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Most Essential Learning Competencies (MELCs)



			relates disaster preparedness and proper response during emergency situations in preserving lives	Week 4	H4IS-IVe-30
			describes appropriate safety measures during special events or situations that may put people at risk	Week 5 to Week 6	H4IS-IVfg-31
			describes the dangers of engaging in risky behaviors such as use of firecrackers, guns, alcohol drinking	Week 7 to Week 8	H4IS-IVhij-32
			advocates the use of alternatives to firecrackers and alcohol in celebrating special events		H4IS-IVhij-33

* These learning competencies were rephrased and deemed essential in the achievement of content and performance standards.

Grade Level: Grade 5

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner... demonstrates understanding of mental emotional, and social health concerns	The learner... practices skills in managing mental, emotional and social health concerns	describes a mentally, emotionally and socially healthy person	Week 1 to Week 2	H5PH-Iab-10
			suggests ways to develop and maintain one's mental and emotional health	Week 3	H5PH-Ic-11
			recognizes signs of healthy and unhealthy relationships	Week 4	H5PH-Id-12

			explains how healthy relationships can positively impact health	Week 5	H5PH-le-13
			discusses ways of managing unhealthy relationships	Week 6	H5PH-lf-14
			discusses the effects of mental, emotional and social health concerns on one's health and wellbeing	Week 7	H5PH-lh-16
			demonstrates skills in preventing or managing teasing, bullying, harassment or abuse	Week 8	H5PH-li-17
			identifies appropriate resources and people who can help in dealing with mental, emotional and social, health concerns	Week 9	H5PH-lj-18
2nd Quarter			*Recognizes the changes during Puberty as a normal part of growth and development <ul style="list-style-type: none"> - Physical Change - Emotional Change - Social Change 	Week 1 and Week 2	H5GD-lab-1 H5GD-lab-2
			*assesses common misconceptions related to puberty in terms of scientific basis and probable effects on health	Week 3 to Week 4	H5GD-lcd-3 H5GD-lcd-4
			describes the common health issues and concerns during puberty	Week 5 to Week 6	H5GD-lef-5
			accepts that most of these concerns are normal consequence of bodily changes		H5GD-lef-6

			during puberty but one can learn to manage them		
			discusses the negative health impact and ways of preventing major issues such as early and unwanted pregnancy	Week 7 to Week 8	H5GD-Igh-8
			demonstrates ways to manage puberty-related health issues and concerns	Week 9	H5GD-li-9
			practices proper self-care procedures		H5GD-li-10
			discusses the importance of seeking the advice of professionals/ trusted and reliable adults in managing puberty-related health issues and concerns		H5GD-li-11
			differentiates sex from gender	Week 10	H5GD-Ij-12
			identifies factors that influence gender identity and gender roles		H5GD-Ij-13
			discusses how family, media, religion, school and society in general reinforce gender roles		H5GD-Ij-14
			gives examples of how male and female gender roles are changing		H5GD-Ij-15
3rd Quarter	understands the nature and effects of the use and abuse of caffeine, tobacco and alcohol	demonstrates the ability to protect one's health by refusing to use or abuse gateway drugs	explains the concept of gateway drugs	Week 1	H5SU-IIIa-7
			identifies products with caffeine	Week 2	H5SU-IIIb-8

			describes the general effects of the use and abuse of caffeine, tobacco and alcohol	Week 3 to Week 4	H5SU-IIIde-10
			analyzes how the use and abuse of caffeine, tobacco and alcohol can negatively impact the health of the individual, the family and the community	Week 5 to Week 6	H5SU-IIIfg-11
			demonstrates life skills in keeping healthy through the non-use of gateway drugs	Week 7	H5SU-IIIh-12
			follows school policies and national laws related to the sale and use of tobacco and alcohol	Week 8 to Week 9	H5SU-IIIij-13
4th Quarter	demonstrates understanding of basic first aid principles and procedures for common injuries	practices appropriate first aid principles and procedures for common injuries	explains the nature and objectives of first aid	Week 1	H5IS-IVa-34
			discusses basic first aid principles	Week 2	H5IS-IVb-35
			demonstrates appropriate first aid for common injuries or conditions	Week 3 to Week 8	H5IS-IV-c-j-36

* These learning competencies were rephrased and deemed essential in the achievement of content and performance standards.

Grade Level: Grade 6

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	Demonstrates understanding of personal health issues and concerns and the importance of health appraisal procedures	practices self-management skills to prevent and control	describes personal health issues and concerns	Week 1 to Week 3	H6PH-Iab-18