

MAPEH (Health) – GRADE I – 2nd QUARTER**Content Standard:** Demonstrates an understanding of the proper ways of taking care of one's health.**Performance Standard:** Practices good health habits and hygiene daily.

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 proper behavior during mealtime.	Week 1-2						
Demonstrates proper handwashing.	Week 3-4						
Realizes the importance of washing hands.	Week 5						
Practices habits of keeping the body clean & healthy.	Week 6 - 7						
Realizes the importance of practicing good health habits.	Week 8						