

MAPEH

Contextualized Budgetary Outlay HEALTH



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BUDGETARY OUTLAY IN MAPEH 9 **Health** **(Teacher’s Material)**

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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 IX

FIRST QUARTER	
CONTENT STANDARDS	Demonstrates understanding of the principles in protecting the environment for community wellness
PERFORMANCE STANDARDS	Consistently demonstrates healthful practices to protect the environment for community wellness

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Defines community and environmental health	Explain the concept of community and environmental health	Concept of Community and Environmental Health	H9CE-Ia-8	LM pp 224-225	pictures video clips audio system laptop/TV
Day 2	1	Describes a healthy community	Describe the characteristics of a healthy community	Characteristics of a Healthy Community	H9CE-Ia-9	LM pp 224-225	pictures video clips audio system laptop/TV
Day 3	1	Explains how a healthy environment positively impacts the health of people and communities (less disease, less health care cost, etc.)	Explain the benefits of a healthy environment	Activity: <i>The Health Expert</i>	H9CE-Ib-d-10	LM pp226-227	pictures video clips audio system laptop/TV
Day 4-6	3	Discusses the nature of environmental issues	Enumerate the different community health problems Identify the different types of refuse materials by kind, composition and sources	Community Health Problems	H9CE-Ib-d-11	LM pp 231-237	pictures video clips audio system laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	Analyzes the effects of environmental issues on people's health	Analyze the effects of environmental issues on people's health	Song Irony "Anak ng Pasig" by Ryan Cayabyab	H9CE-Ib-d-12	LM pp 240-241	pictures video clips audio system laptop/TV
Day 8-9	2	Suggests ways to prevent and manage environmental health issues	Discuss the nature and health effects of the environmental issues (illegal mining, soil erosion, coral reef degradation, oil spill, flash floods, deforestation and pollution)	Environmental Problems in the Philippines	H9CE-Ie-f-13	LM pp 242-248	pictures video clips audio system laptop/TV
Day 10-11	2	Participates in implementing an environmental project such as building and maintaining a school garden or conducting a war on waste campaigns (depends on feasibility)	Encourage participation in implementing an environmental project such as building and maintaining a school garden or conducting war on waste campaigns	Community Health Project Implementation or Collective Action for the Environment (Optional)	H9CE-Ig-h-14	LM pp 253-256	pictures video clips audio system laptop/TV
Day 12	1	Summative Test					

SECOND QUARTER

CONTENT STANDARDS	Demonstrates understanding of the dangers of substance use and abuse on the individual, family and community
PERFORMANCE STANDARDS	Shares responsibility with community members through participation in collective action to prevent and control substance use and abuse

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Describes the drug scenario in the Philippines	Describe the drug scenario in the Philippines	Drug Scenario in the Philippines	H9S-IIa-14	LM pp 271-272	pictures video clips audio system laptop/TV
Day 2	1	Explains the concept of substance use, misuse, abuse, and dependence	Differentiate drug use, misuse, abuse, tolerance and dependence	Factors that Influence Substance Use and Abuse	H9S-IIa-15	LM pp 272-273	pictures video clips audio system laptop/TV
Day 3-4	2	Discusses risk and protective factors in substance use and abuse Analyzes situations for the use and non-use of psychoactive substances	Discuss the risks and protective factors in substance use and abuse Analyze situations for the use and non-use of psychoactive substances	The Risks and Protective Factors of Using Drugs	H9S-IIb-16 H9S-IIb-17	LM pp 278-284 LM pp 282-283	pictures video clips audio system laptop/TV
Day 5	1	Identifies the types of drugs/substances of abuse	Enumerate the classifications of drugs of abuse	Classifications of Drugs	H9S-IIc-18	LM pp 287-289	pictures video clips audio system laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Corrects myths and misconceptions about substance use and abuse	Discuss the harmful effects of drugs/substance of abuse	Myths, Misconceptions, Signs and Symptoms of Drug Abuse	H9S-IId-19	LM pp 293-296	pictures video clips audio system laptop/TV
Day 7	1	Recognizes warning signs of substance use and abuse; discusses the harmful short and long term effects of substance use and abuse on the body	Present a video clip showing warning signs of short and long-term effects of substance use and abuse	Short and Long-Term Effects of Substance Use and Abuse	H9S-IId-20	LM pp 300-304	audio system laptop/TV video clips of <i>The Basketball Diaries</i> (Leonardo de Caprio, actor)
Day 8	1	Discusses the harmful effects of substance use and abuse on the individual, family, school, and community	Discuss the harmful effects of substance use and abuse on the individual, family, school, and community	Harmful Effects of Substance Use and Abuse on the Individual, Family, School, and Community	H9S-IIf-21	LM p 306	pictures video clips audio system laptop/TV
Day 9	1	Explains the health, socio-cultural, psychological, legal, and economic dimensions of substance use and abuse	Present a skit that shows the socio-cultural, psychological, legal, and economic dimensions of substance use and abuse	Activity: <i>Skit Presentation</i>	H9S-IIf-22	LM p 306	pictures video clips audio system laptop/TV
Day 10	1	Discusses strategies in the prevention and control of substance use and abuse	Explain ways and means to control substance use and abuse	Prevention and Control of Substance Use and Abuse	H9S-IIf-23	LM pp 308-309	pictures video clips audio system laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 11	1	Applies decision-making and resistance skills to prevent substance use and abuse	Create a plan as a healthy alternative to substance use and abuse	Decision-Making Skills	H9S-IIg-h-24	LM pp 310-311	pictures video clips audio system laptop/TV
Day 12	1	Suggests healthy alternatives to substance use and abuse	Identify steps on drug abuse treatment and rehabilitation	Drug Abuse Treatment and Rehabilitation	H9S-IIg-h-25	LM pp 312-314	pictures video clips audio system laptop/TV
Day 13	1	Summative Test					

THIRD QUARTER

CONTENT STANDARDS	Demonstrates understanding of first aid principles and procedures
PERFORMANCE STANDARDS	Performs first aid procedures with accuracy

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Discusses basic information about first-aid (principles, roles, responsibilities, and characteristics of a good aider)	Discuss the basics of first aid (principles, roles, responsibilities and characteristics of a good first aider)	The Basics of First-Aid	H9IS-IIIa-36	LM pp 324-327	pictures video clips audio system laptop/TV First Aid Kit bandages dressings splint First Aid dummy
Day 2	1	Demonstrates the conduct of primary and secondary survey of the victim (CAB)	Apply knowledge on the conduct of primary and secondary survey of the victim (CAB)	First-Aid Guidelines and Procedures: Survey the Scene and the Victim/s	H9IS-IIIb-37	LM pp 330-337	
Day 3	1	Assesses emergency situation for unintentional injuries	Assess emergency situation for unintentional injuries	Emergency Action Principle	H9IS-IIIb-38	LM p 338	
Day 4	1	Discusses the function of dressing and bandages	Discuss the importance of dressing and bandages and their functions	Dressing and Bandages	H9IS-IIIc.d-39	LM pp 342-346	
Day 5	1	Explains the principles of wound dressing	Explain the principles of wound dressing	Kinds of Wounds	H9IS-IIIc.d-40	LM pp 346-348	

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS	
Day 6-7	2	Demonstrates appropriate bandaging techniques for unintentional injuries	Perform appropriate bandaging techniques for unintentional injuries	Wounds and Bandages	H9IS-IIIc.d-41	LM p 348 https://www.youtube.com/watch?v=fKzdiuseEIw	pictures video clips audio system laptop/TV First Aid Kit	
Day 8-9	2	Demonstrates proper techniques in carrying and transporting the victim of unintentional injuries	Perform proper techniques in carrying and transporting the victim with injuries	Transporting the Victim (Drag and Carry Techniques) *One –man Carry *Two-man Carry *Three or More Man Transport	H9IS-IIIe.f-42	LM pp 350-354	bandages dressings splint First Aid dummy	
Day 10-11	2	Demonstrates proper first-aid procedures for common unintentional injuries	Identify common unintentional injuries in school Demonstrate proper first aid procedures for common unintentional injuries	First-aid for Common Unintentional Injuries and Medical Emergencies	H9IS-IIIg.h-43	LM pp356-362		
Day 12	1	Summative Test						

FOURTH QUARTER

CONTENT STANDARDS	Demonstrates understanding of the concepts and principles of safety education in the prevention of intentional injuries
PERFORMANCE STANDARDS	Consistently demonstrates resilience, vigilance and proactive behaviors to prevent intentional injuries

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Differentiates the intentional injuries from unintentional injuries	Differentiate intentional injuries from unintentional injuries	Concept of Unintentional Injuries	H9IS-Iva-d-31	LM pp 371-373	pictures video clips audio system laptop/TV First Aid Kit charts
Day 2-6	5	Describes the types of intentional injuries Analyzes the risk factors related to intentional injuries Identifies protective factors related to intentional injuries	Discuss the different types of intentional injuries Evaluate the risk factors related to intentional injuries Discuss protective factors related to intentional injuries	Types of Intentional Injuries *Suicide *Domestic Violence *Bullying *Stalking *Extortion *Gang and Youth Violence *Illegal Fraternity-Related Violence *Kidnapping & Abduction *Acts of Terror or Terrorism *Sexual Abuse	H9IS-Iva-d-32 H9IS-IVe-h-33 H9IS-IVe-h-34	LM pp 374-386 LM pp 398-411	

	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7-8	2	Demonstrates ways to prevent and control intentional injuries	Enumerate ways to prevent and control intentional injuries	Prevention and Management of Intentional Injuries *Self-protection *Preventing Self-harm *Promoting a Culture of Non-violence Through Healthful Behavior *Reporting Cases of Violence to the Proper Authorities *Seeking Help from Trusted Individuals and Health Professionals	H9IS-IVe-h-35	LM pp 398-411	pictures video clips audio system laptop/TV First Aid Kit charts
Day 9	1	Summative Test					

