrual cycle that usually happens in 28-days, ovulation usually occurs on day 14. During this time, a hormone is released by the pituitary gland that allows the ovary to release the matured egg cell. The release of the matured ovum to the fallopian tube is made possible through the structures called fimbriae. These are finger-like projections which are found at the end of the fallopian tube near

ovaries. Since the ovum or mature egg cannot move by itself, the sweeping movement

of the cilia of the fimbriae dictates its movement.

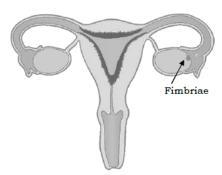
During the menstrual cycle, ovulation occurs when a matured egg, which is also known as "ovum" is released from the follicle in the ovary to the nearest fallopian

tube. As the egg moves down the fallopian tube for several days, the lining of the

uterus continues to grow thicker and thicker. The egg then travels into the uterus for

about three to four days. This time, to make fertilization possible, it must happen

within 24 hours of ovulation, otherwise the eggs life break.



# ➤ Luteal Phase (Pre- Menstrual Phase) (Day 15-28)

estrogen and large

This phase starts on the fifteenth day and lasts up to the end of the cycle. After ovulation, the follicles develop a structure called the corpus luteum. This is a yellow structure found in the ovary that produces small amount of

amount of progesterone. This hormone signals the uterus to thicken. The walls of the uterus thicken with many blood vessels to provide nutrients for the coming baby if in case a sperm fertilizes the egg. If the ovum is not fertilized or does not fuse with a sperm, the uterine lining breaks down and is discharged together with the ovum and some blood. This is known as the menstrual cycle. The cycle repeats around every 28 days and only stops when the female reached the menopausal stage, typically between 45 to 50 years of age.



## Common Hygienic Practices during Menstruation

It is important that proper hygiene be practiced during menstruation. Here are some of

the common hygienic practices:

- Shower or bathe at least once a day.
- Wash your hands with warm water and soap.
- Use good sanitary pads and change it regularly.
- Use clean underwear and do change it everyday.

	<ul><li>dry after every wash the vaginal area.</li><li>Wear comfortable clothing rather than tight-fitting pants during periods.</li></ul>		
What's In	What's More	What I Can Do	Additional Activities
female reproductive system. Choose the part being described from the choices provided. Write the letter only on your answer sheet.  1. Which part of the female reproductive system produces eggs and hormones?  A. fallopian tube C. uterus  B. ovary D. vagina  2. Which of the statements below describes the uterus?  A. It ejaculates the semen.  B. It is a tube that leads the egg from the ovary.  C. It is a pear-shaped organ where unborn baby is developed and it is called the womb.  D. It produces a sugar-rich fluid that provides sperm with a source of energy to help them move.  3. Where does successful fertilization of the egg cell normally occur?  A. endometrium C. ovary  B. fallopian tube D. vagina  4. It is a narrow opening between the uterus and vagina which enlarges to let the passage of a fetus during birth.	Activity 1  Directions: Match the statements about the menstrual cycle in Column A with the corresponding terms in Column B. Write the letter of your answer on your answer sheet.  A  1. This hormone stimulates the growth of the ovarian follicles. 2. It is known as the first occurrence of menstruation. 3. This occurs when fertilization does not the place.  Activity 2  Directions: Identify the phase of menstrual cycle described in each item below. Write your answers on your answer sheet.  1. The lining of the uterus becomes thin after menstruation. An egg in the ovary continues to mature. Just before the mid-cycle, the mature egg moves to the surface of the ovary.  2. The lining of the uterus called endometrium becomes thicker in preparation for implantation of the fertilized egg. If fertilization does not take place, menstruation happens. The next cycle is then about to begin.	Directions: Write a short essay to answer the question below.  After knowing that menstruation normally occurs in females, what positive realizations have you gained that you want to share with your peers?  Rubries for Essay Output  Criteria 4 3 2 1 1  Organiza Follows a correct of the form of	Directions: Ask your older female friends, sisters, or mother about their experiences during menstruation or "periods". Write down some challenges that they have met and how they deal with it. Copy and use the table below, then give some hygienic practices during menstruation.  Challenges What they have deen Common Rigginal Practices during Menstruation  1.

5. Which of the following is NOT	3. This occurs when fertilization does
part of the female reproductive	not take place. The uterine lining
system?	begins to
A. cervix C. ovary	break down and bleeding results, a
B. fallopian tube D. urethra	process called menstruation, which
	lasts for 3
	to 7 days.
	4. The matured egg is released. It
	travels to the fallopian tube and moves
	toward the
	uterus.
	utci di.
	Activity 3
	Directions: Rewrite the following
	statements on your answer sheet.
	Rearrange each
	item based on how a menstrual cycle
	occurs by writing the letters A-J
	before the number, where A is the first
	and J is the last.
	1. The process of fertilization may take
	place.
	2. A new egg cell starts to mature
	within the ovary.
	3. The lining of the uterus becomes
	thin after bleeding.
	4. The matured egg travels from the
	ovary to the uterus.
	5. Uterine linings begin to break down
	and bleeding results.
	6. An egg in the ovary continues to
	mature.
	7. The endometrium or lining of the
	uterus becomes thicker in preparation
	for the
	implantation of the fertilized egg.
	8. The mature ovum is released.
	9. The mature egg moves to the
	surface of the ovary just before the
	mid-cycle.
	10. The next menstrual cycle is then
120 -1 -1	about to begin.
What's New	

# Activity 1 Directions: Study the illustration of the menstrual cycle below. Identify the phase being shown in each part of the cycle. Choose your answer in the box.

### Activity 2

Directions: Below are jumbled letters and statements that describe the phases of menstrual cycle. Read each statement and form the word being described in each item.

1. LEULTA ESPHA: \_\_\_

After ovulation occurs, the follicle develops into a hormone producing structure called the corpus luteum.

2. LAUVOITNO SEHAP:

If you have a regular 28-day menstrual cycle, this phase usually occurs on day 14.
3. CURALLLIOF ESPHA:

					Pupils mastered the lesson despite of limited resources used by the teacher. Majority of the pupils finished their work on time. Some pupils did not finish their work on time due to unnecessary behavior.
C.Did the remedial work? No.of learners who have caught up with the lesson	of Learners who earned 80% above	of Learners who earned 80% above	of Learners who earned 80% above	of Learners who earned 80% above	of Learners who earned 80% above
D.No. of learners who continue to require remediation	of Learners who require additional activities for remediation	of Learners who require additional activities for remediation	of Learners who require additional activities for remediation	of Learners who require additional activities for remediation	of Learners who require additional activities for remediation
E.Which of my teaching strategies worked well? Why did these work?	YesNo of Learners who caught up the lesson	YesNo of Learners who caught up the lesson	YesNo of Learners who caught up the lesson	YesNo of Learners who caught up the lesson	YesNo of Learners who caught up the lesson
F.What difficulties did I encounter which my principal or supervisor can helpme solve?	of Learners who continue to require remediation	of Learners who continue to require remediation	of Learners who continue to require remediation	of Learners who continue to require remediation	of Learners who continue to require remediation
G.What innovation or localized materials did used/discover which I wish to share with other teachers?	Strategies used that work well: Metacognitive Development: Examples: Self assessments, note taking and studying techniques, and vocabulary assignmentsBridging: Examples: Think-pair-share, quick-writes, and anticipatory charts. Schema-Building: Examples: Compare and contrast, jigsaw learning, peer teaching, and	Strategies used that work well: Metacognitive Development: Examples: Self assessments, note taking and studying techniques, and vocabulary assignmentsBridging: Examples: Think-pair-share, quick-writes, and anticipatory charts. Schema-Building: Examples: Compare and contrast, jigsaw learning, peer teaching, and projects.	Strategies used that work well: Metacognitive Development: Examples: Self assessments, note taking and studying techniques, and vocabulary assignments. Bridging: Examples: Think-pair-share, quick-writes, and anticipatory charts. Schema-Building: Examples: Compare and	Strategies used that work well: Metacognitive Development: Examples: Self assessments, note taking and studying techniques, and vocabulary assignments. Bridging: Examples: Think-pair-share, quick-writes, and anticipatory charts. Schema-Building: Examples: Compare and contrast, jigsaw	Strategies used that work well: Metacognitive Development: Examples: Self assessments, note taking and studying techniques, and vocabulary assignmentsBridging:Examples:Think-pair-share,q
	projects.	peer teaching, and projects.	contrast, jigsaw learning, peer teaching, and projects.	learning, peer teaching, and projects.	uick-writes,andantici patorycharts.

	Contextualization: Examples: Demonstrations, media, manipulatives, repetition, and local opportunities.  Text Representation: Examples: Student created drawings, videos, and games.  Modeling: Examples: Student created drawings, videos, and games. Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.  Other Techniques and Strategies used: Explicit Teaching Group collaboration Gamification/Learning throuh play Answering preliminary activities/exercises Carousel Diads Diads Differentiated Instruction Realing (Despine) Pupils' eagerness to learn Duscovery Method Discovery Method Why?  Examples: Demonstrations, Examples: Demonstrations, media, manipulatives, repetition, and local opportunities.  Examples: Demonstrations, media, manipulatives, repetition, and local opportunities.  Examples: Student created drawings, videos, and games.  Modeling: Examples: Other					
Role Playing/Drama	Availability of Materials Pupils' eagerness to learn Group member's collaboration/cooperation in doing their tasks Audio Visual Presentation of the lesson  Complete IMs Availability of Materials Pupils' eagerness to learn Group member's Collaboration/cooperation in doing their tasks Audio Visual Presentation of the lesson  Complete IMs Availability of Materials Pupils' eagerness to learn Group member's Collaboration/cooperation in doing their tasks In doing their tasks Audio Visual Presentation of the lesson  Of the lesson  Collaboration/coaperation in doing their tasks In	Examples: Demonstrations, media, manipulatives, repetition, and local opportunities. Text Representation: Examples: Student created drawings, videos, and gamesModeling: Examples: Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.  Other Techniques and Strategies used: Explicit Teaching Group collaboration Gamification/Learning throuh play Answering preliminary activities/exercises Carousel Diads Differentiated Instruction Role Playing/Drama Discovery Method Lecture Method Why? Complete IMs Availability of Materials Pupils' eagerness to learn Group member's collaboration/cooperation in doing their tasks Audio Visual Presentation	Examples: Demonstrations, media, manipulatives, repetition, and local opportunities. Text Representation: Examples: Student created drawings, videos, and gamesModeling: Examples: Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.  Other Techniques and Strategies used:Explicit TeachingGroup collaborationGamification/Learning throuh playAnswering preliminary activities/exercisesCarouselDiadsDifferentiated InstructionRole Playing/DramaDiscovery MethodLecture Method Why?Complete IMsAvailability of MaterialsPupils' eagerness to learnGroup member'sCollaboration/cooperationin doing their tasksAudio Visual Presentation	Examples: Demonstrations, media, manipulatives, repetition, and local opportunities. Text Representation: Examples: Student created drawings, videos, and gamesModeling: Examples: Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.  Other Techniques and Strategies used: Explicit Teaching Group collaboration Gamification/Learning throuh play Answering preliminary activities/exercises Carousel Diads Differentiated Instruction Role Playing/Drama Discovery Method Lecture Method Why? Complete IMs Availability of Materials Pupils' eagerness to learn Group member's collaboration/cooperation in doing their tasks Audio Visual Presentation	Examples: Demonstrations, media, manipulatives, repetition, and local opportunities. Text Representation: Examples: Student created drawings, videos, and gamesModeling: Examples: Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.  Other Techniques and Strategies used:Explicit TeachingGroup collaborationGamification/Learning throuh playAnswering preliminary activities/exercisesCarouselDiadsDifferentiated InstructionRole Playing/DramaDiscovery MethodLecture Method Why?Complete IMsAvailability of MaterialsPupils' eagerness to learnGroup member's collaboration/cooperation in doing their tasksAudio Visual Presentation	Examples: Compare and contrast, jigsaw learning, peer teaching, and projects. Contextualization:  Examples: Demonstrations, media, manipulatives, repetition, and local opportunities. Text Representation: Examples: Student created drawings, videos, and games. Modeling: Exam ples: Speaking slowly and clearly, modeling the language you want students to use, and providing samples of student work.  Other Techniques and Strategies used: Explicit Teaching  Group collaboration Gamification/Lea rning throuh play  Answering preliminary activities/exercises  Carousel Diads Differentiated Instruction Role

		Discovery
		Method
		Lecture Method
		Why?
		Complete IMs
		Availability of
		Materials
		Pupils'
		eagerness to learn
		Group member's
		collaboration/cooper
		ation
		in doing their
		tasks
		Audio Visual
		Presentation
		of the lesson