

HEALTH

Structuring Competencies in a Definitive Budget of Work

Template 3 : Unpacking of Learning Competencies

GRADE	Five
Quarter	First
Key Stage	4-6
Key Stage Standards	The learner demonstrates an understanding of how changes, which are part of growth and development, impact health practices that help achieve and sustain optimum health and well being.
Domain	
Performance Standard	<ul style="list-style-type: none"> practices skills in managing mental, emotional and social health concerns
Content Standards	<ul style="list-style-type: none"> demonstrates understanding of mental emotional, and social health concerns

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1-2	PERSONAL HEALTH	1. describes a mentally, emotionally and socially healthy person	H5PHlab-10	1	
3		2. suggests ways to develop and maintain one's mental and emotional health	H5PH-lc11	1	
4		3. recognizes signs of healthy and unhealthy relationships	H5PH-lc12	1	
5		4. explains how healthy relationships can positively impact health	H5PH-le13	1	
6		5. discusses ways of managing unhealthy relationships	H5PH-lf14	2	
7		6. describes some mental, emotional and social health concerns	H5PH-lg15	1	
8		7. discusses the effects of mental, emotional and social health concerns on one's health and wellbeing	H5PH-lh16	1	

HEALTH

Structuring Competencies in a Definitive Budget of Work

9		8. demonstrates skills in preventing or managing teasing, bullying, harassment or abuse	H5PH-li17	1	
		9. Identifies appropriate resources and people who can help in dealing with mental, emotional and social, health concerns.	H5PH-lj18	1	
				10	

Template 3 : Unpacking of Learning Competencies

GRADE	Five
Quarter	Second
Key Stage	4-6
Key Stage Standards	The learner demonstrates an understanding of how changes, which are part of growth and development, impact health practices that help achieve and sustain optimum health and well being.
Domain	
Performance Standard	•
Content Standards	•

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1-2	GROWTH AND DEVELOPMENT/	10. describes the physical, emotional and social changes during puberty	H5GDIab-1	2	
1-2		11. accepts changes as a normal part of growth and development	H5GDIab-2		
1-4		12. describes common misconceptions related on	H5GDIcd-	1	

HEALTH

Structuring Competencies in a Definitive Budget of Work

	PERSONAL HEALTH	puberty	3		
5-6		13. assesses the issues in terms of scientific basis and probable effects on health	H5GDIcd-4		
5-6		14. describes the common health issues and concerns during puberty	H5GDIef-5		
7-8		15. accepts that most of these concerns are normal consequence of bodily changes during puberty but one can learn to manage them	H5GDIef-6	1	
7-8		16. demonstrates empathy for persons undergoing these concerns and problems	H5GDIgh-7		
9		17. discusses the negative health impact and ways of preventing major issues such as early and unwanted pregnancy	H5GDIgh-8	2	
9		18. demonstrates ways to manage puberty related health issues and concerns	H5GD-li-9		
9		19. practices proper self care procedures	H5GD-li10	2	
10-12		20. discusses the importance of seeking the advice of professionals/ trusted and reliable adults in managing puberty related health issues and concerns	H5GD-li11	1	
		21. differentiates sex from gender	H5GD-lj12		
		22. identifies factors that influence gender identity and gender roles	H5GD-lj13	1	
		23. discusses how family, media, religion, school and society in general reinforce gender roles	H5GD-lj14	1	
		24. gives examples of how male and female gender roles are changing	H5GD-lj15	1	
				12	

HEALTH

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GRADE	Five
Quarter	Third
Key Stage	4-6
Key Stage Standards	The learner demonstrates an understanding of how changes, which are part of growth and development, impact health practices that help achieve and sustain optimum health and well being.
Domain	
Performance Standard	<ul style="list-style-type: none"> demonstrates the ability to protect one's health by refusing to use or abuse gateway drugs.
Content Standards	<ul style="list-style-type: none"> understands the nature and effects of the use and abuse of caffeine, tobacco and alcohol

Week	Domain	Learning Competencies	Code	Number of Days Taught
1	SUBSTANCE USE AND ABUSE	25. explains the concept of gateway drugs	H5SUIIIa-7	2
		Gives an example of gateway drugs		
2		26. identifies products with caffeine	H5SUIIIb-8	1
3		27. discusses the nature of caffeine, nicotine alcohol use and abuse	H5SUIIIc-9	2
		discusses the nature of alcohol use and abuse		
4-5		28. describes the general effects of the use and abuse of caffeine, tobacco and alcohol	H5SUIIIde-10	1
6-7		29. analyzes how the use and abuse of caffeine, tobacco and alcohol can negatively impact the health of the individual, the family and the community	H5SUIIIfg-11	1
8		30. demonstrates life skills in keeping healthy through the non-use of gateway drugs	H5SUIIIh-12	1
9-10		31. follows school policies and national laws related to the sale and use	H5SUIIIij-	1

HEALTH

Structuring Competencies in a Definitive Budget of Work

		of tobacco and alcohol	13	
		32.		9

Template 3 : Unpacking of Learning Competencies

GRADE	Five
Quarter	Fourth
Key Stage	4-6
Key Stage Standards	The learner demonstrates an understanding of how changes, which are part of growth and development, impact health practices that help achieve and sustain optimum health and well being.
Domain	
Performance Standard	<ul style="list-style-type: none"> practices appropriate first aid principles and procedures for common injuries
Content Standards	<ul style="list-style-type: none"> demonstrates understanding of basic first aid principles and procedures for common injuries

Week	Domain	Learning Competencies	Code	Number of Days Taught
1	INJURY, SAFETY AND FIRST AID	33. explains the nature and objectives of first aid	H5IS-IVa34	3
2		<ul style="list-style-type: none"> Discuss the nature of first aid 		
3		<ul style="list-style-type: none"> Explains / enumerates the objectives of first aid 		
		<ul style="list-style-type: none"> Analyze/Tells the importance of first aid 		
4-5		34. discusses basic first aid principles	H5IS-IVb35	2
6-7		<ul style="list-style-type: none"> Demonstrates the basic first aid principles 		
8		35. demonstrates appropriate first aid for common injuries or conditions	H5IS-IVc-j-36	3
9-10		<ul style="list-style-type: none"> demonstrates appropriate first aid for common injuries or conditions (burns) 		

HEALTH
Structuring Competencies in a Definitive Budget of Work

		• demonstrates appropriate first aid for common injuries or conditions (cuts)		
		• demonstrates appropriate first aid for common injuries or conditions (cuts)		8