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| **GRADE 10**  **DETAILED LESSON PLAN** | **School** | **CAMALEY NATIONAL HIGH SCHOOL** | **Grade Level** | **10** |
| **Student-Teacher** | **KITZ CERWIN S. RAMIREZ** | **Learning Areas** | **SCIENCE** |
| **Teaching Dates and Time** | **11:00-12:00 &2:00-3:00**  **March 14,2024 Tuesday** | **Quarter** | **3rd Quarter** |

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| **I. OBJECTIVES** |  | | |
| **A. Content Standard** | The learners demonstrate an understanding of how feedback mechanisms coordinated by Female Reproductive System | | |
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| **C. Learning Competencies/Objectives** | Describe how endocrine system coordinates and regulates these feedback mechanisms to maintain homeostasis. **(S10LT-IIIc-36)**  **Specific Objectives:** a.) Identify the parts and functions of female reproductive systems  b) Explain the roles of hormones in female reproductive systems | | |
| **II. CONTENT** | **Coordinated Functions of the Nervous, Endocrine and Reproductive Systems (THE FEMALE RPRODUCTIVE SYSTEM)** | | |
| **III. LEARNING RESOURCES** |  | | |
| **A. Instructional Materials** | * Slide presentation * Charts and Illustration | | |
| **B. References** |  | | |
| 1. **Teacher`s Guide pages** |  | | |
| 1. **Learner`s Materials pages** | * Science 10 LM pp.248-249 | | |
| 1. **Textbook pages** |  | | |
| 1. **Additional Learning Materials** |  | | |
| **C. Other Learning Resource** |  | | |
| **D. Science Processes** | * Analyzing, Comparing, Interpreting, and Observing | | |
| **E. Values Integration** | * Active Participation, Curiosity, Decision-Making, Keen observer, and Open-Mindedness | | |
| **IV. PROCEDURES** |  | **TEACHER** | **STUDENT** |
| 1. **Reviewing Previous lesson or presenting a new lesson.** | **ELICIT** | **Preliminary activities**   1. **Prayer**   Good morning class*!*  May I request everyone to all stand and let us feel the presence of the lord.  Class president kindly lead the prayer    Please be seated!  How are you today?  Okay That’s great. I'm glad that all of you are fine and no one is sick*.*   1. **Classroom management**   Before you take your seats, kindly pick up the pieces of trash under your chair and also arrange yourself into alphabetical.   1. **Checking of attendance**   Who’s assign secretary of this section? Kindly check the attendance of your classmates. However, I will call your name to know you and familiarize your name  Is there any absent today?  Very good! I'm glad that all of you are present today*.*  Before we start to our new lesson, may we have a short recap about our lesson yesterday?  What was our last discussion all about?    Very good! Do you have any questions for that?  That’s great! | **(The students will stand)**  **(The students bow their heads and pray)**  Good morning Sir Ramirez,  Thank you, sir!  Were fine and feel better  Sir.  None sir    (The student will pick up the pieces of trash under their chairs and arrange their chairs to their respective arrangement***)***  Yes Sir, I’m the secretary.  None Sir, all of us are present today.  Okay sir  We discussed about the Effects of Hormones in the Body  Hormones affect various processes in the body as they regulate and balance the functioning of organs, tissues and cells, Hormones have a great impact on your growth, appearance, emotions, and reproductive functions.  None sir! |
| 1. **Establishing a purpose** | **ENGAGE** | seems that everyone already remembered the  lesson that we have discussed last meeting. We  can now proceed to our lesson for today  seems that everyone already remembered the  lesson that we have discussed last meeting. We  can now proceed to our lesson for today  It seems that everyone already remembered the lesson that we have discussed last meeting. We can now proceed to our next topic for today.  As for our initial activity today! Let’s have a short activity game entitled ***“FIX ME, BECAUSE I’M JUMBLED”.***  It sounds that all of you are ready, to the start the game.  HERE ARE THE INSTRUCTIONS:   * I will divide the class into four groups. * The leaders of the group will pick an envelope with a set of jumbled letters inside. * Then all of you have to do is to fix it with correct words. * The first group to finish the activity game will receive a reward.   Are my instructions clear, class?  Let’s do this game! Entitled “FIX ME, BECAUSE I’M JUMBLED.  *TERMS TO ARRANGE:*  1.LLEC GGE  2YRAVO-  3.ANIGAV-  4.NYMYH  5.ELAMEF-  Alright! Congratulations to the group\_\_, you are the group who finished arranging the words properly with shortest time consumed. Later, you will receive a reward for me.  All of you got the correct terms, Very Good class!  Give yourself an “**ANG GALING! GALING! CLAP!!!**  It goes like this….  (Clap...Clap...Clap) 123  (Hand stamp 3 times) 123  ANG GALING, GALING CLAP!  You all did a great job class! Congratulations. | Yes sir    1.EGG CELL  2.OVARY  3.VAGINA  4.HYMEN  5. FEMALE |
| 1. **Presenting examples/instances of the lesson** | Based on the game that we played do you have any idea on what our topic for will be today?  That’s correct! But specifically, our topic for today is all about the Female Reproductive System.   Do you have any idea on what is the Female Reproductive System?  Very Good! Are there any questions?  That’s great! | Our topic for today is all about the Female Reproductive System.  Yes Sir.  The female reproductive system includes parts of the female body that are involved in fertility, reproduction and sex It includes organs such as the uterus, ovaries, fallopian tubes, cervix and vagina. The menstrual cycle prepares the body for a possible pregnancy.  None sir! |
| 1. **Discussing new concepts and practicing new skills #1** | **EXPLORE** | C:\Users\kr677\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9684125C.tmp | The female reproductive system consists of several parts, each with its own function in the process of reproduction. Here's an overview of the main components and their functions:   1. **Ovaries**:   -Location: Paired organs located on either side of the uterus.  -Function: Ovaries produce eggs (ova) and hormones such as estrogen and progesterone.   1. **Fallopian Tubes (Oviducts)**:   -Location: Tubes that extend from the ovaries to the uterus.  -Function: Fallopian tubes transport eggs from the ovaries to the uterus. Fertilization of the egg by sperm typically occurs within the fallopian tubes.   1. **Uterus (Womb)**:   -Location: Pear-shaped organ located in the pelvis, between the bladder and the rectum.  -Function: The uterus is where a fertilized egg implants and develops into a fetus during pregnancy. If fertilization does not occur, the lining of the uterus is shed during menstruation.   1. **Cervix**:   -Location: The lower part of the uterus that connects to the vagina.  -Function: The cervix acts as a passageway between the uterus and the vagina. It produces mucus that changes consistency during the menstrual cycle to facilitate or prevent the passage of sperm.   1. **Vagina**:   -Location: A muscular canal that extends from the cervix to the external genitalia.  Function: The vagina serves as a passageway for menstrual flow to exit the body and for intercourse. It also forms the birth canal during childbirth.   1. **External Genitalia (Vulva)**:   -Components include the mons pubis, labia majora, labia minora, clitoris, and vaginal opening.  -Function: The external genitalia protect the internal reproductive organs and are involved in sexual arousal and intercourse.   1. **Bartholin's Glands**:   -Location: Located near the vaginal opening.  -Function: Bartholin's glands secrete fluid that lubricates the vagina during sexual arousal.   1. **Skene's Glands** (Paraurethral Glands):   -Location: Located near the urethral opening.  -Function: Skene's glands secrete fluid that may contribute to lubrication during sexual arousal.  These parts work together to support the reproductive process, including ovulation, fertilization, implantation, pregnancy, childbirth, and lactation. Additionally, the female reproductive system undergoes cyclic changes throughout the menstrual cycle, regulated by hormones, to prepare for potential pregnancy.  Top of Form |
| 1. **Discussion new concepts and practicing new skills # 2** | The students will play “Word Hunt “  **Activity 1** Directions: Search up, forward, backward, and on the diagonal, to find the hidden words.  C:\Users\kr677\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\23C4049.tmp | 1. . 2. . |
| 1. **Developing mastery (leads to Formative Assessment)** | **EXPLAIN** | Now, let’s study the female reproductive parts and its functions.  **What is Male Reproductive System.** | The male and female reproductive systems are anatomical systems within the human body responsible for the production of gametes (sperm and eggs) and facilitating fertilization, leading to reproduction.  **Male Reproductive System:** The male reproductive system includes organs such as the testes, scrotum, epididymis, vas deferens, seminal vesicles, prostate gland, bulbourethral glands, and penis. Its primary function is to produce sperm and deliver it to the female reproductive system during sexual intercourse. The male reproductive system also produces hormones, particularly testosterone, which is responsible for the development of male secondary sexual characteristics and the maintenance of reproductive tissues.Top of Form |
| 1. **Finding practical applications of concepts and skill in daily living** | **ELABORATE** | Now that we our done with our lesson I’ll prepared questions that I will going to ask  1.What is the role of the vagina in the female reproductive system?  **2.What is the menstrual cycle?**  3 What are the primary organs of the female reproductive system? | 1.The vagina serves as a passageway for menstrual flow to exit the body and for intercourse. It also forms the birth canal during childbirth.  2.The menstrual cycle is a series of hormonal and physiological changes that occur in the female reproductive system each month. It involves the maturation and release of an egg from the ovary (ovulation), preparation of the uterus for possible pregnancy, and shedding of the uterine lining if pregnancy does not occur (menstruation).  3.The primary organs of the female reproductive system are the ovaries, fallopian tubes (oviducts), uterus (womb), cervix, and vagina. |
| 1. **Making Generalization and abstraction about the lesson** |  | Now, let’s look back, what is main is the main role of female reproductive systems?    Very good! Excellent! I think you are all now ready for the quiz. | The main role of the female reproductive system is to produce eggs (ova), facilitate fertilization, support pregnancy, and nourish and protect the developing fetus. Here are the primary functions and roles of the female reproductive system:  . |
| 1. **Evaluating Learning** | **EVALUATE** | Let's evaluate what you've gained in understanding about Male Reproductive Systems today.  **SHORT QUIZ**  Directions : Choose the correct answer. Encircle the correct answer  1. **What are the primary organs of the female reproductive system?**  a) Ovaries, bladder, uterus b) Ovaries, fallopian tubes, uterus c) Ovaries, epididymis, cervix  **2.What is the function of the ovaries?**  a) Produce eggs and testosterone b) Produce eggs and hormones such as estrogen and progesterone c) Store and mature sperm  **3.Where does fertilization typically occur in the female reproductive system?**  a) Uterus b) Ovaries c) Fallopian tubes  **4.What is the purpose of the menstrual cycle?** a) To release eggs for fertilization b) To shed the uterine lining if pregnancy does not occur c) Both a) and b  5. **Which hormone is responsible for regulating the menstrual cycle and supporting pregnancy?**  a) Testosterone b) Estrogen c) Progesterone | 1. b) Ovaries, fallopian tubes,  2. b) Produce eggs and hormones such as estrogen and progesterone  3. c) Fallopian tubes   1. 4. c) Both a) and b)   5.b estrogen |
| 1. **Extending Learning/Additional activities for application or remediation** | **EXTEND** | ASSIGNMENT: Research about the role of hormone in female and male reproductive systems and their feedback mechanisms involved in regulating processes In the female reproductive systems? |  |
| **V. REMARKS** |  |  | |
| **VI. REFLECTION** |  |  | |
| 1. **No. of learners who earned 80% in the evaluation** |  |  | |
| 1. **No. of Learners who require additional activities for remediation** |  |  | |
| 1. **Did the Remedial lessons work? No. of learners who have caught up with the lesson** |  |  | |
| 1. **No. of Learners who continue to require remediation** |  |  | |
| 1. **Which of my teaching strategies work well? Why did this work?** |  |  | |
| 1. **What difficulties did I encounter which my principal or supervisor can help me solve?** |  |  | |
| 1. **What innovation or localized materials did I use/discover which I wish to share with other teachers?** |  |  | |

*Prepared by:* Noted by:**KITZ CERWIN RAMIREZ RAPHAEL MATHEW MARARAC**   
 Practice Teacher Cooperating Teacher