

# Back to SCHOOL

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# Most Essential Learning Competencies (MELCs)



			healthy lifestyle (self, family, community)		
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\* 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	<b>H9CE-Ia-8</b>
			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	<b>H9CE-Ib-d-10</b>
			discusses the nature of environmental issues		<b>H9CE-Ib-d-11</b>
			analyzes the effects of environmental issues on people's health		<b>H9CE-Ib-d-12</b>
			suggests ways to prevent and manage environmental health issues	Week 5 to Week 6	<b>H9CE-Ie-f-13</b>
			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	<b>H9CE-Ig-h-14</b>
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	<b>H9S-IIa-14</b>
			discusses risk and protective factors in substance use, and abuse	Week 2	<b>H9S-IIb-16</b>
			analyzes situations for the use and non-use of psychoactive substances		<b>H9S-IIb-17</b>
			identifies the types of drugs/substances of abuse	Week 3	<b>H9S-IIc-18</b>

			corrects myths and misconceptions about substance use and abuse	Week 4	<b>H9S-IIId-19</b>
			recognizes warning signs of substance use and abuse		<b>H9S-IIId-20</b>
			*discusses the harmful short- and long-term effects of substance use and abuse on the individual, family, school, and community	Week 5 to Week 6	<b>H9S-IIId-20</b>
			explains the health, socio-cultural, psychological, legal, and economic dimensions of substance use and abuse		<b>H9S-IIe-f-21</b>
			discusses strategies in the prevention and control of substance use and abuse		<b>H9S-IIe-f-22</b>
			applies decision-making and resistance skills to prevent substance use and abuse	Week 7 to Week 8	<b>H9S-IIe-f-23</b>
			suggests healthy alternatives to substance use and abuse		<b>H9S-IIg-h-24</b>
					<b>H9S-IIg-h-25</b>
3rd Quarter	demonstrates understanding of first aid principles and procedures	performs first aid procedures with accuracy	demonstrates the conduct of primary and secondary survey of the victim (CAB)	Week 1	<b>H9IS-IIIb-37</b>
			assesses emergency situation for unintentional injuries		<b>H9IS-IIIb-38</b>
			explains the principles of wound dressing	Week 2 to Week 3	<b>H9IS-IIIc.d-40</b>
			demonstrates appropriate bandaging techniques for unintentional injuries		<b>H9IS-IIIc.d-41</b>
			demonstrates proper techniques in carrying and transporting the victim of unintentional injuries	Week 4 to Week 5	<b>H9IS-IIIe.f-42</b>
			demonstrates proper first aid procedures for common unintentional injuries	Week 6 to Week 8	<b>H9IS-IIIg.h-43</b>
4th Quarter	demonstrates understanding of the	consistently demonstrates	differentiates intentional injuries from unintentional injuries	Week 1 to Week 4	<b>H9IS-IVa-d-31</b>

	concepts and principles of safety education in the prevention of intentional injuries	resilience, vigilance and proactive behaviors to prevent intentional injuries	describes the types of intentional injuries	Week 5 to Week 8	<b>H9IS-IVa-d-32</b>
			analyzes the risk factors related to intentional injuries		<b>H9IS-IVe-h-33</b>
			identifies protective factors related to intentional injuries		<b>H9IS-IVe-h-34</b>
			demonstrates ways to prevent and control intentional injuries		<b>H9IS-IVe-h-35</b>

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

**Grade Level: Grade 10**

**Subject: Health**

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner...  understands the guidelines and criteria in the selection and evaluation of health information, products, and services.	The learner...  demonstrates critical thinking and decision-making skills in the selection, evaluation and utilization of health information, products and services.	explains the guidelines and criteria in the selection and evaluation of health information, products and services	Week 1 to Week 2	<b>H10CH-Ia-b-20</b>
			discusses the various forms of health service providers and healthcare plans		<b>H10CH-Ia-b-21</b>
			selects health professionals, specialists and health care services wisely	Week 3	<b>H10CH-Ic-22</b>
			reports fraudulent health services		<b>H10CH-Ic-24</b>
			explains the different kinds of complementary and alternative health care modalities	Week 4	<b>H10CH-Id-25</b>
			explains the importance of consumer laws to protect public health		<b>H10CH-Id-26</b>
			identifies national and international government agencies and private organizations that implement programs for consumer protection	Week 5 to Week 6	<b>H10CH-Ie-f-27</b>
			participates in programs for consumer welfare and protection	Week 7 to Week 8	<b>H10CH-Ig-h-28</b>