

MAPEH (Health) – GRADE I – 3rd QUARTER

Content Standard: Understands the importance of keeping the home environment healthful.

Performance Standard: Consistently demonstrates healthful practices for a healthful home environment.

Most Essential Learning Competencies	Duration/ Date	K to 12 CG Code / Reference Material	Presented Date / s	Practicing Date / s	Mastery Date / s	Activity / Observations (Remarks)	Rating
Describes the characteristics of a healthful home environment.	Week 1						
Discusses the effect of clean water on one’s health.	Week 2						
Discusses how to keep water at home clean.	Week 3						
Practices water conservation.	Week 4						
Explains the effect of indoor air on one’s health.	Week 5-6						
Identifies sources of indoor air pollution.							
Practices ways to keep indoor air clean.							
Explains the effect of a home environment to the health of the people living in it.	Week 7						
Demonstrates how to keep the home environment healthful.	Week 8						