

Lesson:12 Explaining the Menstrual Cycle

I.Objective:

1. Explain what a menstrual cycle is.
- 2.Relate the menstrual cycle of the female to the ability to get pregnant.
- 3.Show awareness of the importance of reproductive organs.

II A.Materials:

Diagram of menstrual cycle

Activity sheet

Manila Paper

Color / pen / pencil

B.References

Curriculum Guide 5

Science for Daily Use 5 pp 19-20

The World of Teacher pp.

C.Process Skills:Observing,Comparing,Inferring

D.Values Integration:

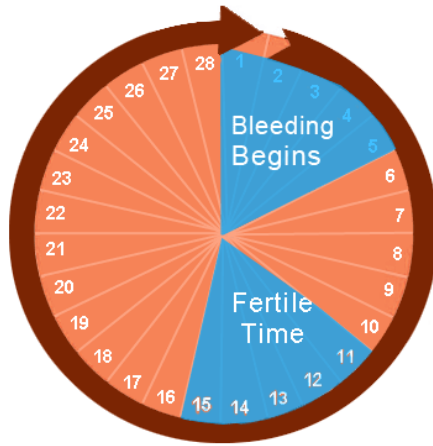
- Awareness of the right time of males to reproduce sperms and offspring.
- Taking of oneself at the moment of menstruation start.

III.Learning Tasks

A.Engagement

Show picture of menstrual cycle.Ask what does the diagram show?What does it mean when a girl starts to menstruate?

The Menstrual Cycle



B.Exploration

- 1.Divide the class into two (2)groups.
- 2.Introduce the lesson : Lesson 12 Explaining the Menstrual Cycle
- 3.Distribute the activity sheet,manila paper and marking pen.
- 4.Let the pupils do Lesson 12 :Explaining the Menstrual Cycle
- 5.Supervise the pupils while doing the activity.

C.Explanation

- 1.Have the group representative present the results of the activity.Five (5)minutes may be allotted per group presentation.
- 2.Discuss the activity on what is a menstrual cycle and relating menstrual cycle to the ability to get pregnant. Clarify misconceptions when needed.

D.Elaboration

- 1.Have the pupils construct and express their own understanding by asking this questions:

A.What is a menstrual cycle?

B.What does it mean when a girl starts to menstruate?

2.Extension and Valuing

a.Why should an adolescent male not have a sexual relationship with a female?

b.Suppose a girl is experiencing her first period,why is it important for her to tell her mother or an older sister about it?

E.Evaluation

Write the letter of the correct answer.

1.How often do girls normally experience menstruation?

a.once every 30 days

b.once every 29 days

c.once every 28 days

2.Start of the menstruation is a sign that a girl is_____.

a.already pregnant

b.capable of being pregnant

c.already a woman

3.Why menstruation considered a cycle?

a.Because it happens every month.

b.Because the woman get pregnant every month.

c.Because the woman get pregnant every year.

4.What do you infer when a married woman does not menstruate in expected date?

a.Maybe she has no more egg cell.

b.Maybe she is pregnant.

c.Maybe the egg cell is not fertilized?

5.Explain what a menstrual cycle is?

IV.Assignment : Ask your older friends or sisters about the problems they experienced during menstruation and what they do about these problems.

