

MAPEH (Health) – GRADE III – 2nd QUARTER**Content Standard:** Demonstrates an understanding of the nature of and the prevention of diseases.**Performance Standard:** Consistently practices healthy habits to prevent and control diseases.

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
Identifies common childhood diseases	Week 1-3						
Discusses the different risk factors for diseases and example of health condition under each risk factor							
Explains the effects of common diseases							
Explains measures to prevent common diseases	Week 4-6						
Explains the importance of proper hygiene and building up one's body resistance in the prevention of diseases							
Demonstrates good self- management and good-decision making-skills to prevent common diseases	Week 7-8						