

HEALTH

Structuring Competencies in a Definitive Budget of Work

Template 3 : Unpacking of Learning Competencies

GRADE	Six
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 self management skills to prevent and control personal health issues and concerns
Content Standards	<ul style="list-style-type: none"> Demonstrates understanding of personal health issues and concerns and the importance of health appraisal procedures and community resources in preventing or managing the

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1-2	Personal Health	1. Identifies personal health issues and concerns		2	
		Describes personal health issues and concerns	H6PHlab-18		
1-2		2. demonstrates self-management skills	H6PHlab-19	2	
		<ul style="list-style-type: none"> List down /enumerates self management skills 			
		<ul style="list-style-type: none"> Explains/ discuss self management skills 			
3		3. discusses health appraisal procedures during puberty	H6PH-lc20	1	
4-5		4. explains the importance of undergoing health appraisal procedures	H6PH-lcf-21	1	
4-5		5. regularly undergoes health appraisal procedures	H6PH-lcf-22	1	

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6-7		6. identifies community health resources and facilities that may be utilized to address a variety of personal health issues and concerns	H6PHIgh-23	1	
6-7		7. avails of health services in the school and in the community	H6PHIgh-24	1	
6-7		8. promotes the use of health resources and facilities in the school and in the community	H6PHIgh-25	1	
				10	

Template 3 : Unpacking of Learning Competencies

GRADE	Six
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	<ul style="list-style-type: none"> practices for building and maintaining healthy school and community environments
Content Standards	<ul style="list-style-type: none"> understands the importance of keeping the school and community environments healthy.

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1		1. . describes healthy school and community environments	H6CMHIIa-1	2	
		<ul style="list-style-type: none"> Assess/ evaluates own school and community environments (physical) 			

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	Community Health	<ul style="list-style-type: none"> Assess/ evaluates own school and community environments (psychosocial) 			
2		2. explains the effect of living in a healthful school and community	H6CMHIIb-2	1	
3-4		3. demonstrates ways to build and keep school and community environments healthy	H6CMHIIc-d-3	1	
5		4. identifies different wastes	H6CMHIIe-4	1	
6		5. classifies different types of wastes	H6CMHIIe-5	1	
7		6. Describes proper ways of waste disposal	H6CMHIIIf-6	1	
8		7. identifies things that can be recycled in school and in the community	H6CMHIIlg-7	1	
6-7		8. practices proper waste management at home, in school, and in the community	H6CMHIIh-8	2	
		<ul style="list-style-type: none"> Enumerates proper waste management at home, in school and in the community 			
		<ul style="list-style-type: none"> Demonstrates proper waste management at home ,in school and in the community 			
9-10		9. advocates environmental protection through proper waste management	H6CMHIIij-9	1	
				11	

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GRADE	Six
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.

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Domain	
Performance Standard	<ul style="list-style-type: none"> consistently practices ways to maintain a healthy environment
Content Standards	<ul style="list-style-type: none"> demonstrates understanding of the health implications of poor environmental sanitation

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1	Environmental Health	10. describes diseases and disorders caused by poor environmental sanitation (Respiratory , skin gastrointestinal diseases ,neurological Impairment (lead and mercury poisoning	H6EHIIIa-1	1	
2		11. explains how poor environmental sanitation can negatively impact the health of an individual	H6EHIIIb-2	1	
3		12. discusses ways to keep water and air clean and safe	H6EHIIIc-3	1	
4		13. explains the effect of a noisy environment	H6EHIIId-4	1	
5		14. suggests ways to control/manage noise pollution	H6EHIIIe-5	1	
6-7		15. practices ways to control/manage noise pollution	H6EHIIIfg-6	2	
8-9		16. explains the effect of pests and rodents to ones health	H6EHIIIhi-7	1	
8-9		17. identifies some common diseases caused by pests and rodents	H6EHIIIhi-8	2	
10		18. practice ways to prevent and control pests and rodents	H6EHIIIj-9	1	
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Template 3 : Unpacking of Learning Competencies

GRADE	Six
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"> consistently demonstrates critical thinking skills in the selection of health products.
Content Standards	<ul style="list-style-type: none"> demonstrates understanding of the health implications of poor environmental sanitation

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1	Consumer Health	1. explains the importance of consumer health	H6CHIVa-13	1	
2-3		2. enumerates the components of consumer health	H6CHIVbc-14	1	
3-4		3. describes the different components of consumer health	H6CHIVcd-15	1	
5		4. differentiates over-the-counter from prescription medicines	H6CHIVcd	1	
6		5. gives example of over the counter and prescription medicines	H6CHIVe-17		
7		6. explains the uses of some over the counter and prescription medicines	H6CHIVf-18		
8		7. identifies the common propaganda techniques used in advertising	H6CHIVg-19	1	

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8		8. gives examples of common propaganda techniques used in advertising	H6CHIVg-20	1	
9-10		9. analyzes packaging and labels of health products	H6CHIVh-21	1	
		10. practices good decision making skills in the selection of health products.	H6CHIVh-22	1	
		11. discusses ways to protect oneself from fraudulent health products	H6CHIVij-23	1	
				9	