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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 81,2024 Monday** | **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  c.). Explaining the roles of hormones in male reproductive system | | |
| **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** |
| **A. Reviewing Previous lesson or presenting a new lesson.** | **ELICIT** | Good morning class*!*  “Before, we start our class, let us pray first.  Will you lead the prayer”  “Class, before you take your seat, I give you 5 minutes to pick- up the pieces of dirt scattered on the floor and arrange your chairs properly.”  “Okay class, you may take your seats.”  “Is there any absent for today class?”  “Very Good, class!”  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! | “Good morning, Sir.”  **The students will stand for a prayer.)**  Thank you, Sir.  (The students will pick up the pieces of dirt and arrange their chairs.)  Thank you sir!  “None, Sir”  We discussed about the Male Reproductive system .  Sir, the male reproductive system includes the external genitals (the penis, testes and the scrotum) and internal parts, including the prostate gland, vas deferens and urethra.  “None Sir” |
| 1. **Establishing a purpose** | **ENGAGE** | “It seems that everyone already remembered the lesson that we have discussed last meeting. We can now proceed to our next topic for today.”  PUZZLE GAME  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  Mechanics:  1. The class will be divided into 2 groups and each group should have two representatives.  2. The representative will line up in front of the class.To solve the puzzle  Are my instructions clear, class?  C:\Users\kr677\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B06F018.tmp  You all did a great job class! Congratulations.  . | “Yes Sir”  “Yes Sir”  “Thank you sir” |
| 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! | 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. |
| 1. **Discussing new concepts and practicing new skills #1** | **EXPLORE** | Class the male reproductive system can be divided into two, and there are?  Female Reproductive System - Diagram, Functions, Organs - GeeksforGeeks  What are the different parts external organs of female reproductive system?  What is the different part of internal organs of female reproductive system?  Give the parts and functions of male reproductive system? | “External and internal sir”  “Sir the external genitals, collectively known as the vulva, protect the internal parts from infection and allow sperm to enter the vagina.  Sir internal parts from infection and allow sperm to enter the vagina. The internal parts include the uterus, ovaries, and fallopian tubes, among others. Each part has a specific function in the process of reproduction.  **Ovaries**  - Function: Produce eggs (ova) and hormones, including estrogen and progesterone, which regulate the menstrual cycle and maintain  **Fallopian Tubes (also called uterine tubes or oviducts)**  -Function: Capture eggs released from the ovaries during ovulation and provide a site for fertilization by sperm. They transport the fertilized egg (zygote) to the uterus for implantation  **Uterus (also called the womb)**  **-**Function: Houses and nourishes the developing fetus during pregnancy. It also contracts during  **Cervix**  - Serves as a passageway between the uterus and the vagina. It also produces cervical mucus, which changes consistency throughout the menstrual cycle to facilitate or inhibit sperm passage  **Vagina**  -Acts as a passageway for menstrual blood, receives sperm during sexual intercourse, and serves as the birth canal during childbirth.  **External Genitalia (Vulva)**  -Protects the internal reproductive organs and is involved in sexual arousal and pleasure.  **Bartholin's Glands (Greater vestibular glands)**  -Secrete mucus to lubricate the vagina during sexual arousal.  **Skene's Glands (Paraurethral glands)**  -thought to produce fluid that may contribute to female ejaculation**.**  Top of Form |
| 1. **Discussion new concepts and practicing new skills # 2** | The students will play do individual activity  **Activity 1**  Directions: Label the parts of the female reproductive system, include the functions. Write your answer on your paper.​  C:\Users\kr677\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9721616C.tmp |  |
| 1. **Developing mastery (leads to Formative Assessment)** | **EXPLAIN** | ACTIVITY 2 : FILL IN THE BLANK  Directions: ANSWER the corresponding blank  Using the given words, fill in the blanks to make ... | Top of Form |
| 1. **Finding practical applications of concepts and skill in daily living** | **ELABORATE** | Cite the real-life applications of the male reproductive system  Can you explain the process of ovulation?    How does age affect fertility in women?  What are some lifestyle factors that can impact female reproductive health? | Sir Ovulation is a process regulated by hormones and occurs in three stages: follicular, ovulatory, and luteal. It involves the release of an egg from the ovary.  Sir A woman in her early to mid-20s has a 25–30% chance of getting pregnant every month. Fertility generally starts to slowly decline when a woman is in her early 30s, and after the age of 35 the decline speeds up. By age 40, the chance of getting pregnant in any monthly cycle is around 5%..  Sir Scientific evidence has suggested that modifiable lifestyle factors (consumption fat-rich diets, delayed childbearing/age of starting family, smoking, alcohol misuse, sexual behavior, anxiety/depression and perception/beliefs) play important roles in the general health and wellbeing of individuals including fertility |
| 1. **Making Generalization and abstraction about the lesson** |  | Now, let’s look back  What are the things that you have learned on female reproductive system? Very good!  What do you think is importance of having the female reproductive system?  Very good!  Why is it necessary to educate people about reproductive health care on female reproductive system?  Very good!    Excellent! I think you are all now ready for the quiz. | Sir , I learned that produces hormones and makes it possible to get pregnant and give birth. It includes two ovaries, two fallopian tubes, and the uterus. It also includes the cervix, the vagina, and the vulva. The ovaries store and release eggs (ova.  Sir the female reproductive system enables a woman to: produce eggs (ova) have sexual intercourse. protect and nourish a fertilized egg until it is fully developed.  The main objectives of increasing awareness for reproductive health are: It helps in educating every youth about sexual and reproductive health. It creates awareness among adolescents about safe sexual practices. It helps in preventing sexually transmitted infections, including HIV/AIDS. |
| 1. **Evaluating Learning** | **EVALUATE** | Let's evaluate what you've gained in understanding about Female Reproductive Systems today.  **SHORT QUIZ**  Directions: Choose the correct answer. Encircle the correct answer  1.What are the primary reproductive organs in females called?  a) Ovaries  b) Uterus  c) Fallopian tubes  d) Cervix  2.Which hormone is primarily responsible for regulating the menstrual cycle?  a) Estrogen  b) Progesterone  c) Testosterone  d) Follicle-stimulating hormone (FSH)  3.Where does fertilization typically occur in the female reproductive system?  a) Uterus  b) Cervix  c) Fallopian tubes  d) Ovaries  4What is the function of the cervix in the female reproductive system?  a) Produces eggs  b) Houses the developing fetus during pregnancy  c) Serves as a passageway between the uterus and the vagina  d) Releases hormones to regulate the menstrual cycle  5.Which structure serves as the birth canal during childbirth?  a) Vagina  b) Fallopian tubes  c) Ovaries  d) Uterus  6.What are the two main functions of the ovaries?  a) Produce eggs and regulate the menstrual cycle  b) Produce sperm and secrete hormones  c) Facilitate fertilization and support implantation  d) Contract during childbirth and produce cervical mucus  7.What is the term for the monthly shedding of the uterine lining in non-pregnant females?  a) Ovulation  b) Fertilization  c) Menstruation  d) Implantation  8Which glands near the vaginal opening produce mucus to lubricate the vagina during sexual arousal?  a) Bartholin's glands  b) Skene's glands  c) Mammary glands  d) Sebaceous glands  9-10 Give at least two (2) parts of female reproductive system? | 1. Ovaries  2. Estrogen  3.Fallopian tubes  4.Serves as a passageway between the uterus and the vagina  5. Vagina  6.Produce eggs and regulate the menstrual cycle  7.Menstruation  8.Bartholin's glands  9-10 ovaries cervix |
| 1. **Extending Learning/Additional activities for application or remediation** | **EXTEND** | ASSIGNMENT; Summary of male and female reproductive system |  |
| **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