

HEALTH

Structuring Competencies in a Definitive Budget of Work

Template 3: Unpacking of Learning Competencies

GRADE	8
Quarter	First
Key Stage	7-10
Key Stage Standards	The learner demonstrates an understanding of key health concepts related to the achievement, sustainability and promotion of wellness as it improves the quality of life of the individual, the family and the larger community.
Grade Level Standards	The learner demonstrates understanding of family health and prevention and control of diseases and disorders (communicable and non-communicable to achieve, sustain, and promote family health and wellness.
Domain	
Performance Standard	appropriately manages sexually related issues through responsible and informed decisions
Content Standards	demonstrates understanding of human sexuality and managing sexuality related issues for a healthy life

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1	– FAMILY HEALTH	1. identifies basic terms in sexuality (sex, sexuality, gender, etc.)	H8FH-Ia-16	1	
1		2. discusses sexuality as an important component of one's personality	H8FH-Ia-17	1	
1		3. explains the dimensions of human sexuality	H8FH-Ia-18	1	
2		4. analyzes the factors that affect one's attitudes and practices related to sexuality and sexual behaviors	H8FH-Ib-19	1	
3-4		5. assesses personal health attitudes that may influence sexual behavior	H8FH-Ic-d-20	2	
3-4		6. relates the importance of sexuality to family health	H8FH-Ic-d-21	1	

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5-7		7. identifies the different issues/concerns of teenagers (i.e., identity crisis) and the need for support and understanding of the family	H8FH-le-g-22	2	
8		8. applies decision-making skills in managing sexuality-related issues	H8FH-lh-23	1	
				10	

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GRADE	8
Quarter	Second
Key Stage	7-10
Key Stage Standards	The learner demonstrates an understanding of key health concepts related to the achievement, sustainability and promotion of wellness as it improves the quality of life of the individual, the family and the larger community.
Domain	
Performance Standard	makes informed and values-based decisions in preparation for responsible parenthood
Content Standards	demonstrates an understanding of responsible parenthood for a healthy family life

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1		1. defines basic terms (dating, courtship, marriage)	H8FH-IIa-24		
1		2. explains the importance of courtship and dating in choosing a lifelong partner	H8FH-IIa-25	1	
1		3. identifies marital practices and setup across cultures	H8FH-IIa-26	1	

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2	– FAMILY HEALTH II	4. analyzes behaviors that promote healthy relationship in marriage and family life	H8FH-IIa-27	1	
3-4		5. describes the factors that contribute to a successful marriage	H8FH-IIb-28	1	
3-4		6. discusses various maternal health concerns (pre-during-post pregnancy)	H8FH-IIc-d-29	1	
5-6		7. discusses pregnancy related concerns	H8FH-IIc-d-30		
5-6		8. explains the importance of maternal nutrition during pregnancy	H8FH-IIe-f-31	1	
5-6		9. discusses the importance of newborn screening, and the APGAR scoring system for newborns	H8FH-IIe-f-32	1	
5-6		10. explains the importance of prenatal care and post natal care	H8FH-IIe-f-33		
5-6		11. discusses the essential newborn protocol (Unang Yakap) and initiation of breastfeeding	H8FH-IIe-f-34	1	
5-6		12. enumerates the advantages of breastfeeding for both mother and child	H8FH-IIe-f-35		
5-6		13. recognizes the importance of immunization in protecting children's health	H8FH-IIe-f-3		
7-8		14. analyzes the importance of responsible parenthood	H8FH-IIg-h-37	1	
7-8		15. explains the effects of family size on family health	H8FH-IIg-h-38		
7-8		16. examines the important roles and responsibilities of parents in child rearing and care	H8FH-IIg-h-39		
7-8		17. explains the effects of rapid population growth on the health of the nation	H8FH-IIg-h-40	1	
7-8		18. enumerates modern family planning methods (natural and artificial)	H8FH-Iig-h-41		

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GRADE	8
Quarter	THIRD
Key Stage	7-10
Key Stage Standards	The learner demonstrates an understanding of key health concepts related to the achievement, sustainability and promotion of wellness as it improves the quality of life of the individual, the family and the larger community.
Domain	PREVENTION AND CONTROL OF DISEASES AND DISORDERS (Communicable)
Performance Standard	consistently demonstrates personal responsibility and healthful practices in the prevention and control of communicable diseases
Content Standards	demonstrates understanding of principles in the prevention and control of communicable diseases for the attainment of individual wellness

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1		1. discusses the stages of infection	H8DD-IIIa-15	1	
1		2. analyzes the leading causes of morbidity and mortality in the Philippines	H8DD-IIIa-16		
2-3		3. discusses the signs, symptoms, and effects of common communicable diseases	H8DD-IIIb-c17	2	
2-3		4. corrects misconceptions, myths, and beliefs about common communicable diseases	H8DD-IIIb-c18	1	
2-3		5. enumerates steps in the prevention and control of common communicable diseases	H8DD-IIIb-c19	1	
4-5		6. analyzes the nature of emerging and reemerging diseases	H8DD-III d-e20	1	

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6-7		7. demonstrates selfmonitoring skills to prevent communicable disease	H8DD-IIIIf-h21	1	
6-7		8. promotes programs and policies to prevent and control communicable diseases	H8DD-IIIIf-h22	1	
6-7		9. identifies agencies responsible for communicable disease prevention and control	H8DD-IIIIf-h23	1	
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GRADE	8
Quarter	Fourth
Key Stage	7-10
Key Stage Standards	The learner demonstrates an understanding of key health concepts related to the achievement, sustainability and promotion of wellness as it improves the quality of life of the individual, the family and the larger community.
Domain	PREVENTION OF SUBSTANCE USE AND ABUSE (GATEWAY DRUGS: CIGARETTE AND ALCOHOL)
Performance Standard	demonstrates personal responsibility in the prevention of cigarette and alcohol use through the promotion of a healthy lifestyle
Content Standards	demonstrates understanding of factors that influence cigarette and alcohol use and strategies for prevention and control

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1	Gateway Drugs	10. discusses gateway drugs	H8S-IVa-27	1	

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	1. Cigarettes 2. Alcohol				
1	Protective and Risk Factors in the Use of Cigarettes and Alcohol	11. identifies reasons why people smoke cigarettes	H8S-IVa-28		
2-3		12. analyzes the negative health impact of cigarette smoking	H8S-IVb-c-29	2	
2-3		<ul style="list-style-type: none"> describes the harmful short- and long-term effects of cigarette smoking on the different parts of the body 			
2-3		<ul style="list-style-type: none"> discusses the dangers of mainstream, second hand and third hand smoke 			
2-3		<ul style="list-style-type: none"> explain the impact of cigarette smoking on the family, environment, and community 			
4		13. identifies reasons for drinking and for not drinking alcohol	H8S-IVd-30	1	
5-6		14. analyzes the negative health impact of drinking alcohol	H8S-IVe-f	2	
5-6		<ul style="list-style-type: none"> describes the harmful short- and long-term effects of drinking alcohol 			
5-6		<ul style="list-style-type: none"> interprets blood alcohol concentration (BAC) in terms of physiological changes in the body 			
7-8		15. explains the impact of drinking alcohol on the family, and community	H8S-IVg-h-32	1	
7-8	Prevention, and	16. discusses strategies in the prevention and control of cigarette smoking and drinking alcoholic beverages	H8S-IVg-h-33	1	

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	Control of Gateway Drugs				
7-8		<ul style="list-style-type: none"> • apply resistance skills in situations related to cigarette and alcohol use 			
7-8		<ul style="list-style-type: none"> • follows policies and laws in the family, school and community related to cigarette and alcohol use 			
7-8		17. suggests healthy alternatives to cigarettes and alcohol to promote healthy lifestyle (self, family, community)	H8S-IVg-h-34	1	
				9	