

MAPEH (Health) – GRADE II – 3rd QUARTER

Content Standard: 1. Demonstrates understanding of healthy family habits and practices
 2. Demonstrates an understanding of managing one’s feelings and respecting differences.

Performance Standard: 1. Consistently adopts healthy family.
 2. Demonstrates positive expression of feelings toward family members and ways of coping with negative feelings.

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 healthy habits of the family.	Week 1-2						
Demonstrates good family health habits and practices.	Week 3-4						
Explains the benefits of healthy expressions of feelings.	Week 5						
Expresses positive feelings in appropriate ways.	Week 6						
Demonstrates positive ways of expressing negative feelings, such as anger, fear, or disappointment.	Week 7-8						