

Date of Demonstration: February 10, 2025

## **LESSON PLAN IN MAPEH II**

### **Health**

#### **I. OBJECTIVES**

At the end of the lesson, the pupils should be able to:

- a. Identify the healthy family habit and practices;
- b. Demonstrate a healthy family habit; and
- c. Appreciate healthy family practices through expressing their experiences.

#### **II. SUBJECT MATTER**

**A. Topic:** "Healthy Family Habit and Practices"

**B. References:** "Achieve Creative Experiences and Skills in MAPEH 2," Pabalan, M.C., et al., pp. 102-107.

**C. Materials:** PowerPoint Presentation, Cut-out Pictures of Different Family Habits

**D. Strategies:** Deductive Method

**E. Value Focus:** Love for Family and Active Participation

#### **III. TEACHING-LEARNING PROCESS**

<b>Teacher's Activity</b>	<b>Pupil's Activity</b>
<p><b>A. Preparatory Activity</b></p> <p>Good afternoon, class!</p> <p>Before we start our class, I want you to pick up all the piece of paper and arrange your chairs.</p> <p>Alright, you may now take your seat.</p> <p><b>Review of the Past Lesson</b></p> <p>Let's have a review of what we have discussed on our past discussion.</p> <p>What is self-management skills?</p> <p>Very good, it is our ability to take good care of our body, like for example taking good care of our skin by taking a bath daily, applying sunblock lotions, sleeping early and many more.</p>	<p>Good afternoon, ma'am</p> <p>(Pupils pick up pieces of paper and arranges chairs)</p> <p>It is our ability to take care of our body, ma'am.</p>

What other body part should we take good care the most? How can we take care of it?

Our eyes, ma'am. We should sit in a comfortable distance from the television or when using our gadgets to ensure that the light will not damage our eyes.

Very good! Having a good self-management skill helps us improve our habits to keep our body healthy.

### **B. Motivation**

Now, let's watch a short video

<https://www.youtube.com/watch?v=b5jVOrR0J28>

Alright, what is the video all about?

It is about family, ma'am.

Yes! It is about family.

### **C. Lesson Proper**

Now, I have pictures here that I will show to you.



What can you observe in these pictures?

It is a picture of a family doing an activity, ma'am.

Yes, they are people or families that are doing an activity together.

What do you think the people or the

<p>family do in the first picture?</p> <p>Yes, they are singing and dancing together. How about in the second picture?</p> <p>Yes, they are watching a movie together. Now, how about on the third one?</p> <p>Yes, they are having a picnic in the park. Have you experienced doing these activities with your family?</p> <p>What are the other things that you do with your family? Can you share your own experience?</p> <p>Alright, so all of the things that you've mentioned are the activities or habits that can keep our family bond healthy.</p> <p>So, for today, we are going to discuss the different healthy family habits and activities.</p> <p>First, let's define what a <b>family</b> is. <b>Family</b> is the basic unit of our society. Without our family, we will not exist in this world. It our family who made a way to brought us here in this world. It is also our family who helps us grow by providing us with all our needs like our shelter, our food, water, and our clothing. They are also the first one who teaches us healthy habits and practices.</p> <p>So, what are these healthy habits and practices? One example of it is sharing responsibilities in keeping the house clean.</p> <p>Who among you here helped with doing the chores in the house? Or helping your mom, your dad, or your siblings to clean the house?</p> <p>Very good! What are the chores that you do inside your house?</p> <p>Very good! So, our family is the one who teaches us to do household chores such as sweeping the floor, doing the laundry, and washing the dishes.</p>	<p>They are having a karaoke and dancing, ma'am.</p> <p>They are watching a movie, ma'am.</p> <p>They are having a picnic, ma'am.</p> <p>Yes!</p> <p>(Pupils shares their different family activity and bonding)</p> <p>Me, ma'am!</p> <p>Pupil 1: Sweeping, ma'am. Pupil 2: Washing the dishes, ma'am! Pupil 3: Doing the laundry, ma'am!</p>
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<p>Our parents or our guardian are also the one who cook for us. They make sure that we eat meals that are rich in vitamins and minerals, such as fish, meat, vegetables, and many more.</p> <p>Who among you here helps in cooking your meals?</p> <p>Do you know how to cook? What dishes do you usually cook?</p> <p>Very good! It is important that we also help in doing this activity as it can help to strengthen our bond as a family.</p> <p>Moreover, our parents or guardian also remind us to drink a glass of milk for bone growth and at least 8 glasses of water daily for proper rehydration.</p> <p>Next, we can also exercise together with our family and have an active lifestyle. This means that we do different physical activities everyday like walking together, biking, or even playing sports.</p> <p>What physical activities do you usually do with your family?</p> <p>That's good. In doing these activities, we can motivate one another and it will help us avoid health problems such as obesity, which is having too much unhealthy weight.</p> <p>Lastly, we can also do recreational activities together.</p> <p>What recreational activities do you do together with your family?</p> <p>That's good. These recreational activities can help us release stress and can make us feel relaxed and happy. It is important for families to have quality time together like going to parks, swimming together, visiting our relatives, and many more. We should avoid using gadgets too much. Instead, let us spend time bonding with our family.</p>	<p>(Pupils raises their hands)</p> <p>Pupil 1: I cook eggs, ma'am. Pupil 2: Vegetables, ma'am!</p> <p>(Pupils shares their own activities with their family.)</p> <p>(Pupils shares their own activities with their family.)</p>
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### D. Generalization

Again, what are the different healthy family habits and practices that can make our family bond stronger?

These are sharing responsibilities, preparing and eating healthy food together, exercise regularly, doing recreational activities together and other activities that can strengthen our family bonds.

### E. Application

Now, I will group you into three groups. I have here some cut-out pictures that shows the different family habits. You will identify whether it is a healthy or unhealthy family habit and paste it on its proper column in this cartolina.

FAMILY HABITS AND PRACTICES	
HEALTHY	UNHEALTHY

P1: Doing the chores together, ma'am.  
P2: Preparing and eating healthy food together, ma'am.  
P3: Exercise together.  
P4: Do recreational activities together, ma'am.

## IV. EVALUATION

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

Direction: Color the cloud if the situation shows healthy family habits or practices.



