

Back to SCHOOL



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Most Essential Learning Competencies (MELCs)



			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

	and community resources in preventing or managing them	personal health issues and concerns	demonstrates self-management skills		H6PH-Iab-19
			explains the importance of undergoing health appraisal procedures	Week 4 to Week 5	H6PH-Id-f-21
			regularly undergoes health appraisal procedures		H6PH-Id-f-22
			identifies community health resources and facilities that may be utilized to address a variety of personal health issues and concerns	Week 6 to Week 8	H6PH-Igh-23
2nd Quarter	understands the importance of keeping the school and community environments healthy.	demonstrates practices for building and maintaining healthy school and community environments	describes healthy school and community environments	Week 1	H6CMH-IIa-1
			explains the effect of living in a healthful school and community	Week 2 to Week 3	H6CMH-IIb-2
			demonstrates ways to build and keep school and community environments healthy	Week 4 to Week 5	H6CMH-IIc-d-3
			practices proper waste management at home, in school, and in the community	Week 6	H6CMH-IIh-8
			advocates environmental protection through proper waste management	Week 7 to Week 8	H6CMH-IIij-9
3rd Quarter	demonstrates understanding of the health implications of poor environmental sanitation	consistently practices ways to maintain a healthy environment	explains how poor environmental sanitation can negatively impact the health of an individual	Week 1	H6EH-IIIb-2
			discusses ways to keep water and air clean and safe	Week 2	H6EH-IIIc-3
			explains the effect of a noisy environment	Week 3	H6EH-IIId-4

			suggests ways to control/manage noise pollution	Week 4 to Week 5	H6EH-IIIe-5
			practices ways to control/manage noise pollution	Week 6	H6EH-IIIfg-6
			explains the effect of pests and rodents to one's health	Week 7 to Week 8	H6EH-IIIhi-7
			practice ways to prevent and control pests and rodents		H6EH-IIIj-9
4th Quarter	understands the concepts and principles of selecting and using consumer health products.	consistently demonstrates critical thinking skills in the selection of health products.	explains the importance of consumer health	Week 1	H6CH-IVa-13
			*explains the different components of consumer health	Week 2	H6CH-IVbc-14 H6CH-IVcd-15
			differentiates over-the-counter from prescription medicines	Week 3 to week 4	H6CH-IVcd-16
			gives example of over the counter and prescription medicines		H6CH-IVe-17

			explains the uses of some over the counter and prescription medicines	Week 5	H6CH-IVf-18
			identifies the common propaganda techniques used in advertising	Week 6	H6CH-IVg-19
			analyzes packaging and labels of health products	Week 7	H6CH-IVh-21
			practices good decision making skills in the selection of health products	Week 8	H6CH-IVh-22
			discusses ways to protect oneself from fraudulent health products	Week 9 to Week 10	H6CH-IVij-23

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

Grade Level: Grade 7

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner... demonstrates understanding of holistic health and its management of health concerns, the growth and development of adolescents and how to manage its challenges.	The learner... appropriately manages concerns and challenges during adolescence to achieve holistic health.	explains the dimensions of holistic health (physical, mental/ intellectual, emotional, social, and moral-spiritual)	Week 1	H7GD-Ib-13
			analyzes the interplay among the health dimensions in developing holistic health		H7GD-Ib-14
			practices health habits to achieve holistic health	Week 2	H7GD-Ic-15
			*Recognize changes in different aspects of growth that normally happen during adolescence years.	Week 3 to Week 4	H7GD-Id-e-16 H7GD-Id-e-17 H7GD-Id-e-18