

**MAPEH (Health) – GRADE V – 2<sup>nd</sup> QUARTER**

**Content Standard:** Demonstrates understanding of mental emotional, and social health concerns.

**Performance Standard:** Practices skills in managing mental, emotional and social health concerns.

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
Recognizes the changes during Puberty as a normal part of growth and development:  -Physical Change -Emotional Change -Social Change	Week 1-2						
Assesses common misconceptions related to puberty in terms of scientific basis and probable effects on health.	Week 3-4						
Describes the common health issues and concerns during puberty.	Week 5-6						
Accepts that most of these concerns are normal consequence of bodily changes during puberty but one can learn to manage them.							
Discusses the negative health impact and ways of preventing major issues such as early and unwanted pregnancy.	Week 7-8						
Demonstrates ways to manage puberty-related health issues and concerns.	Week 9						
Practices proper self-care procedures.							
Discusses the importance of seeking the advice of professionals/ trusted and reliable adults in managing puberty-related health issues and concerns.							

Differentiates sex from gender.	Week 10						
Identifies factors that influence gender identity and gender roles.							
Discusses how family, media, religion, school and society in general reinforce gender roles.							
Gives examples of how male and female gender roles are changing.							