

MAPEH

Contextualized Budgetary Outlay HEALTH



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BUDGETARY OUTLAY IN MAPEH 6

Health
(Teacher’s Material)

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MAPEH

Contextualized Budgetary Outlay

HEALTH

This contextualized budgetary outlay 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.

BUDGETARY OUTLAY

HEALTH

GRADE VI

FIRST GRADING	
CONTENT STANDARDS	The learner demonstrates understanding of personal health issues and concerns and the importance of health appraisal procedures and community resources in preventing or managing them
PERFORMANCE STANDARDS	1.The learner practices self-management skills to prevent and control personal health issues and concerns.

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-2	2	Describes personal health issues and concerns	Demonstrates understanding of personal health issues and concerns and importance of health appraisal procedures and community resources in preventing or managing them	Personal Health Issues and Concerns <ol style="list-style-type: none"> 1. Height and weight (stunted growth, underweight, overweight, obesity) 2. Hearing (impacted cerumen, swimmer's ear, otitis media) 3. Vision (astigmatism, myopia, hyperopia, xerophthalmia, strabismus) 	H6PH- Iab-18	The 21 st Century MAPEH in Action pp. 251-256	Videos: Most Nutritious Foods Pictures

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
				<ol style="list-style-type: none"> 1. Skin, hair and nail (sunburn, dandruff, corns, blisters, calluses and ingrown toenails) 2. Posture and spine disorders (scoliosis, lordosis, kyphosis) 3. Oral/ dental problems (cavities, gingivitis, periodontitis, malocclusion and halitosis) 			

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3-4	2	Demonstrates self- management skills	Demonstrate self-management skills	Prevention and Management of Personal Health Issues and Concerns 1. Developing Self-management Skills (proper nutrition, proper hygiene, regular physical activity, enough rest and sleep, 2. good posture, oral care) 3. Undergoing Health Appraisal Procedures (height and weight measurement, breast self examination for girls, hearing tests, vision screening, scoliosis test, health and dental examinations)	H6PH- Iab-19	The 21 st Century MAPEH in Action p. 257	Pictures Charts

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5	1	Discusses health appraisal procedures during puberty	Discuss health appraisal procedures during puberty	4. Utilizing School and Community Health Resources 4.1. Medical Professionals/ Practitioners (doctor, dentist, nurse) 4.2. Health Facilities 4.3. School Clinic Barangay Health Station/ Rural Health Unit	H6PH- Ic-20	The 21 st Century MAPEH in Action pp. 256-258	Pictures Personal Health Issue Charts
Day 6	1	Explains the importance of undergoing health appraisal procedures	Explain the importance of undergoing health appraisal procedures		H6PH- Id-f-21		Rubrics
Day 7	1	Regularly undergoes health appraisal procedures	Regularly undergo health appraisal procedures		H6PH- Id-f-22		
Day 8	1	Identifies community health resources and facilities that may be utilized to address a variety of personal health issues and concerns	Identify community health resources and facilities that may be utilized to address a variety of personal health issues and concerns		H6PH- Igh-23		The 21 st Century MAPEH in Action pp. 259-263

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	Avails of health services in the school and in the community	Avail of health services in the school and in the community		H6PH- Igh-24		
Day 10	1	Promotes the use of health resources and facilities in the school and in the community	Promote the use of health resources and facilities in the school and in the community		H6PH- Igh-25		
Day 11	1	Performance Task					
Day 12	1	Summative Test					

SECOND GRADING

CONTENT STANDARDS	The learner understands the importance of keeping the school and community environments healthy.
PERFORMANCE STANDARDS	1. The learner demonstrates practices for building and maintaining healthy school and community environments.

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Describes healthy school and community environments	Understand the importance of keeping the school and community environments healthy	A. Healthy School and Community Environments 1. Characteristics 1.1. physical environment (safe, clean, with good air and water quality, aesthetically pleasing, with flexible spaces) 1.2. Psychosocial environment (warm atmosphere, healthy interpersonal relations, free from abuse and discrimination)	H6CMHIIa-1	The 21 st Century MAPEH in Action pp. 265-270	Picture of clean environment

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 2-3	2	Explains the effect of living in a healthful school and community	Explain the effect of living in a healthful school and community	2. Ways of Building and Maintaining Healthy School and Community Environments	H6CMHIIb-2	The 21 st Century MAPEH in Action pp. 265-270	Picture of clean environment
Day 4	1	Demonstrates ways to build and keep school and community environments healthy	Demonstrate ways to build and keep school and community environments healthy		H6CMHIIc-d-3	The 21 st Century MAPEH in Action pp 265-270	Rubrics
Day 5-6	2	Identifies different wastes Classifies different types of wastes	Identify different types of wastes Classify different types of wastes	B. Keeping Homes, Schools and Communities Healthy through Proper Waste Management 1. Identification and Separation of Waste 1.1. Biodegradable 1.1.1 paper 1.1.2 kitchen waste 1.1.3 yard cuttings- 1.2 Non-biodegradable 1.2.1 plastics 1.2.2 styrofoam 1.2.3 glass 1.2.4 cans	The 21 st Century MAPEH in Action pp. 270-271, 273-274	H6CMHIIe-4 H6CMHIIe-5	Pictures of Healthy Community

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS	
				1.3 Hazardous waste 1.3.1 chemicals			\	
Day 7-8	2	Describes proper ways of waste disposal	Describe proper ways of waste disposal	1.3.2 used batteries 1.3.3 expired medicines 1.3.4 2. Proper Waste Management	H6CMHIII f-6	The 21 st Century MAPEH in Action pp. 271-272	Pictures Charts of proper waste disposal Video presentations	
Day 9	1	Identifies things that can be recycled in school and in the community	Identify things that can be recycled in school and in the community	2.1 Waste Reduction (reuse)	H6CMHIII g-7		Actual Waste materials	
Day 10	1	Practices proper waste management at home, in school, and in the community Advocates environmental protection through proper waste management	Practice proper waste management at home, in school, and in the community Advocate environmental protection through proper waste management	2.2Waste Storage (separation of biodegradable from non- biodegradable, tight-fitting storage containers) 2.3Waste Disposal (composting, recycling, proper disposal of hazardous waste)	H6CMHIII h-8 H6CMH III j-9		Pictures Charts	
Day 11	1	Performance Output						
Day 12	1	Summative Test						

THIRD GRADING

CONTENT STANDARDS	The learner demonstrates understanding of the health implications of poor environmental sanitation
PERFORMANCE STANDARDS	1.The learner consistently practices ways to maintain a healthy environment

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-2	2	The learner describes diseases and disorders caused by poor environmental sanitation	Describe diseases and disorders caused by poor environmental sanitation Explain how poor environmental sanitation can negatively impact the health of an individual	A. Diseases and Disorders Caused by Poor Environmental Sanitation 1. Respiratory Diseases 2. Skin Diseases 3. Gastrointestinal Diseases Neurological Impairment (lead and mercury poisoning)	H6EH-IIIa-1	The 21 st Century MAPEH in Action pp. 281-283	Videos of Different Diseases and Disorders caused by Poor Environmental Sanitation
Day 3-4	2	Explains how poor environmental sanitation can negatively impact the health of an individual			H6EH-IIIb-2	The 21 st Century MAPEH in Action pp 283	
Day 5	1	Discusses ways to keep water and air clean and safe	Discuss ways to keep water and air clean and safe	B. Environmental Sanitation 1.Clean water: access to potable water, making water safer 2.Clean air: prevention of air pollution,	H6EH-IIIc-3	The 21 st Century MAPEH in Action pp 283-284	

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
				tobacco control, anti-smoke belching drives 3.Control of noise pollution 4.Control of pests and rodents			Videos of Different Diseases and Disorders caused by Poor Environmental Sanitation
Day 6	1	Explains the effect of a noisy environment	Explain the effect of a noisy environment		H6EH-III d-4		
Day 7-8	2	Suggests ways to control/manage noise pollution Practices ways to control/manage noise pollution	Suggest ways to control/manage noise pollution Practice ways to control/manage noise pollution		H6EH-III e-5 H6EH-III fg-6	The 21 st Century MAPEH in Action pp 283-284	
Day 9-10	2	Explains the effect of pests and rodents to one's health Identifies some common diseases caused by pests and rodents to one's health	Explain the effect of pests and rodents to one's health Identify some common diseases caused by pests and rodents to one's health		H6EH-III hi-7 H6EH-III hi-8		
Day 11	1	Practices ways to prevent and control pests and rodents	Practice ways to prevent and control pests and rodents		H6EH-III j-9		
Day 12	1	Performance Task					
Day 13	1	Summative Test					

FOURTH GRADING

CONTENT STANDARDS	The learner understands the concepts and principles of selecting and using consumer health products.
PERFORMANCE STANDARDS	1. The learner consistently demonstrates critical thinking skills in the selection of health products 2. Assesses physical fitness

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	The learners... Explains the importance of consumer health	Explain the importance of consumer health Enumerate the components of consumer health	A. Importance of Consumer Health 1. Wise and informed decision in purchasing products or availing services 2. Protection from fraud and malpractice 3. Ability to differentiate valid health information from myths and misconceptions	H6CH-IVa-13	The 21 st Century MAPEH in Action pp. 293-295	Pictures of Health Care Products
Day 2	1	Enumerates the components of consumer health		B. Components of Consumer health 1. Health information (sources include books, print ads, radio, television, internet) 2. Health products (pharmaceutical, cleaning agents, food, personal care products)	H6CH-IVbc-14	The 21 st Century MAPEH in Action pp. 296	

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
				3.Health services (health professionals, health plans and programs)			
Day 3-4	2	Describes the different components of consumer health	Describe the different components of consumer health		H6CH-IVcd-15	The 21 st Century MAPEH in Action pp. 296- 300	Pictures of Health Care Products
Day 5	1	Gives examples and differentiates over- the-counter from prescription medicines Differentiates over-the-counter from prescription medicines	Give examples and differentiates over- the- counter from prescription medicines Differentiate over-the-counter from prescription medicines	C.Medicines as Health Products : Types and Uses 1.Over the Counter (such as antacid, analgesic, antipyretic, antidiarrheal, laxative, and decongestant) 2.Prescription (such as antibiotic, antidepressant, and antihypertensive)	H6CH-IVe-17 H6CH-IVcd-16	The 21 st Century MAPEH in Action pp 300-302	Samples of Over-the -counter and Pictures of Prescription Medicines

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Explains the uses of some over the counter and prescription medicines	Explain the uses of some over the counter and prescription medicines	C.Medicines as Health Products : Types and Uses 1.Over the Counter (such as antacid, analgesic, antipyretic, antidiarrheal, laxative, and decongestant) 2.Prescription (such as antibiotic, antidepressant, and antihypertensive)	H6CH-IVf-18	The 21 st Century MAPEH in Action pp 300-302	Samples of Over-the-counter and Pictures of Prescription Medicines
Day 7	1	Identifies the common propaganda techniques used in advertising	Identify the common propaganda techniques used in advertising	D. Evaluating Health Products 1.Ask questions (What is the motive of the ad? What is misleading about the ad?)	H6CH-IVg-19	The 21 st Century MAPEH in Action pp 302-303	Videos of common propaganda techniques used in advertising
Day 8	1	Analyzes packaging and labels of health products	Analyze packaging and labels of health products	2.Identify the propaganda techniques used (testimonial, reward, bandwagon, scientific, novelty, humor, fear, plain folks, snob	H6CH-IVh-21	The 21 st Century MAPEH in Action pp 303-305	Sample packaging and labels of health products

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	Practices good decision making skills in the selection of health products	Practice good decision making skills in the selection of health products	E. Use the modified DECIDE Model in the Selection and Purchase of Health Products D-Determine the essential product to purchase. E-Explore the alternatives. C-Consider the consequences of each option I-Identify the factors that you consider important D- Decide what to buy. E-Evaluate your decision.	H6CH-IVh-22	Other available resources	Rubrics
Day 10	1	Discusses ways to protect oneself from fraudulent health products	Discuss ways to protect oneself from fraudulent health products	Protection from Fraudulent Health Products 1.Awareness and Vigilance 2.Know How and Where to Seek Help	H6CH-IVij-23	The 21st Century MAPEH in Action LM p 305	Rubrics
Day 11	1	Performance Task					
Day 12	1	Summative Test					

