

MAPEH

Contextualized Budgetary Outlay HEALTH



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BUDGETARY OUTLAY IN MAPEH 8 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 VIII

FIRST QUARTER	
CONTENT STANDARDS	Demonstrates understanding of human sexuality and managing sexuality related issues for a healthy life
PERFORMANCE STANDARDS	Appropriately manages sexually-related issues through responsible and informed decisions

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Identifies basic terms in sexuality (sex, sexuality, gender, etc.)	<p>Define basic terms in sexuality (sex, sexuality, gender, gender equality, Gender Role)</p> <p>Analyze their personal stand in each term</p>	Gender and Human Sexuality	H8FH-Ia-16	LM pp 207-209	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>
Day 2	1	Discusses sexuality as an important component of one's personality	<p>Explain why human sexuality is an important component of one's personality</p> <p>Reflect on the importance of human sexuality by answering the related activities</p> <p>Demonstrate the importance of Sexuality through a role play</p>	Gender and Human Sexuality	H8FH-Ia-17	LM p 203	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3	1	Explains the dimensions of human sexuality	<p>Enumerate and describe the 5 dimensions of human sexuality</p> <p>Value the importance of each dimension by relating each to real life situation</p>	5 Dimensions of Human Sexuality	H8FH-Ia-18	LM pp 203-206	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>
Day 4	1	Analyzes the factors that affect one's attitudes and practices related to sexuality and sexual behaviors	<p>Determine the factors that affect one's attitudes and practices related to sexuality and sexual behaviors</p> <p>Explain the factors that affect one's attitudes and practices related to sexuality and sexual behaviors</p> <p>Appreciate the importance of knowing the influential factors through critical thinking</p>	Factors that Affect Sexual Attitudes and Behaviors	H8FH-Ib-19	LM p 218	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>
Day 5	1	Assesses personal health attitudes that may influence sexual behavior	<p>Discuss the personal health attitudes that influence sexual behavior</p> <p>Present a short skit based on a given role/character</p>	Personal Health Attitudes that Influence Sexual Behavior	H8FH-Ic-d-20	LM pp 218-219	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Relates the importance of sexuality to family health	Tell the importance of sexuality to family health	Importance of Sexuality to Family Health	H8FH-Ic-d-21	LM p 207	pictures video clips hand-outs laptop/TV
Day 7-8	2	Identifies the different issues/concerns of teenagers (i.e., identify crises) and the need for support and understanding of the family	Enumerate the different issues/concerns of teenagers (i.e., identity crisis) and the need for the support and understanding of the family Manifest enjoyment through a short skit	Different Issues/Concerns of Teenagers	H8FH-Ie-g-22	LM pp 208-209, 224-240 RA 8504 OR THE PHILIPPINE AIDS LAW OR THE PHILIPPINE AIDS PREVENTION AND CONTROL ACT	pictures video clips hand-outs laptop/TV
Day 9	1	Applies decision-making skills in managing sexuality– related issues	Enumerate the 6 steps in decision-making Explain briefly each step in decision-making Reflect on the importance of managing sexuality-related issues through critical thinking	6 Steps in Decision Making	H8FH-Ih-23	LM pp 211-213	pictures video clips hand-outs laptop/TV
Day 10	1	Summative Test					

SECOND QUARTER

CONTENT STANDARDS	Demonstrates an understanding of responsible parenthood for a healthy family life
PERFORMANCE STANDARDS	Makes informed and values-based decisions in preparation for responsible parenthood

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	<p>Defines basic terms (dating, courtship, marriage)</p> <p>Explains the importance of courtship and dating in choosing a lifelong partner</p>	<p>Give the meaning of the basic terms (dating, courtship, marriage)</p> <p>Recognize the importance of courtship and dating in choosing a lifetime partner</p>	Dating, Courtship, Marriage	<p>H8FH-IIa-24</p> <p>H8FH-IIa-25</p>	<p>LM pp 245-249</p> <p>http://www.diffen.com/difference/Infatuation vs Love</p> <p>http://en.wikipedia.org/wiki/Courtship_in_the Philippines</p> <p>www.chanrobles.com/executiveorderno209.htm</p> <p>LM p 252</p> <p>http://www.drirene.com/isitlove.htm</p> <p>http://www.youtube.com/watch?v=VolwsYhOCTc</p> <p>http://en.wikipedia.org/wiki/Courtship_in_the Philippines</p>	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>
Day 2	1	Identifies marital practices and setup across cultures	<p>Determine the different marital practices and set-up across cultures</p> <p>Compare the differences of marital practices and set-up across cultures to present practices</p>	Different Traditional Practices of Courtship in the Philippines	H8FH-IIa-26	<p>LM pp 249-251</p>	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3	1	Analyzes behaviors that promote healthy relationship in marriage and family life Describes the factors that contribute to a successful marriage	Enumerate behaviors that promote healthy relationship in marriage and family life Be aware that these behaviors are important to have a successful married and family life through role-playing Identify factors that contribute to a successful marriage	Ingredients of a Successful Marriage	H8FH-IIa-27 H8FH-IIb-28	LM p 257 http://weddings.about.com/cs/bridesandgrooms/a/vowwording.htm LM p 257	pictures video clips hand-outs laptop/TV
Day 4	1	Discusses various maternal health concerns (pre-during-post pregnancy) Discusses pregnancy- related concerns	Describe the different changes in the mother's body during pregnancy and the normal physical changes and symptoms throughout pregnancy Explain the phases of pregnancy and the possible complications	Maternal Health Concerns Phases and Complications of Pregnancy	H8FH-IIc-d-29 H8FH-IIc-d-30	LM pp 267-271 LM pp 270-271	pictures video clips hand-outs laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5	1	Explains the importance of maternal nutrition during pregnancy	Recognize the importance of maternal nutrition during pregnancy Suggest daily dietary plan during pregnancy	Importance of Maternal Nutrition	H8FH-IIe-f-31	LM pp 274-275 http://www.healthguidance.org/entry/9975/1/What-Is-the-Definition-of-Nutrition.html http://pediatrics.med.nyu.edu/endocrinology/patient-care/congenitalhypothyroidism	pictures video clips hand-outs laptop/TV
Day 6	1	Discusses the importance of new born screening, and the APGAR scoring system for newborns	Explain the importance of Newborn Protocols (newborn screening, the APGAR scoring system and the essentials of Unang Yakap and initiation of breastfeeding)	Newborn Protocol	H8FH-IIe-f-32	LM pp 276-281 Republic Act No. 7600 "The Rooming-In and Breast-Feeding Act of 1992"	pictures video clips hand-outs laptop/TV
Day 7	1	Explains the importance of prenatal care and post natal care	Differentiate prenatal care from post-natal care Recognize the importance of prenatal and post-natal care	Prenatal Care and Post-natal Care	H8FH-IIe-f-33	LM pp 276-281 http://www.webmd.com/baby/tc/pregnancy-common-concerns	pictures video clips hand-outs laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 8	1	Discusses the essential newborn protocol (Unang Yakap) and initiation of breastfeeding	Appreciate the value of knowing the importance of Newborn Protocols (Newborn screening, APGAR scoring system, the essential of Unang Yakap and initiation of breastfeeding through critical thinking	Newborn Protocol	H8FH-IIe-f-34	LM pp 276-281 REPUBLIC ACT NO. 9288 (AN ACT PROMULGATING A COMPREHENSIVE POLICY AND A NATIONAL SYSTEM FOR ENSURING NEWBORN SCREENING http://www.lyricsmode.com/lyrics/f/freddie_aguilar/#share https://www.doh.gov.ph/newborn-screening https://pediatrics.aappublications.org/content/pediatrics/117/4/1444.full.pdf	pictures video clips hand-outs laptop/TV
Day 9	1	Enumerates the advantages of breastfeeding for both mother and child Recognizes the importance of immunization in protecting children's health	Identify the advantages of breastfeeding for both mother and child Appreciate the advantages of breastfeeding for both mother and child by sharing the experiences of their mother Identify the different kinds of immunization and its importance	Advantages of Breastfeeding Importance of Immunization	H8FH-IIe-f-35 H8FH-IIe-f-36	LM pp 280-281 LM p 278	pictures video clips hand-outs laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 10	1	Analyzes the importance of responsible parenthood Explains the effects of family size on family health	Discuss the importance of Responsible Parenthood Enumerate the effects of family size on health of the family	Importance of Responsible Parenthood Effects of Family Size on Family Health	H8FH-IIg-h-37 H8FH-IIg-h-38	LM p 291 LM pp 293-294	pictures video clips hand-outs laptop/TV
Day 11	1	Examines the important roles and responsibilities of parents in child-rearing and care	Enumerate the important roles and responsibilities of parents in child-rearing and care	Duties and Responsibilities of Parents	H8FH-IIg-h-39	LM pp 292 -293	pictures video clips hand-outs laptop/TV
Day 12	1	Explains the effects of rapid population growth on the health of the nation Enumerates modern family planning methods (natural and artificial)	Realize the important roles and responsibilities of parents in child-rearing and care through a role play Discuss the effects of rapid population growth on the health of the nation Explain the different family planning methods (natural and artificial)	Effects of Rapid Population Growth Natural and Artificial Family Planning Methods	H8FH-IIg-h-40 H8FH-IIg-h-41	Population and Education Teaching Module 2009 https://www.doh.gov.ph/search/node/family%20planning%20methods	pictures video clips hand-outs laptop/TV
Day 13	1	Summative Test					

THIRD QUARTER

CONTENT STANDARDS	Demonstrates understanding of principles in the prevention and control of communicable diseases for the attainment of individual wellness
PERFORMANCE STANDARDS	Consistently demonstrates personal responsibility and healthful practices in the prevention and control of communicable diseases

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Discusses the stages of infection	Enumerate the different stages of infection	Stages of Infection	H8DD-IIIa-15	LM p 330 https://www.mayoclinic.org/diseasesconditions/infectiousdiseases/symptoms-causes/syc-20351173 www.sciencephoto.com En.wikipedia.org/wiki/infection https://www.healthline.com/search?q1=infection	pictures video clips hand-outs laptop/TV
Day 2	1	Analyzes the leading causes of morbidity and mortality in the Philippines	Discuss the leading causes of morbidity and mortality in the Philippines	Causes of Morbidity and Mortality in the Philippines	H8DD-IIIa-16	www.sciencephoto.com https://www.doh.gov.ph/Statistics/Leading-Causes-of-Morbidity https://www.who.int/hac/crises/phl/background/2004/Philippines_Dec04.pdf	pictures video clips hand-outs laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3	1	Discusses the signs, symptoms, and effects of common communicable diseases	Identify common communicable diseases Enumerate the signs, symptoms and effects of common communicable diseases	Signs, Symptoms and Effects of Common Communicable Diseases	H8DD-IIIb-c-17	http://www.wpro.who.int/philippines/areas/communicable_diseases/en/ http://caro.doh.gov.ph/?page_id=383	pictures video clips hand-outs laptop/TV
Day 4	1	Corrects misconceptions, myths, and beliefs about common communicable diseases	Enumerate the misconceptions, myths, and beliefs about common communicable diseases	Misconceptions, Myths and Beliefs About Common Communicable Diseases	H8DD-IIIb-c-18	LM pp 326-327 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4159471/	pictures video clips hand-outs laptop/TV
Day 5	1	Enumerates steps in the prevention and control of common communicable diseases	Identify the steps in the prevention and control of common communicable diseases	Steps in Prevention and Control of Common Communicable Diseases	H8DD-IIIb-c-19	LM pp 338 – 340	pictures video clips hand-outs laptop/TV
Day 6	1	Analyzes the nature of emerging and re-emerging diseases	Discuss the nature of emerging and re-emerging diseases	Emerging and Re-Emerging Diseases	H8DD-III d-e-20	https://www.doh.gov.ph/emerging-and-re-emerging-infectious-disease-program	pictures video clips hand-outs laptop/TV
Day 7	1	Demonstrates self-monitoring skills to prevent communicable diseases	Realize the importance of self-monitoring skills to prevent communicable diseases	Self-Monitoring Skills	H8DD-III f-h-21	LM pp 349 – 350	pictures video clips hand-outs laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS	
Day 8	1	Promotes programs and policies to prevent and control communicable diseases	Enumerate programs and policies to prevent and control communicable diseases	Programs and Policies to Prevent and Control Communicable Diseases	H8DD-IIIf-h-22	https://www.doh.gov.ph/orgchart-dpcb	pictures video clips hand-outs laptop/TV	
Day 9	1	Identifies agencies responsible for communicable disease prevention and control	Name the agencies responsible for communicable disease prevention and control	Agencies Responsible for Communicable Disease	H8DD-IIIf-h-23	https://www.doh.gov.ph/orgchart-dpcb	pictures video clips hand-outs laptop/TV	
Day 10	1	Summative Test						

FOURTH QUARTER

CONTENT STANDARDS	Demonstrates understanding of factors that influence cigarette and alcohol use and strategies for prevention and control
PERFORMANCE STANDARDS	Demonstrates personal responsibility in the prevention of cigarette and alcohol use through the promotion of a healthy lifestyle

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Discusses gateway drugs	Identify cigarettes and alcohol as gateway drugs	Gateway Drugs	H8S-IVa-27	LM pp 355-361	pictures video clips hand-outs laptop/TV
Day 2	1	Identifies reasons why people smoke cigarettes	Explain the reasons why people smoke	The dangers of Cigarette Smoking	H8S-IVa-28	LM p 363	
Day 3	1	<p>Analyzes the negative health impact of cigarette smoking</p> <p>A. Describes the harmful short and long –term effects of cigarette smoking on the different parts of the body</p> <p>B. Discusses the dangers of mainstream, second hand and third hand smoke</p> <p>C. Explains the impact of cigarette smoking on the family, environment and community</p>	<p>Explain the harmful short and long- term effects of cigarette smoking</p> <p>Enumerate the dangers of mainstream, second hand and third hand smoke</p> <p>Value the importance of knowing the impact of cigarette smoking on the family, environment and community through critical thinking</p>	Negative Effects of Cigarette Smoking to One’s Health	H8S-IVb-c-29	<p>LM pp 361 – 372</p> <p>www.cdc.gov/tobacco</p> <p>http://www.cancer.org/cancer/causes/tobacco-and-cancer.html</p> <p>https://www.who.int/tobacco/world/en/</p> <p>https://vapingdaily.com/support/environmental-responsibility/</p> <p>https://www.ncbi.nlm.nih.gov/pubmed/23020054</p>	

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 4	1	Identifies reasons for drinking and not drinking alcohol	Enumerate reasons for drinking and not drinking alcohol	Reasons for Drinking and Not Drinking Alcohol	H8S-IVd-30	https://www.slideshare.net/leccressini13/g8-healthq4lmcigarettes	pictures video clips hand-outs laptop/TV
Day 5	1	Analyzes the negative health impact of drinking alcohol A. Describes the harmful short and long- term effects of drinking alcohol B. Interprets blood alcohol concentration (BAC) in terms of physiological changes in the body	Explain the harmful short and long-term effects of drinking alcohol Understand blood alcohol concentration (BAC) in terms of physiological changes in the body	Dangers of Alcohol	H8S-IVe-f-31	LM p 389 https://www.scribd.com/doc/158837913/Grade-8-HEALTH-Q4-Lesson2-LM-Alcohol http://pcij.org/blog/wpdocs/WHO_global_status https://www.alcoholrehabguide.org/alcohol/effects/	pictures video clips hand-outs laptop/TV
Day 6	1	Explains the impact of drinking alcohol on the family and community	Discuss the impact of drinking alcohol on the family and community	Impact of Drinking Alcohol on the Family, and Community	H8S-IVg-h-32	LM pp 390-391 https://www.scribd.com/document/336614163/health-tg-2	pictures video clips hand-outs laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	<p>Discusses strategies in the prevention and control of cigarette smoking and drinking alcoholic beverages</p> <p>A. Applies resistance skills in situations related to cigarette and alcohol use</p> <p>B. Follows policies and laws in the family, school, and community related to cigarette and alcohol use</p>	<p>Enumerate resistance skills in situations related to cigarette and alcohol use</p> <p>Create a material that advocates for the prevention of alcoholism and cigarette smoking (song, poem, artwork, poster, slogan or video presentation)</p> <p>Discuss policies and laws in the family, school, and community related to cigarette and alcohol use</p>	<p>Resistance Skills in Situations Related to Cigarette and Alcohol Use</p> <p>Policies and Laws in the Family, School, and Community Related to Cigarette and Alcohol Use</p>	H8S-IVg-h-33	<p>LM pp 376 - 377</p> <p>http://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer.html</p> <p>https://americanaddictioncenters.org/alcoholism-treatment/family-marital-problems</p>	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>
Day 8	1	Suggest healthy alternatives to cigarettes and alcohol to promote healthy lifestyle (self, family, community)	Assess healthy alternatives to cigarettes and alcohol to promote healthy lifestyle (self, family, community)	Healthy Alternatives to Cigarettes and Alcohol to Promote Healthy Lifestyle	H8S-IVg-h-34	<p>LM pp 372 – 373</p> <p>Republic Act No. 9211 (The Tobacco Regulation Act of 2003)</p> <p>Chapter 2, Article 5, Section 24 of Republic Act No. 8749, also known as the Philippine Clean Air Act of 1999</p>	<p>pictures</p> <p>video clips</p> <p>hand-outs</p> <p>laptop/TV</p>
Day 9	1	Summative Test					



