

MAPEH



Copyright Page

Published by the
LEARNING RESOURCE MANAGEMENT AND DEVELOPMENT SYSTEM (LRMDS)
Department of Education
Region VI-Western Visayas
SCHOOLS DIVISION OF SILAY CITY
Silay City

Copyright 2019

Section 9 of Presidential Decree No. 49 provides

“No copyright shall subsist in any work of the Government of the Republic of the Philippines. However, prior approval of the government agency of office wherein work is created shall be necessary for exploitation of such work for profit.”

This material has been developed by the Curriculum and Implementation Division (CID) of the Department of Education, Schools Division of Silay City. It can be reproduced for educational purposes only. Derivatives of the work including creating an edited version, an enhancement or a supplementary work are permitted provided all original work is acknowledged and the copyright is attributed. No work may be derived from this material for commercial purposes and profit.

LESSON PLAN IN MAPEH 8 GENDER AND HUMAN SEXUALITY

Written by:

ALLY J. PACENO

Illustrated by:

JERRY R. BAGUIOS

Quality Assured by:

EVA G. TRABADO
EPS-MAPEH

ALBINO A. BERIOSO
Master Teacher I

ROWENA R. ESPARAGOSA
Master Teacher I

ALJUN E. JOMALESA
Master Teacher II

Management Team:

CARMEL JOY P. AUJERO
EPS-LRM

JOY P. NAKAMURA
PDO II-LRM

Recommending Approval:

FEDERICO P. PILLON, JR.
CID Chief

Approved by:

CYNTHIA A. DEMAIVIVAS, CESO V
Schools Division Superintendent

This first digital edition has been produced for print and online distribution within the Department of Education, Philippines via the Learning Resources (LR) Portal by the Division of Silay City, deped.silay@deped.gov.ph

MAPEH

Daily Lesson Plan

Gender and Human Sexuality

This contextualized lesson plan was collaboratively developed and reviewed by educators from the Schools Division of Silay City. We encourage teachers to email their feedback, comments, and recommendations to the Schools Division of Silay City at deped.silay@deped.gov.ph.

We value your feedback and recommendations.

DAILY LESSON PLAN

School:	DOÑA MONTSERRAT LOPEZ MEMORIAL HIGH SCHOOL
Teacher:	ALLY J. PACENO
Designation:	MASTER TEACHER I
Learning Area:	MAPEH
Grade Level:	GRADE 8
Quarter:	FIRST QUARTER
Date and Time:	
I. OBJECTIVES	
A. Content Standard	The learner demonstrates understanding of human sexuality and managing sexuality related issues for a healthy life.
B. Performance Standard	The learner appropriately manages sexually-related issues through responsible and informed decisions
C. Learning Competency	Discusses sexuality as an important component of one's personality
Competency Code	H8FH-Ia-17
Objectives	<ol style="list-style-type: none"> 1. Discuss the meaning of gender and human sexuality. 2. Enumerate the roles played by male and female. 3. Realized the importance of knowing one's behavior (male and female)
II. CONTENT Integration Across Learning Area	Gender and Human Sexuality Science, Values Education and Araling Panlipunan
III. LEARNING RESOURCES	
A. References	Physical Education and Health Learner's Module, pp. 204-214
B. Other Resources	
C. Materials	Laptop (PPT presentation), manila paper, pentel pen, activity sheets
IV. PROCEDURE	
A. Pre-Activity	
<ol style="list-style-type: none"> 1. Prayer 2. Opening Song 3. Checking of Attendance 	
4. Reviewing previous lesson/presenting new lesson	<ol style="list-style-type: none"> 1. What is a communicable disease? 2. What causes a communicable disease? 3. What are pathogens? Can you give examples of pathogen? 4. How will you know that you are infected with communicable disease? 5. What is the difference between a sign and a symptom?
5. Motivation	<i>(The teacher will introduce a simple exercise on the board. He will ask the students to read the following instructions.) Our exercise for this afternoon is called Male versus Female.</i>

	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Identify the roles played by male and female. 2. Know the roles played by both. 3. Choose your answer from the following: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Playing Piko</td> <td style="width: 50%;">Kiss mom and dad</td> </tr> <tr> <td>Ride a bike</td> <td>Tug-of-War</td> </tr> <tr> <td>Play with doll</td> <td>Play with toy gun</td> </tr> <tr> <td>Baby-sit</td> <td><i>Sulpot</i></td> </tr> <tr> <td>Wearing a bathing suit</td> <td><i>Enter-Enter</i></td> </tr> <tr> <td>Wash dishes</td> <td>Clean the house</td> </tr> <tr> <td>Jack Stone</td> <td>Change diaper</td> </tr> <tr> <td>Carpentry</td> <td>Harana</td> </tr> <tr> <td><i>Sudsud</i></td> <td><i>Sungka</i></td> </tr> </table>	Playing Piko	Kiss mom and dad	Ride a bike	Tug-of-War	Play with doll	Play with toy gun	Baby-sit	<i>Sulpot</i>	Wearing a bathing suit	<i>Enter-Enter</i>	Wash dishes	Clean the house	Jack Stone	Change diaper	Carpentry	Harana	<i>Sudsud</i>	<i>Sungka</i>
Playing Piko	Kiss mom and dad																		
Ride a bike	Tug-of-War																		
Play with doll	Play with toy gun																		
Baby-sit	<i>Sulpot</i>																		
Wearing a bathing suit	<i>Enter-Enter</i>																		
Wash dishes	Clean the house																		
Jack Stone	Change diaper																		
Carpentry	Harana																		
<i>Sudsud</i>	<i>Sungka</i>																		
<p>6. Presentation</p>	<p><i>(The teacher presents the lesson about Gender and Human Sexuality.)</i> <i>Let us first define gender and human sexuality?</i> <i>How do you understand gender and human sexuality?</i></p> <p>Gender – is the social concept on how men and women should think, feel and act. It refers to the feminity or masculinity of a person’s role and behavior as defined by the society.</p> <p>Human Sexuality – is the quality of being male and female. It is the way in which we experience and express ourselves as sexual beings.</p>																		
<p>B. Lesson Proper</p> <p>1. Activity</p>	<p style="text-align: center;">HOW WELL DO I KNOW MYSELF?</p> <p><i>(The teacher will group the class into four, 2 males and 2 females.)</i></p> <p>Instructions:</p> <ol style="list-style-type: none"> 1. In your manila paper, trace your right hand. 2. List the specific behavior in each finger as guided by the question found below. 3. Share your answer with your classmates. <p style="text-align: center;">List of Specific Behaviors on each Finger</p> <p style="text-align: center;">Right Hand</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">Thumb</td> <td style="width: 10%;">-</td> <td style="width: 60%;">How do you express your sexuality?</td> </tr> <tr> <td>Index Finger</td> <td>-</td> <td>What do you do to improve your self-respect?</td> </tr> <tr> <td>Middle Finger</td> <td>-</td> <td>What are the things that make you happy?</td> </tr> <tr> <td>Ring Finger</td> <td>-</td> <td>How do you express your love yourself?</td> </tr> <tr> <td>Little Finger</td> <td>-</td> <td>What do you do best?</td> </tr> </table>	Thumb	-	How do you express your sexuality?	Index Finger	-	What do you do to improve your self-respect?	Middle Finger	-	What are the things that make you happy?	Ring Finger	-	How do you express your love yourself?	Little Finger	-	What do you do best?			
Thumb	-	How do you express your sexuality?																	
Index Finger	-	What do you do to improve your self-respect?																	
Middle Finger	-	What are the things that make you happy?																	
Ring Finger	-	How do you express your love yourself?																	
Little Finger	-	What do you do best?																	
<p>2. Analysis</p>	<p><i>(The teacher will ask each group to present their work in the class. He too, will process the work of the students.)</i></p> <p>How did you find the activity? What did you learn today? Why is it important to know your sexuality? What and who influence your sexual behavior? How will it improve your sexuality? What should you do to improve your sexuality?</p>																		

3. Abstraction	In order to have a healthy Human Sexuality, you have to know yourself better and the roles that you play in the family, school and society. As you grow older, you will experience a range of social, emotional and physical changes. As these occur, you need an intensive knowledge on how to deal with your attitudes and behavior.															
4. Application	<p>With the same group, you will make either the following:</p> <ol style="list-style-type: none"> Slogan Poem Jingle/Song Role Play <p>Shall we read the guidelines in making your assigned task?</p> <p style="text-align: center;">Rules and Guidelines</p> <ol style="list-style-type: none"> Each group is given ten (10) minutes to finish their work. Observe silence while doing the activity. Utilize the materials provided for you. Members are expected to cooperate with the group. Assign a member who will discuss your output. Post your work on the board when you are done. Each group will present their assigned task. <p style="text-align: center;">Rubrics for the Assigned Task</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Relevance to the Theme</td> <td>-</td> <td>30%</td> </tr> <tr> <td>Originality</td> <td>-</td> <td>30%</td> </tr> <tr> <td>Creativity</td> <td>-</td> <td>25%</td> </tr> <tr> <td>Impact</td> <td>-</td> <td>15%</td> </tr> <tr> <td>Total</td> <td>-</td> <td>100%</td> </tr> </table> <p>(The teacher will ask each group to present their work in front.) Who can tell us about your work? Can we have the representative of each group?</p>	Relevance to the Theme	-	30%	Originality	-	30%	Creativity	-	25%	Impact	-	15%	Total	-	100%
Relevance to the Theme	-	30%														
Originality	-	30%														
Creativity	-	25%														
Impact	-	15%														
Total	-	100%														
IV. EVALUATION	<p>A. Directions: Fill in the blanks. Choose your answer from the given words inside the box.</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> express social quality act masculinity </div> <p>Gender is a ___(1)___ concept on how men and women should think, feel and ___(2)___. It refers to the femininity or ___(3)___ of a person's role and behavior as defined by the society.</p> <p>Human sexuality is the ___(4)___ of being male or female. It is the way in which we experience and ___(5)___ ourselves as sexual beings.</p> <p>B. Directions: Identify whether the activity is for MALE, FEMALE or BOTH. Write your answer on the blank given.</p> <ol style="list-style-type: none"> Play with doll _____ Play with toy gun _____ Play Softball _____ Wash dishes _____ Kiss Mom and Dad _____ 															

V. ASSIGNMENT	<p>Listed below are the characteristics which may or may not represent you. Use the mark in the legend in rating yourself. After you are done fold your paper in half and ask a classmate to rate you. Do this in a separate sheet of paper.</p> <p>Legend: / Yes, this is very much me! X No, not me at all. O Unsure</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%;">Your Rate</td> <td style="width: 50%;"></td> <td style="text-align: center; width: 50%;">Your Classmate's Rate</td> <td style="width: 50%;"></td> </tr> <tr> <td>Extrovert</td> <td>_____</td> <td>Extrovert</td> <td>_____</td> </tr> <tr> <td>Selfish</td> <td>_____</td> <td>Selfish</td> <td>_____</td> </tr> <tr> <td>Confident</td> <td>_____</td> <td>Confident</td> <td>_____</td> </tr> <tr> <td>Aggressive</td> <td>_____</td> <td>Aggressive</td> <td>_____</td> </tr> <tr> <td>Shy</td> <td>_____</td> <td>Shy</td> <td>_____</td> </tr> </table>	Your Rate		Your Classmate's Rate		Extrovert	_____	Extrovert	_____	Selfish	_____	Selfish	_____	Confident	_____	Confident	_____	Aggressive	_____	Aggressive	_____	Shy	_____	Shy	_____
Your Rate		Your Classmate's Rate																							
Extrovert	_____	Extrovert	_____																						
Selfish	_____	Selfish	_____																						
Confident	_____	Confident	_____																						
Aggressive	_____	Aggressive	_____																						
Shy	_____	Shy	_____																						
VI. REMARKS																									
VII. REFLECTION																									
A. No. of learners who earned 80% in the evaluation																									
B. No. of learners who require additional activities for remediation who scored below 80%																									
C. Did the remedial lessons work? No. of learners who have caught up with the lesson.																									
D. No. of learners who continue to require remediation.																									
E. Which of my teaching strategies work well? Why did these work?																									
F. What difficulties did I encounter which my principal or supervisor can help me solve?																									
G. What innovation or localized materials did I use/discover which I wish to share with other teachers?																									

LEARNER'S ACTIVITY SHEET

School																			
Name of Student																			
Learning Area	MAPEH																		
Grade&Section																			
Quarter																			
Date and Time:																			
I. OBJECTIVES																			
A. Content Standard	The learner demonstrates understanding of human sexuality and managing sexuality related issues for a healthy life.																		
B. Performance Standard	The learner appropriately manages sexually-related issues through responsible and informed decisions																		
C. Learning Competency	Discusses sexuality as an important component of one's personality																		
Competency Code	H8FH-Ia-17																		
Objectives	<ol style="list-style-type: none"> 1. Discuss the meaning of gender and human sexuality. 2. Enumerate the roles played by male and female. 3. Realized the importance of knowing one's behavior (male and female) 																		
II. CONTENT Integration Across Learning Area	Gender and Human Sexuality Science, Values Education and Araling Panlipunan																		
III. ACTIVITY/TASK	<p>Activity 1 MALE VERSUS FEMALE Instructions:</p> <ol style="list-style-type: none"> 1. Identify the roles played by male and female. 2. Know the roles played by both. 3. Choose your answer from the following: <table style="width: 100%; margin-left: 40px;"> <tr> <td style="width: 50%;">Playing Piko</td> <td style="width: 50%;">Kiss mom and dad</td> </tr> <tr> <td>Ride a bike</td> <td>Tug-of-War</td> </tr> <tr> <td>Play with doll</td> <td>Play with toy gun</td> </tr> <tr> <td>Baby-sit</td> <td><i>Sulpot</i></td> </tr> <tr> <td>Wearing a bathing suit</td> <td><i>Enter-Enter</i></td> </tr> <tr> <td>Wash dishes</td> <td>Clean the house</td> </tr> <tr> <td>Jack Stone</td> <td>Change diaper</td> </tr> <tr> <td>Carpentry</td> <td>Harana</td> </tr> <tr> <td><i>Sudsud</i></td> <td><i>Sungka</i></td> </tr> </table> <p>Are your answers correct? How did you find the activity?</p> <p>Activity 2 HOW WELL DO I KNOW MYSELF? Instructions:</p> <ol style="list-style-type: none"> 1. In your manila paper, trace your right hand. 2. List the specific behavior in each finger as guided by the question found below. 3. Share your answer with your classmates. 	Playing Piko	Kiss mom and dad	Ride a bike	Tug-of-War	Play with doll	Play with toy gun	Baby-sit	<i>Sulpot</i>	Wearing a bathing suit	<i>Enter-Enter</i>	Wash dishes	Clean the house	Jack Stone	Change diaper	Carpentry	Harana	<i>Sudsud</i>	<i>Sungka</i>
Playing Piko	Kiss mom and dad																		
Ride a bike	Tug-of-War																		
Play with doll	Play with toy gun																		
Baby-sit	<i>Sulpot</i>																		
Wearing a bathing suit	<i>Enter-Enter</i>																		
Wash dishes	Clean the house																		
Jack Stone	Change diaper																		
Carpentry	Harana																		
<i>Sudsud</i>	<i>Sungka</i>																		

III. ACTIVITY/TASK

List of Specific Behaviors on each Finger

Right Hand

- Thumb - How do you express your sexuality?
- Index Finger - What do you do to improve your self-respect?
- Middle Finger - What are the things that make you happy?
- Ring Finger - How do you express your love yourself?
- Little Finger - What do you do best?

Activity 3

With the same group, you will make either the following:

- a.Slogan
- b.Poem
- c. Jingle/Song
- d. Role Play

Shall we read the guidelines in making your assigned task?

Rules and Guidelines

- 1.Each group is given ten (10) minutes to finish their work.
- 2.Observe silence while doing the activity.
- 3.Utilize the materials provided for you.
- 4. Members are expected to cooperate with the group.
- 5.Assign a member who will discuss your output.
- 6. Post your work on the board when you are done.
- 7. Each group will present their assigned task.

Activity 4

A. Directions: Fill in the blanks. Choose your answer from the given words inside the box.

express	social	quality	act	masculinity
---------	--------	---------	-----	-------------

Gender is a ___(1)___ concept on how men and women should think, feel and ___(2)____. It refers to the feminity or ___(3)___ of a person’s role and behavior as defined by the society.

Human sexuality is the _____(4)_____ of being male or female. It is the way in which we experience and _____(5)_____ ourselves as sexual beings.

B. Directions: Identify whether the activity is for MALE, FEMALE or BOTH. Write your answer on the blank given.

- 1. Play with doll _____
- 2. Play with toy gun _____
- 3. Play Softball _____
- 4. Wash dishes _____
- 5. Kiss Mom and Dad _____

Activity 5

Listed below are the characteristics which may or may not represent you. Use the mark in the legend in rating yourself. After you are done fold your paper in half and ask a classmate to rate you. Do this in a separate sheet of paper.

Legend: / Yes, this is very much me!
X No, not me at all.
O Unsure

Your Rate

Extrovert	_____
Selfish	_____
Confident	_____
Aggressive	_____
Shy	_____

Your Classmate's Rate

Extrovert	_____
Selfish	_____
Confident	_____
Aggressive	_____
Shy	_____

