



Republic of the Philippines  
Department of Education  
Region IV-A CALABARZON  
City Schools Division of Dasmariñas  
**SALAWAG NATIONAL HIGH SCHOOL**



San Marino Subdivision, Salawag, City of Dasmariñas, Cavite

**Weekly Home Learning Plan for Modular Distance Learning**  
**Grade 9 - Quarter 1, Week 3**

Day & Time	Learning Area	Learning Competency	Learning Tasks	Mode of Delivery
<b>Day 1 (October 4, 2021)</b>				
8:00 – 9:00	<b>Homeroom</b>			
9:00 – 9:30	<b>Health Break</b>			
9:30 – 10:30	<b>Science</b>	• Infer how one's lifestyle can affect the functioning of respiratory and circulatory systems (S9LT -Ic -27).	• <b>Learning Task 1:</b> Read the instructions in doing the simple regular exercise at home. Choose any material available at home. Sign a pledge of commitment. <i>-page 15</i>	Personal submission by the parent to the teacher in school.
10:30 – 11:30	<b>Filipino</b>	• Masuri ang maikling kuwento batay sa paksa, tauhan, pagkakasunod-sunod ng mga pangyayari, estilo sa pagsulat ng awtor at iba pa	• <b>Gawain sa Pagkatuto Bilang 1:</b> (page 15) • <b>Basahin at unawaing mabuti ang nilalaman at mga elemento ng maikling kuwento.</b> (page 16)	Personal submission by the parent to the teacher in school.
11:30 – 1:00	<b>Lunch Break</b>			
1:00 – 2:00	<b>English</b>	*Express permission, obligation and prohibition using modals	Pretest Learning Task 1	Personal submission by the parent to the teacher in school.
2:00 – 3:00	<b>Araling Panlipunan</b>	Kahulugan at Kahalagahan ng Ekonomiks Mailalapat mo ang kahulugan ng ekonomiks batay sa iyong pang-araw-araw ba pamumuhay bilang isang mag-aaral, kasapi ng pamilya at lipunan.	<b>I. Gawain sa Pagkatuto Bilang 1. Kopyahin at Sagutan Pahina 6.</b> <b>E. Gawain sa Pagkatuto Bilang 4. At 5. Kopyahin at sagutan. Pahina 12.</b>	Personal submission by the parent to the teacher in school.
3:00 – 4:00	<b>TLE (Technical Drafting)</b>	Prepare, select and set-up tools, materials, and equipment based on job requirements	Day 1: - Answer Learning Task 3: Name Me! (pages 9 - 10)	Personal submission by the parent to the teacher in school.



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		<ul style="list-style-type: none"> <li>Observe OHS policies and procedures in setting-up tools and materials for drawing</li> </ul>		
	<b>TLE (Cookery)</b>	<ul style="list-style-type: none"> <li>Define the term appetizer and mise en place</li> </ul>	<b>Exercise 1: Word search puzzle</b>  Find the kitchen tools and equipment in preparing appetizers	Personal submission by the parent to the teacher in school.
	<b>TLE (CSS)</b>	Assess quality of received materials	Lesson 1:Applying Quality Standard Learning Task 2: Today I'll Be.. <i>pages 10-11</i> <b>PERFORMANCE TASK</b>	Personal submission by the parent to the teacher in school.
4:00 – 5:00	<b>Consultation Period</b>			
Day & Time	Learning Area	Learning Competency	Learning Tasks	Mode of Delivery
<b>Day 2 ( October 5, 2021)</b>				
8:00 – 9:00	<b>Mathematics</b>	Solve equations transformable to quadratic equations (including rational algebraic equations)  <i><b>M9AL-Ic-d-1</b></i>  Solve problems involving quadratic equations and rational algebraic equations.  <i><b>M9AL-Ie-1</b></i>	<b>- Answer Learning Task 1.</b>  <i>Note: Practice exercise only.</i>  <b>- Study on how to transform rational equations into quadratic equations.</b> <b>Pages 18 - 19</b>	Personal submission by the parent to the teacher in school.
9:00 – 9:30	<b>Health Break</b>			



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9:30 – 10:30	<b>MAPEH</b>	<p>&gt; performs appropriate first aid for injuries and emergency situations in physical activity and sports settings (e.g. cramps, sprain, heat exhaustion)</p> <p>&gt; involves oneself in community service through sports officiating and physical activity programs</p>	> <b>Copy and answer, learning task 2 on page 9</b>	Personal submission by the parent to the teacher in school.
10:30 – 11:30	<b>Edukasyon sa Pagpapakatao</b>	<p>Naipaliliwanag ang:</p> <p>a. dahilan kung bakit may lipunang pulitikal</p> <p>b. Prinsipyo ng Subsidiarity</p> <p>c. Prinsipyo ng Pagkakaisa</p>	<p>*Gawain sa Pagkatuto Bilang 1 (pahina 16) Sagutin ang mga katanungan patungkol sa Pagsusulong ng Prinsipyo ng Subsidiarity at Pagkakaisa</p> <p>*Gawain sa Pagkatuto Bilang 2 (pahina 19) Lagyan ng PS kung ang pahayag ay nagpapakita ng prinsipyo ng subsidiarity at PP naman kung ito ay nagpapakita ng prinsipyo ng pagkakaisa</p>	Personal submission by the parent to the teacher in school.
11:30 – 1:00	<b>Lunch Break</b>			
1:00 – 2:00	<b>English</b>	*Express permission, obligation and prohibition using modals	Learning Task 2	Personal submission by the parent to the teacher in school.
2:00 – 3:00	<b>Araling Panlipunan</b>	Kahulugan at Kahalagahan ng Ekonomiks	<p>E. Gawin Bilang 5: Pahina 12</p> <p>A. Gawain sa Pagkatuto Bilang 4. Pahina 13 Sagot na lamang</p>	Personal submission by the parent to the teacher in school.



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3:00 – 4:00	<b>TLE (Technical Drafting)</b>	<ul style="list-style-type: none"> <li>Prepare, select and set-up tools, materials, and equipment based on job requirements</li> <li>Observe OHS policies and procedures in setting-up tools and materials for drawing</li> </ul>	Day 2: - Study and identify the different tools (pages 10 - 12)	Personal submission by the parent to the teacher in school.
	<b>TLE (Cookery)</b>	<ul style="list-style-type: none"> <li>Define the term appetizer and mise en place</li> </ul>	<b>Exercise 1: Word search puzzle</b>  <b>Find the kitchen tools and equipment in preparing appetizers</b>	Personal submission by the parent to the teacher in school.
	<b>TLE (CSS)</b>	Assess quality of received materials	Lesson 1:Applying Quality Standard Learning Task 2: Today I'll Be.. <i>pages 10-11 (continuation)</i>	Personal submission by the parent to the teacher in school.
4:00 – 5:00	<b>Consultation Period</b>			
<b>Day &amp; Time</b>	<b>Learning Area</b>	<b>Learning Competency</b>	<b>Learning Tasks</b>	<b>Mode of Delivery</b>
<b>Day 3 ( October 6, 2021)</b>				
8:00 – 9:00	<b>Mathematics</b>	Solve equations transformable to quadratic equations (including rational algebraic equations)  <b>M9AL-Ic-d-1</b>  Solve problems involving quadratic equations and rational algebraic equations.  <b>M9AL-Ie-1</b>	- Study on how to solve problem applications involving quadratic equations and rational equations. ( <i>See illustrative example.</i> )  - Answer Learning Task 2. <i>Page 19 - 20</i>	Personal submission by the parent to the teacher in school.



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9:00 – 9:30	<b>Health Break</b>			
9:30 – 10:30	<b>Science</b>	<ul style="list-style-type: none"> <li>Infer how one's lifestyle can affect the functioning of respiratory and circulatory systems (S9LT -lc -27).</li> </ul>	<ul style="list-style-type: none"> <li><b>Learning Task 2:</b> Take a look at the chart and the figure. Prepare a monthly health pledge using these two. -page 16</li> </ul>	Personal submission by the parent to the teacher in school.
10:30 – 11:30	<b>Filipino</b>	<ul style="list-style-type: none"> <li>Masuri ang maikling kuwento batay sa paksa, tauhan, pagkakasunod-sunod ng mga pangyayari, estilo sa pagsulat ng awtor at iba pa</li> </ul>	<ul style="list-style-type: none"> <li><b>Gawain sa Pagkatuto Bilang 2: Basahin at Unawain (PAGE 17-22)</b></li> </ul>	Personal submission by the parent to the teacher in school.
11:30 – 1:00	<b>Lunch Break</b>			
1:00 – 2:00	<b>English</b>	*Express permission, obligation and prohibition using modals	Learning Task 5	Personal submission by the parent to the teacher in school.
2:00 – 3:00	<b>MAPEH</b>	> performs appropriate first aid for injuries and emergency situations in physical activity and sports settings (e.g. cramps, sprain, heat exhaustion)  > involves oneself in community service through sports officiating and physical activity programs	Read and perform learning task 3 on page 10- 14, record your score. 1. Sit and reach - first trial.   - second trial Record the value in centimeter 2. Push ups, record how many push did you make 3. Hexagonal agility test - record the time in the nearest minute or second 4. Zipper test - record zipper test nearest 0.1 centimeter 5. Stork stand test - record the 60 second heart rate after the activity	Personal submission by the parent to the teacher in school.

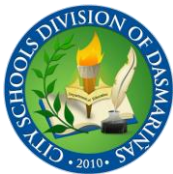


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3:00 – 4:00	<b>TLE (Technical Drafting)</b>	Prepare, select and set-up tools, materials, and equipment based on job requirements  • Observe OHS policies and procedures in setting-up tools and materials for drawing	Day 3 - Answer Learning Task 6: Line Exercise (pages 16 - 17)	4: Personal submission by the parent to the teacher in school.
	<b>TLE (Cookery)</b>	Describe the origin of appetizer	<b>.Read and understand the history of appetizers</b>	Personal submission by the parent to the teacher in school.
	<b>TLE (CSS)</b>	Assess own work	Lesson 1:Applying Quality Standard Learning Task 1: Quality or Quantity <i>page 20</i> <b>WRITTEN TASK</b>	Personal submission by the parent to the teacher in school.
4:00 – 5:00	<b>Consultation Period</b>			

Day & Time	Learning Area	Learning Competency	Learning Tasks	Mode of Delivery
<b>Day 4 ( October 7, 2021)</b>				
8:00 – 9:00	<b>Mathematics</b>	Solve equations transformable to quadratic equations (including rational algebraic equations)  <i>M9AL-Ic-d-1</i>  Solve problems involving quadratic equations and rational algebraic equations.  <i>M9AL-Ie-1</i>	<b>- Answer Learning Task 3A.</b>  <b>- Answer Learning Task 3B.</b>  <i>Note: Practice exercise only.</i>  <b>Page 21</b>	Personal submission by the parent to the teacher in school.



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9:00 – 9:30	<b>Health Break</b>			
9:30 – 10:30	<b>Science</b>	<ul style="list-style-type: none"><li>• Infer how one's lifestyle can affect the functioning of respiratory and circulatory systems (S9LT -Ic -27).</li></ul>	<ul style="list-style-type: none"><li>• <b>Learning Task 3:</b> Do this activity with your family members. A family that plays together stays together. One way of improving mental health is doing group games like this. Read the instructions in the table below and begin.</li><li>• <b>Learning Task 4:</b> In this activity make a menu for the week using the table below. Make sure that you have a good combination of balance, healthy but not expensive food. Remember that your family will benefit from this menu. Prepare a table showing the nutritional contents and benefits of the itemized menu of the day as shown in the sample table on the next page. <i>-pages 17-18</i></li></ul>	Personal submission by the parent to the teacher in school.
10:30 – 11:30	<b>Filipino</b>	<ul style="list-style-type: none"><li>• Mapagsunod-sunod ang mga pangyayari</li></ul>	<ul style="list-style-type: none"><li>• <b>Gawain sa Pagkatuto Bilang 4</b> (page 22)</li></ul>	Personal submission by the parent to the teacher in school.
11:30 – 1:00	<b>Lunch Break</b>			
1:00 – 2:00	<b>English</b>	*Express permission, obligation and prohibition using modals	Learning Task 6	Personal submission by the parent to the teacher in school.
2:00 – 3:00	<b>MAPEH</b>	<ul style="list-style-type: none"><li>&gt; performs appropriate first aid for injuries and emergency situations in physical activity and sports settings (e.g. cramps, sprain, heat exhaustion)</li><li>&gt; involves oneself in community service through sports officiating and physical activity programs</li></ul>	answer learning task 1 on page 23	Personal submission by the parent to the teacher in school.



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3:00 – 4:00	<b>TLE (Technical Drafting)</b>	Prepare, select and set-up tools, materials, and equipment based on job requirements  • Observe OHS policies and procedures in setting-up tools and materials for drawing	Day 3 - - Answer Learning Task 6: Line Exercise (pages 16 - 17)	4: Personal submission by the parent to the teacher in school.
	<b>TLE (Cookery)</b>	Describe the origin of appetizer	<b>Read and understand the history of appetizers</b>	Personal submission by the parent to the teacher in school.
	<b>TLE (CSS)</b>	Engage in quality improvement	Lesson 1: Applying Quality Standard Learning Task 1: Choose the best for me <i>page 38</i> Learning Task 2: Evaluate Me <i>pages 46-47</i> <b>PERFORMANCE TASKS</b>	Personal submission by the parent to the teacher in school.
4:00 – 5:00	<b>Consultation Period</b>			
Day & Time	Learning Area	Learning Competency	Learning Tasks	Mode of Delivery
<b>Day 5 ( October 8, 2021)</b>				
8:00 – 9:00	<b>Mathematics</b>	Solve equations transformable to quadratic equations (including rational algebraic equations)  <i>M9AL-Ic-d-1</i>  Solve problems involving quadratic equations and rational algebraic equations.  <i>M9AL-Ie-1</i>	- Answer Learning Task 4.  <i>Note: Choose only two (2) problems to solve. Page 21</i>	Personal submission by the parent to the teacher in school.





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9:00 – 9:30	<b>Health Break</b>			
9:30 – 10:30	<b>Science</b>	<ul style="list-style-type: none"> <li>• Infer how one's lifestyle can affect the functioning of respiratory and circulatory systems (S9LT -Ic -27).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Learning Task 5:</b> This activity will find out the health status of your family. From the previous activity about maintaining a healthy lifestyle, Choose five(5) questions for you to analyze and identify the status of your family health. List down the answer of each of the family members. -page 18</li> </ul>	Personal submission by the parent to the teacher in school.
10:30 – 11:30	<b>Filipino</b>	<ul style="list-style-type: none"> <li>• Mapagsunod-sunod ang mga pangyayari gamit ang angkop na mga pang-ugnay</li> </ul>	<ul style="list-style-type: none"> <li>• Gawain sa Pagkatuto Bilang 5 (page 22)</li> </ul>	Personal submission by the parent to the teacher in school.
11:30 – 1:00	<b>Lunch Break</b>			
1:00 – 2:00	<b>MAPEH</b>	<ul style="list-style-type: none"> <li>&gt; performs appropriate first aid for injuries and emergency situations in physical activity and sports settings (e.g. cramps, sprain, heat exhaustion)</li> <li>&gt; involves oneself in community service through sports officiating and physical activity program</li> </ul>	answer learning task 2 on page 23-25	Personal submission by the parent to the teacher in school.
2:00 – 3:00	<b>Araling Panlipunan</b>	Kahulugan at Kahalagahan ng Ekonomiks Mailalapat mo ang kahulugan ng ekonomiks batay sa iyong pang-araw-araw ba pamumuhay bilang isang mag-aaral, kasapi ng pamilya at lipunan.	<b>II. Gawain sa Pagkatuto Bilang 1. Kopyahin at Sagutan Pahina 6.</b>	Personal submission by the parent to the teacher in school.
3:00 – 4:00	<b>ESP</b>	Natataya ang pag-iral o kawalan sa pamilya, paaralan, baranggay, pamayanan, o lipunan/bansa ng: a. Prinsipyo ng Subsidiarity b. Prinsipyo ng Pagkakaisa	*Gawain sa Pagkatuto Bilang 3 (pahina 16) Tukuyin ang mga posibleng bunga ng pag-iral at kawalan ng Prinsipyo ng Subsidiarity at Prinsipyo ng Pagkakaisa sa iyong lipunang kinabibilangan	Personal submission by the parent to the teacher in school.
4:00 – 5:00	<b>Consultation Period</b>			