

HEALTH

Structuring Competencies in a Definitive Budget of Work

Template 3: Unpacking of Learning Competencies

GRADE	9
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.
Domain	– COMMUNITY AND ENVIRONMENTAL HEALTH – 1ST QUARTER (H9CE)
Performance Standard	consistently demonstrates healthful practices to protect the environment for community wellness
Content Standards	demonstrates understanding of the principles in protecting the environment for community wellness

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1	Characteristics of a Healthy Community 2. Nature and Health Effects of Environmental Issues	1. defines community and environmental health	H9CE-la-8	1	
1		2. describes a healthy community	H9CE-la-9		
2-4		3. explains how a healthy environment positively impact the health of people and communities (less disease, less health care cost, etc.)	H9CE-lb-d-10	1	
2-4		4. discusses the nature of environmental issues	H9CE-lb-d-11	2	
2-4		5. analyzes the effects of environmental issues on people's health	H9CE-lb-d-12	1	
5-6	Prevention and	6. suggests ways to prevent and manage environmental health issues	H9CE-le-f-13	1	
7-8	Management of	7. participates in implementing an environmental project such as building and maintaining a school garden or	H9CE-lg-h-14	2	

HEALTH

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	Environmental Health issues	conducting a war on waste campaign (depends on feasibility)			
				8	

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GRADE	9
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	- PREVENTION OF SUBSTANCE USE AND ABUSE(Drug Scenario)
Performance Standard	shares responsibility with community members through participation in collective action to prevent and control substance use and abuse
Content Standards	demonstrates understanding of the dangers of substance use and abuse on the individual, family and community

Week	Domain	Learning Competencies	Code	Number of Days Taught	REMARKS
1	Drug Scenario in the Philippines	1. describes the drug scenario in the Philippines	H9S-IIa-14	1	
1	Factors that influence substance use and abuse	2. explains the concept of substance use, misuse, abuse and dependence,	H9S-IIa-15		
2	Factors that influence substance use and abuse	3. discusses risk and protective factors in substance use, and abuse	H9S-IIb-16	1	

HEALTH

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2	Drugs/Substances of abuse 1. Stimulants 2. Depressants 3. Narcotics 4. Hallucinogen 5. Inhalants	4. analyzes situations for the use and non-use of psychoactive substances	H9S-IIb-17	1	
3		5. identifies the types of drugs/substances of abuse	H9S-IIc-18	1	
4	Harmful effects of drugs on the body 1. Short-term 2. Long-term	6. corrects myths and misconceptions about substance use and abuse	H9S-IId-19	1	
4		7. recognizes warning signs of substance use and abuse discusses the harmful short- and long term effects of use and abuse on the body	H9S-IId-20	1	
4	Harmful effects of drugs on the body 3. Short-term 4. Long-term	8. discusses the harmful effects of substance use and abuse on the individual, family, school, and community		1	
6		9. explains the health, socio-cultural, psychological, legal, and economic dimensions of substance use and abuse	H9S-IIf-f-22dd	1	
6	Prevention and control of substance use and abuse	10. discusses strategies in the prevention and control of substance use and abuse	H9S-IIf-f-23	1	
		11. applies decision-making and resistance skills to prevent substance use and abuse	H9S-IIg-h-24	1	
		12. suggests healthy alternatives to substance use and abuse	H9S-IIg-h-25		

HEALTH

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Template 3 : Unpacking of Learning Competencies

GRADE	9
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	INJURY PREVENTION, SAFETY AND FIRST AID (Unintentional)
Performance Standard	performs first aid procedures with accuracy
Content Standards	demonstrates understanding of first aid principles and procedures

Week	Domain	Learning Competencies	Code	Number of Days Taught
1		1. discusses basic information about first aid (principles, roles, responsibilities, and characteristics of a good aider)	H9IS-IIIa-36	
1		2. demonstrates the conduct of primary and secondary survey of the victim (CAB)	H9IS-IIIb-37	
2		3. assesses emergency situation for unintentional injuries	H9IS-IIIb-38	
2		4. discusses the function of dressing and bandages	H9IS-IIIc.d39	
3		5. explains the principles of wound dressing	H9IS-IIIc.d40	
4		6. demonstrates appropriate bandaging techniques for unintentional injuries	H9IS-IIIc.d41	
4		7. demonstrates proper techniques in carrying and transporting the victim of unintentional injuries	H9IS-IIIf-42	
4		8. demonstrates proper first aid procedures for common	H9IS-IIIg.h43	

HEALTH

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		unintentional injuries		
6		9.		

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GRADE	9
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	- INJURY PREVENTION, SAFETY AND FIRST AID(Intentional)
Performance Standard	consistently demonstrates resilience, vigilance and proactive behaviors to prevent intentional injuries
Content Standards	demonstrates understanding of the concepts and principles of safety education in the prevention of intentional injuries

Week	Domain	Learning Competencies	Code	Number of Days Taught
1-4	Concept of intentional injuries	8. differentiates intentional injuries from unintentional injuries	H9IS-IVa-d31	2
		<ul style="list-style-type: none"> Identifies / enumerates intentional injuries Identifies/ enumerates unintentional injuries 		
5-8	Types of intentional injuries	9. describes the types of intentional injuries	H9IS-IVa-d32	1

HEALTH

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5-8	Prevention and management of intentional injuries	10. analyzes the risk factors related to intentional injuries	H9IS-IVe-h33	1
5-8		11. identifies protective factors related to intentional injuries	H9IS-IVe-h34	1
5-8		12. demonstrates ways to prevent and control intentional injuries	H9IS-IVe-h35	2
				7