

Back to SCHOOL



[TEACHERPH.COM](https://www.teacherph.com)





TEACHERPH

Most Essential Learning Competencies (MELCs)



		and control of non-communicable diseases	practices ways to prevent and control non-communicable diseases	Week 5	H7DD-IVf-27
			demonstrates self-monitoring to prevent non-communicable diseases	Week 6 to Week 8	H7DD-IVg-h-28
			promotes programs and policies to prevent and control non-communicable and lifestyle diseases		H7DD-IVg-h-29
			identifies agencies responsible for non-communicable disease prevention and control		H7DD-IVg-h-30

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

Grade Level: Grade 8

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner demonstrates understanding of human sexuality and managing sexuality related issues for a healthy life	The learner appropriately manages sexually-related issues through responsible and informed decisions	*discusses basic terms in sexuality as an important component of one's personality	Week 1	H8FH-Ia-16
			explains the dimensions of human sexuality		H8FH-Ia-17
			analyzes the factors that affect one's attitudes and practices related to sexuality and sexual behaviors	Week 2	H8FH-Ib-19
			assesses personal health attitudes that may influence sexual behavior	Week 3 to Week 4	H8FH-Ic-d-20
			relates the importance of sexuality to family health		H8FH-Ic-d-21
			identifies the different issues/concerns of teenagers (i.e., identity crisis) and the need for support and understanding of the family	Week 5 to Week 7	H8FH-Ie-g-22

			applies decision-making skills in managing sexuality-related issues	Week 8	H8FH-Ih-23
2nd Quarter	demonstrates an understanding of responsible parenthood for a healthy family life	makes informed and values-based decisions in preparation for responsible parenthood	*explains the definition and importance of courtship and dating in choosing a lifelong partner	Week 1	H8FH-IIa-24
			analyzes behaviors that promote healthy relationship in marriage and family life		H8FH-IIa-25
			describes the factors that contribute to a successful marriage	Week 2	H8FH-IIb-28
			discusses various maternal health concerns (pre-during-post pregnancy)	Week 3 to Week 4	H8FH-IIc-d-29
			explains the importance of maternal nutrition during pregnancy	Week 5 to Week 6	H8FH-IIe-f-31
			discusses the importance of newborn screening, and the APGAR scoring system for newborns		H8FH-IIe-f-32
			explains the importance of prenatal care and post-natal care		H8FH-IIe-f-33
			*discusses the essential newborn protocol (<i>Unang Yakap</i>) and advantages of breastfeeding for both mother and child		H8FH-IIe-f-34
					H8FH-IIe-f-35
			recognizes the importance of immunization in protecting children's health		H8FH-IIe-f-36
			analyzes the importance of responsible parenthood	Week 7 to Week 8	H8FH-IIg-h-37
			*explains the effects of rapid population growth and family size on health of the nation		H8FH-IIg-h-38
					H8FH-IIg-h-40

			examines the important roles and responsibilities of parents in child rearing and care		H8FH-IIg-h-39
			enumerates modern family planning methods (natural and artificial)		H8FH-Iig-h-41
3rd Quarter	demonstrates understanding of principles in the prevention and control of communicable diseases for the attainment of individual wellness	consistently demonstrates personal responsibility and healthful practices in the prevention and control of communicable diseases	discusses the stages of infection	Week 1	H8DD-IIla-15
			analyzes the leading causes of morbidity and mortality in the Philippines		H8DD-IIla-16
			*discusses the most common communicable diseases <ul style="list-style-type: none"> • signs and symptoms of common communicable diseases • effects of common communicable diseases • misconceptions, myths, and beliefs about common communicable diseases • prevention and control of common communicable diseases 	Week 2 to Week 3	H8DD-IIlb-c-17 H8DD-IIlb-c-18 H8DD-IIlb-c-19
			analyzes the nature of emerging and re-emerging diseases	Week 4 to Week 5	H8DD-IIId-e-20
			demonstrates self-monitoring skills to prevent communicable diseases	Week 6 to Week 8	H8DD-IIIf-h-21
			promotes programs and policies to prevent and control communicable diseases		H8DD-IIIf-h-22
			identifies agencies responsible for communicable disease prevention and control		H8DD-IIIf-h-23
4th Quarter	demonstrates understanding of factors that influence cigarette and alcohol use and	demonstrates personal responsibility in the prevention of cigarette and alcohol use through the	discusses gateway drugs	Week 1	H8S-IVa-27
			analyzes the negative health impact of cigarette smoking <ul style="list-style-type: none"> • describes the harmful short- and long-term effects of 	Week 2 to Week 3	H8S-IVb-c-29

	strategies for prevention and control	promotion of a healthy lifestyle	cigarette smoking on the different parts of the body <ul style="list-style-type: none"> discusses the dangers of mainstream, second hand and third hand smoke; explain the impact of cigarette smoking on the family, environment, and community 		
			analyzes the negative health impact of drinking alcohol <ul style="list-style-type: none"> describes the harmful short- and long-term effects of drinking alcohol interprets blood alcohol concentration (BAC) in terms of physiological changes in the body *explains the impact of drinking alcohol on the family, and community 	Week 4 to Week 5	H8S-IVe-f-31 H8S-IVg-h-32
			discusses strategies in the prevention and control of cigarette smoking and drinking alcoholic beverages <ul style="list-style-type: none"> apply resistance skills in situations related to cigarette and alcohol use follows policies and laws in the family, school and community related to cigarette and alcohol use 	Week 6 to Week 8	H8S-IVg-h-33
			suggests healthy alternatives to cigarettes and alcohol to promote		H8S-IVg-h-34

			healthy lifestyle (self, family, community)		
--	--	--	---	--	--

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

Grade Level: Grade 9

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner... demonstrates understanding of the principles in protecting the environment for community wellness	The learner... consistently demonstrates healthful practices to protect the environment for community wellness	defines community and environmental health	Week 1	H9CE-Ia-8
			explains how a healthy environment positively impact the health of people and communities (less disease, less health care cost, etc.)	Week 2 to Week 4	H9CE-Ib-d-10
			discusses the nature of environmental issues		H9CE-Ib-d-11
			analyzes the effects of environmental issues on people's health		H9CE-Ib-d-12
			suggests ways to prevent and manage environmental health issues	Week 5 to Week 6	H9CE-Ie-f-13
			participates in implementing an environmental project such as building and maintaining a school garden or conducting a war on waste campaign (depends on feasibility)	Week 7 to Week 8	H9CE-Ig-h-14
2nd Quarter	demonstrates understanding of the dangers of substance use and abuse on the individual, family and community	shares responsibility with community members through participation in collective action to prevent and control substance use and abuse	describes the drug scenario in the Philippines	Week 1	H9S-IIa-14
			discusses risk and protective factors in substance use, and abuse	Week 2	H9S-IIb-16
			analyzes situations for the use and non-use of psychoactive substances		H9S-IIb-17
			identifies the types of drugs/substances of abuse	Week 3	H9S-IIc-18