

Scope and Sequence Chart

Unit 1

MUSIC

Music of Southeast Asia

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Music of Indonesia	<ul style="list-style-type: none"> • Demonstrate understanding of the difference between Javanese and Balinese gamelan in Indonesia and their unique characteristics through listening • Differentiate the two tuning systems in Indonesia • Identify the instruments in the Gamelan and Javanese musical ensembles • Describe the musical characteristics of the music produced by the gamelan and Javanese ensembles 	<ul style="list-style-type: none"> • Explain how the music of a Southeast Asian country relates to its geography and culture • Listen perceptively to music of Southeast Asia • Sing songs of Southeast Asia • Analyze musical elements of selected songs and instrumental pieces heard and performed • Explore ways of producing sounds on a variety of sources that would simulate instruments being studied • Improvise simple accompaniment to selected Southeast Asian music • Perform on available instruments from Southeast Asia 	<ul style="list-style-type: none"> • Sing Indonesian songs and improvise accompaniments to enhance the singing • Compare and differentiate the sound produced of the two ensembles • Listen to the music of the two ensembles • Explore ways of improvising accompaniments to Indonesian songs

		<ul style="list-style-type: none"> Evaluate music and music performances applying knowledge of musical elements and style 	
Lesson 2 Music of Thailand	<ul style="list-style-type: none"> Identify the musical characteristics of the three types of musical ensembles of Thailand Tell of the impact of Thailand's location to its culture and music as a whole Sing Thai songs in the tradition of Thai style of vocal singing Describe the musical instruments used in the Thai ensembles Appreciate Thai music by singing selected folk songs correctly Dispel myths regarding sexually transmitted infections and explain the facts behind them 	<ul style="list-style-type: none"> Explain how the music of a Southeast Asian country relates to its geography and culture Listen perceptively to music of Southeast Asia Sing songs of Southeast Asia Analyze musical elements of selected songs and instrumental pieces heard and performed Explore ways of producing sounds on a variety of sources that would simulate instruments being studied Improvise simple accompaniment to selected Southeast Asian music Perform on available instruments from Southeast Asia 	<ul style="list-style-type: none"> Tell the characteristics of the three types of musical ensembles Name the instruments that are used in each of the musical ensembles Listen to a Thai lullaby Perform the Thai lullaby and explore ways of accompanying the song
Lesson 3 Music of Cambodia	<ul style="list-style-type: none"> Evaluate the categories of classical music of Cambodia Describe the distinguishing features of Cambodian music Identify the categories of music in Cambodia 	<ul style="list-style-type: none"> Explain how the music of a Southeast Asian country relates to its geography and culture Listen perceptively to music of Southeast Asia Sing songs of Southeast Asia 	<ul style="list-style-type: none"> Listen to examples of Cambodian music Sing short pieces of Cambodian music Listen perceptively to distinguish the similarities and differences of the instruments

	<ul style="list-style-type: none"> Name and describe the instruments in each category of classical music Tell the social functions where each of the categories of Cambodian music are used Describe the characteristic features of each of the category of Cambodian music 	<ul style="list-style-type: none"> Analyze musical elements of selected songs and instrumental pieces heard and performed Explore ways of producing sounds on a variety of sources that would simulate instruments being studied Improvise simple accompaniment to selected Southeast Asian music Perform on available instruments from Southeast Asia 	<ul style="list-style-type: none"> Sing folk music in Cambodian style Sing any folk music of Cambodia Improvise any Cambodian musical instrument. Use the improvised instrument to accompany the folk song learned
Lesson 4 Music of Myanmar	<ul style="list-style-type: none"> Describe the unique musical characteristics of Myanmar Name the distinctive instruments used in Myanmar music Show appreciation to Myanmar music by listening perceptively Explain the musical characteristics of Saung-gauk and Hsaing waing of Myanmar 	<ul style="list-style-type: none"> Explain how the music of a Southeast Asian country relates to its geography and culture Listen perceptively to music of Southeast Asia Sing songs of Southeast Asia Analyze musical elements of selected songs and instrumental pieces heard and performed Explore ways of producing sounds on a variety of sources that would simulate instruments being studied Improvise simple accompaniment to selected Southeast Asian music Perform on available instruments from Southeast Asia 	<ul style="list-style-type: none"> Listen to examples of Myanmar music Perform notches of melodies from Myanmar music Accompany selected songs with improvised instruments Sing songs to emphasize the unique musical quality of Myanmar music Listen to Myanmar orchestral music Research on other Myanmar songs Perform in class the music of Myanmar

ART
Southeast Asian Art

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Arts of Indonesia	<ul style="list-style-type: none"> • Know the history of art of Indonesia • Identify the different art forms of Indonesia • Identify the characteristics of the arts and crafts of Indonesia • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources and expertise • Derive elements from tradition or history of a community for one's artwork • Analyze and apply elements, principles and processes of art through art production • Trace external and internal influences that are reflected in the design of an artwork and in the process of making of a craft or artifact • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills • Demonstrate understanding on Southeast Asian art as having rich artistic and cultural tradition from prehistoric to the present times • Demonstrate understanding on the salient features of the arts of Southeast Asia by showing the relationship of the elements of art and the processes among culturally diverse communities in the region • Create artworks showing the characteristic elements of the arts of Southeast Asia • Exhibit completed artworks for appreciation and critiquing 	<ul style="list-style-type: none"> • Classify the elements of Indonesian art together with a partner • Name three things learned about the art of Indonesia • Identify two things discovered about the art of Indonesia • Create a version of the Indonesia art batik and print the design on a plain white shirt • Reflect on how art can promote understanding among the people of Southeast Asia

<p>Lesson 2 Arts of Vietnam</p>	<ul style="list-style-type: none"> • Know the history of art of Vietnam • Identify the different art forms of Vietnam • Identify the characteristics of the arts and crafts of Vietnam • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources, and expertise • Derive elements from tradition or history of a community for one’s artwork • Analyze and apply elements, principles and processes of art through art production • Trace external and internal influences that are reflected in the design of an artwork and in the process of making of a craft or artifact • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills • Demonstrate understanding on Southeast Asian art as having rich artistic and cultural tradition from prehistoric to the present times • Demonstrate understanding on the salient features of the Southeast Asia by showing the relationship of the elements of art and the processes among culturally diverse communities in the region • Create artworks showing the characteristic elements of the arts of Southeast Asia • Exhibit completed artworks for appreciation and critiquing 	<ul style="list-style-type: none"> • Study the examples of paintings of Vietnam and share one’s interpretation in the class • Name three things learned about the art of Vietnam • Identify two things discovered about the art of Vietnam • Draw a model of the One Pillar Pagoda and incorporate Vietnamese design in one’s artwork
<p>Lesson 3 Arts of Thailand</p>	<ul style="list-style-type: none"> • Know the history of art of Thailand • Identify the different art forms of Thailand 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills 	<ul style="list-style-type: none"> • Name three things learned about the art of Thailand • Identify two things discovered about the art of Thailand

	<ul style="list-style-type: none"> • Identify the characteristics of the arts and crafts of Thailand • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources, and expertise • Derive elements from tradition or history of a community for one's artwork • Analyze and apply elements, principles and processes of art through art production • Trace external and internal influences that are reflected in the design of an artwork and in the process of making of a craft or artifact • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<ul style="list-style-type: none"> • Demonstrate understanding on Southeast Asian as having rich artistic and cultural tradition from prehistoric to the present times • Demonstrate understanding on the salient features of the Southeast Asia by showing the relationship of the elements of art and the processes among culturally diverse communities in the region • Create artworks showing the characteristic elements of the arts of Southeast Asia • Exhibit completed artworks for appreciation and critiquing 	<ul style="list-style-type: none"> • Create a version of the Buddha statue using recycled materials • Write an essay about one's artwork • Reflect on how one can apply elements and principles into one's artwork, how one can utilize these elements and on the principles in establishing peace among other people
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PHYSICAL EDUCATION
Training Guidelines and Team Sports

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Physiological Effects of Physical Activities	<ul style="list-style-type: none"> • Elaborate the topic about the psychological effects of physical activities in one’s own words • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Monitor one’s physical activities using a diary • Share one’s physical activity experiences to his/her fellow classmates 	<ul style="list-style-type: none"> • Undertake physical activity and physical fitness assessments • Set goals based on assessment results • Monitor periodically progress toward the fitness goals • Assume responsibility for achieving fitness 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about the physiological effects of physical activities • Form a group and discuss the physiological effects of physical activities
Lesson 2 Basketball	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Know the history of basketball • Learn the terms and definitions in basketball • Identify the facilities and equipment used in basketball • Demonstrate the different positions in basketball • Participate through recitation and demonstration 	<ul style="list-style-type: none"> • Describe the nature and background of the sport. • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about basketball • Form a group and demonstrate the different positions in basketball

	<ul style="list-style-type: none"> • Answer the quiz and aim to have at least 60% score in the result 		
Lesson 3 Volleyball	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Know the history of volleyball • Learn the terms and definitions in volleyball • Identify the facilities and equipment used in volleyball • Demonstrate the different positions in volleyball • Participate through recitation and demonstration 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about volleyball • Form a group and demonstrate the different positions in volleyball
Lesson 4 Football and Futsal	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Know the history of football and futsal • Learn the terms and definitions in football and futsal • Identify the facilities and equipment used in football and futsal • Demonstrate the skills and techniques in football and futsal • Participate through recitation and demonstration 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about football and futsal • Form a group and demonstrate the different positions in football and futsal

<p>Lesson 5 Goalball</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Know the history of goalball • Learn the terms and definitions used in goalball • Identify the facilities and equipment used in goalball • Demonstrate the skills and techniques in goalball • Participate through recitation and demonstration 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about goalball • Form a group and demonstrate the different positions in goalball
<p>Lesson 6 Softball</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Know the history of softball • Learn the terms and definitions used in softball • Identify the facilities and equipment used in softball • Demonstrate the skills and techniques used in softball • Participate through recitation and demonstration 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about softball • Form a group and demonstrate the different positions in softball
<p>Lesson 7 Baseball</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Know the history of baseball 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about baseball • Form a group and demonstrate the different

	<ul style="list-style-type: none"> • Learn the terms and definitions in baseball • Identify the facilities and equipment used in baseball • Demonstrate the skills and techniques in baseball • Maintain stability in playing the sport • Establish partnership in doing the positions with a classmate 	<ul style="list-style-type: none"> • Display tolerance and acceptance of individuals with varying skills and abilities 	positions in baseball
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HEALTH

Friendship and Teenage Concerns

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 A Primer on Human Sexuality	<ul style="list-style-type: none"> • Distinguish the different types of friendships • Enumerate the dimensions of human sexuality • Identify some risks that go along with sexual intimacy • Explain why emotional intimacy is necessary to build close relationships • Enumerate some ways that can help you choose abstinence 	<ul style="list-style-type: none"> • Demonstrate understanding of human sexuality and managing sexuality related issues for a healthy life • Appropriately manage sexually related issues through responsible and informed decisions 	<ul style="list-style-type: none"> • Fill up a concept map on friendship • Discuss types of friendship. • Explain the dimensions of sexuality • Brainstorm on the effects of sexual intimacy, and how to show emotional intimacy • Address teenage concerns such as identity crisis, premarital sex, teenage pregnancy, and abortion • Write a persuasive email

	<ul style="list-style-type: none"> • Identify teenage concerns like identity crisis, premarital sex, teenage pregnancy, and abortion 		
<p>Lesson 2</p> <p>Sexually Transmitted Infections: HIV Infections and Aids</p>	<ul style="list-style-type: none"> • Explain the nature of sexually transmitted infections and the risky behaviors accounting for its increasing number • Differentiate between HIV and AIDS • Identify the three stages of HIV infection • Explain how HIV is transmitted • Discuss government policies that aim to control HIV infection and AIDS and ensuring clean blood supply to prevent issues and problems related to sexuality • Dispel myths regarding sexually transmitted infections and explain the facts behind them 	<ul style="list-style-type: none"> • Identify the basic terms in sexuality (sex, sexual, gender, etc.) • Discuss sexuality as an important component of one's personality • Explain the dimensions of human sexuality • Analyze the factors that affect one's attitudes and practices related to sexuality and sexual behaviors • Assess personal health attitude that may influence sexual behavior • Relate the importance of sexuality to family health • Identify the different issues/concerns of teenagers (i.e., identity crisis) and the need for support and understanding of the family • Apply decision-making skills in managing sexuality-related issues 	<ul style="list-style-type: none"> • Do a statistical analysis of the HIV/AIDS situation in the Philippines • Lecture/discuss the sexually transmitted infections and HIV/AIDS • Explain government policies that help control HIV/AIDS • Do a situational analysis about HIV/AIDS • Discuss myths and facts about STI and AIDS • Make advocacy campaign about STI and AIDS

<p>Lesson 3 Promoting Sexual Health: Appropriate Practices and Behaviors</p>	<ul style="list-style-type: none"> • Enumerate ways to avoid contracting sexually transmitted infections • Discuss abstinence skills 	<ul style="list-style-type: none"> • Analyze the factors that affect one's attitudes and practices related to sexuality and sexual behaviors • Assess personal health attitude that may influence sexual behavior • Relate the importance of sexuality to family health • Identify the different issues/concerns of teenagers (i.e., identity crisis) and the need for support and understanding of the family • Apply decision-making skills in managing sexuality-related issues 	<ul style="list-style-type: none"> • Write emails to encourage friends to choose abstinence • Do a group discussion on ways to practice abstinence
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Unit 2

MUSIC

Music of East Asia

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Music of China	<ul style="list-style-type: none"> • Recognize the characteristics of instrumental and vocal Chinese music • Name the musical instruments of China • Tell how these instruments were named • Define the remarkable qualities of Chinese folk music 	<ul style="list-style-type: none"> • Explain how East Asian music relates to its geography and culture • Sing songs of East Asia • Analyze musical elements of selected songs and instrumental pieces heard and performed • Explore ways of producing sounds on a variety of sources that would simulate instruments being studied • Improvise simple accompaniment to selected East Asian music • Perform on available instruments from East Asia • Evaluate music and music performances applying knowledge of musical elements and style 	<ul style="list-style-type: none"> • Listen to selected Chinese music • Sing Chinese songs in correct rhythm and melody • Tell the distinguishing musical characteristics of Chinese instrumental and vocal music • Produce notches of Chinese music using improvised instruments • Sing and perform Chinese songs • Improvise simple accompaniment in the tradition of Chinese music • Improvise simple Chinese musical instruments • Accompany the singing with the use of the improvised instruments
Lesson 2 Music of Japan	<ul style="list-style-type: none"> • Name and describe the musical characteristics developed in Japanese music • Perceptively listen to and 	<ul style="list-style-type: none"> • Explain how East Asian music relates to its geography and culture 	<ul style="list-style-type: none"> • Listen to examples of instrumental and vocal Japanese music • Sing Japanese songs in correct

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
	<p>perform the music of Japan</p> <ul style="list-style-type: none"> • Analyze the music of Japan in terms of the musical elements prominent in the music • Identify the Japanese musical instruments 	<ul style="list-style-type: none"> • Sing songs of East Asia • Analyze musical elements of selected songs and instrumental pieces heard and performed • Explore ways of producing sounds on a variety of sources that would simulate instruments being studied • Improvise simple accompaniment to selected East Asian music • Perform on available instruments from East Asia • Evaluate music and music performances applying knowledge of musical elements and style 	<p>rhythm and melody</p> <ul style="list-style-type: none"> • Perform vocal and instrumental Japanese music well • Improvise a short, simple melody in the tradition of Japanese music • Watch Japanese ensembles in videos
<p>Lesson 3 Music of Korea</p>	<ul style="list-style-type: none"> • Identify the instruments and instrumental genres of Korean music • Distinguish the types of Korean music • Categorize the famous Korean musical instruments 	<ul style="list-style-type: none"> • Explain how East Asian music relates to its geography and culture • Sing songs of East Asia • Analyze musical elements of selected songs and instrumental pieces heard and performed • Explore ways of producing sounds on a variety of sources that would simulate instruments 	<ul style="list-style-type: none"> • Listen to examples of famous Korean instrumental music played on instruments • Invite gifted instrumentalist from the class/school to perform Korean music in class • Learn and perform the Korean folk songs • Apply appropriate accompaniment to the folk songs

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
		<p>being studied</p> <ul style="list-style-type: none"> • Improvise simple accompaniment to selected East Asian music • Perform on available instruments from East Asia • Evaluate music and music performances applying knowledge of musical elements and style 	

ART
Arts of East Asia

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
<p>Lesson 1 Arts of China</p>	<ul style="list-style-type: none"> • Know the history of art of China • Identify the different art forms of China • Identify the characteristics of the arts and crafts from China • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources, and expertise 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills • Demonstrate understanding of the salient features of the arts of East Asia by showing the relationship of the elements of art and processes among culturally 	<ul style="list-style-type: none"> • Assess prior knowledge about the art of China • Name three things learned about the art of China • Identify two things discovered about the art of China • Determine one common element among the art forms of China • Create a version of a Chinese

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
	<ul style="list-style-type: none"> • Derive elements from tradition or history of a community for one’s artwork • Analyze and apply elements, principles and processes of art through art production • Trace external and internal influences that are reflected in the design of an artwork and in the process of making of a craft or artifact • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<p>diverse communities in the region</p> <ul style="list-style-type: none"> • Demonstrate understanding of East Asian countries as having a rich artistic and cultural tradition from prehistoric to present times • Create artworks showing the characteristic elements of the arts of East Asia • Exhibit completed artworks for appreciation and critiquing 	<p>painting using watercolor</p>
<p>Lesson 2 Arts of Japan</p>	<ul style="list-style-type: none"> • Know the history of the art of Japan • Identify the different art forms of Japan • Identify the different characteristics of the arts and crafts of Japan • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources, and expertise • Derive elements from tradition or history of a community for one’s artwork • Analyze and apply elements, 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills • Demonstrate understanding of the salient features of the arts of East Asia by showing the relationship of the elements of art and processes among culturally diverse communities in the region • Demonstrate understanding of East Asian countries as having a rich artistic and cultural tradition from prehistoric to present times 	<ul style="list-style-type: none"> • Assess prior knowledge about the art of Japan • Name three things learned about the art of Japan • Identify two things discovered about the art of Japan • Determine one common element among the art forms of Japan • Create a painting of flowers arranged in Ikebana style using watercolor

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
	<p>principles, and processes of art through art production</p> <ul style="list-style-type: none"> • Trace external and internal influences that are reflected in the design of an artwork and in the process of making of a craft or artifact • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<ul style="list-style-type: none"> • Create artworks showing the characteristic elements of the arts of East Asia • Exhibit completed artworks for appreciation and critiquing 	
<p>Lesson 3 Arts of Korea</p>	<ul style="list-style-type: none"> • Know the history of art of Korea • Identify the different art forms of Korea • Identify the characteristics of the arts and crafts of Korea • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources, and expertise • Derive elements from tradition or history of a community for one's artwork • Analyze and apply elements, principles and processes of art through art production • Trace external and internal influences that are reflected in 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills • Demonstrate understanding of the salient features of the arts of East Asia by showing the relationship of the elements of art and processes among culturally diverse communities in the region • Demonstrate understanding of East Asian countries as having a rich artistic and cultural tradition from prehistoric to present times • Create artworks showing the characteristic elements of the arts 	<ul style="list-style-type: none"> • Assess prior knowledge about the art of Korea • Identify the material, function, and processes involved in the production of Korean artwork • Explain the influence and historical value of a Korean artwork • Draw a picture of a Korean wooden sculpture • Make a Korean mask sculpture using self-hardening clay

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
	<p>the design of an artwork and in the process of making of a craft or artifact</p> <ul style="list-style-type: none"> • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<p>of East Asia</p> <ul style="list-style-type: none"> • Exhibit completed artworks for appreciation and critiquing 	

PHYSICAL EDUCATION
Training Guidelines and Team Sports

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
<p>Lesson 1 Guidelines on Training and Conditioning for Fitness</p>	<ul style="list-style-type: none"> • Know the safety guidelines in performing physical activities and playing sports • Learn the different terms and definitions in physical activities and exercise programs 	<ul style="list-style-type: none"> • Demonstrate understanding of guidelines and principles in exercise program design to achieve fitness • Prepare a physical activity program • Undertake physical activity and physical fitness assessment • Set goals based on assessment results • Monitor periodically progress toward the fitness goals • Assume responsibility for achieving fitness 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about training and conditioning exercises • Form a group and discuss the guidelines on training and conditioning for fitness

		<ul style="list-style-type: none"> Analyze the effect of exercise and physical activity participation on fitness 	
Lesson 2 Fundamentals of Basketball	<ul style="list-style-type: none"> Understand the importance of warm-up exercises in preventing possible sport-related injuries Understand the fundamentals of basketball Perform the different skills and techniques in basketball 	<ul style="list-style-type: none"> Undertake physical activity and physical fitness assessment Describe the nature and background of the sport Execute the skills involved in the sport Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> Watch a video presentation/ demonstration about the different skills and techniques in basketball Form a group and perform the different skills and techniques in basketball
Lesson 3 Volleyball	<ul style="list-style-type: none"> Understand the importance of warm-up exercises in preventing possible sport-related injuries Perform the different skills and techniques in volleyball 	<ul style="list-style-type: none"> Undertake physical activity and physical fitness assessment Describe the nature and background of the sport Execute the skills involved in the sport Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> Watch a video presentation/ demonstration about volleyball Form a group and perform the different skills and techniques in volleyball

<p>Lesson 4 Football and Futsal</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Learn the fundamentals of football and futsal • Learn the rules and regulations in playing football and futsal • Understand the similarities and differences between football and futsal 	<ul style="list-style-type: none"> • Undertake physical activity and physical fitness assessment. • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about football and futsal • Form a group and demonstrate the different positions in football and futsal
<p>Lesson 5 Goalball</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Learn the rules and regulations in playing goalball • Perform the basic skills and techniques in goalball 	<ul style="list-style-type: none"> • Undertake physical activity and physical fitness assessment • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about goalball • Form a group and demonstrate the different positions in goalball
<p>Lesson 6 Softball</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Learn the different terms and definitions in softball • Learn the different rules and regulations in playing softball • Perform the basic skills and techniques in playing softball 	<ul style="list-style-type: none"> • Undertake physical activity and physical fitness assessment • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about softball • Form a group and demonstrate the different positions in softball

<p>Lesson 7 Baseball</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Identify the differences and similarities between baseball and softball • Learn the different terms and definitions in baseball • Learn the different rules and regulations in playing baseball • Perform the basic skills and techniques in playing baseball 	<ul style="list-style-type: none"> • Undertake physical activity and physical fitness assessment • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about baseball • Form a group and demonstrate the different positions in baseball
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HEALTH

Family Health: Identifying the Self with Society

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Dating, Courtship, Marriage, and Responsible Parenthood	<ul style="list-style-type: none"> • Define <i>dating, courtship, and marriage</i> • Describe factors that contribute to a successful marriage • Explain the importance of responsible parenthood • Enumerate some modern family planning method availability of resources 	<ul style="list-style-type: none"> • Demonstrate an understanding of responsible parenthood for a healthy life • Make informed and value-based decisions in preparation for responsible parenthood 	<ul style="list-style-type: none"> • Do a survey of what qualities are important in a successful marriage • Do a group discussion on dating, courtship, marriage, and responsible parenthood • Dramatize a scenario on family planning methods • Do a situational analysis
Lesson 2 Maternal Health Concerns	<ul style="list-style-type: none"> • Explain the importance of maternal nutrition during pregnancy • Discuss the different maternal health concerns before, during, and after pregnancy • Discuss the importance of neonatal screening for newborns • Enumerate the advantages of breastfeeding • State the importance of immunization in protecting children's health 	<ul style="list-style-type: none"> • Define basic terms (dating, courtship, marriage) • Explain the importance of courtship and dating in choosing a lifelong partner • Identify marital practices and setup across cultures • Analyze behaviors that promote healthy relationship in marriage and family life • Describe the factors that contribute to a successful marriage 	<ul style="list-style-type: none"> • Report on maternal health concerns • Demonstrate APGAR scoring and neonatal care through panel discussion • Hold a breastfeeding and immunization campaign • Create a fashion magazine article on how to stay healthy during pregnancy • Do a tribute to mothers for their love and sacrifice through the song "Mama"

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
		<ul style="list-style-type: none"> • Discuss various maternal health concerns (pre-during-post pregnancy) • Discuss pregnancy-related concerns • Explain the importance of maternal nutrition during pregnancy • Discuss the importance of newborn screening and the APGAR scoring system for newborns • Explain the importance of prenatal care and post natal care • Discuss the essential newborn protocol (Unang Yakap) and initiation of breastfeeding • Enumerate the advantages of breastfeeding for both mother and child • Recognize the importance of immunization in protecting children’s health • Analyze the importance of responsible parenthood • Explain the effects of family size on family health • Examine the important roles and responsibilities of parents in 	

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
		child bearing and care <ul style="list-style-type: none"> • Explain the effects of rapid population growth on the health of the nation • Enumerate modern family planning methods (natural and artificial) 	

Unit 3

MUSIC

Music of South and West Asia

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Music of India	<ul style="list-style-type: none"> • Name and describe the musical characteristics developed in Indian music • Perceptively listen to and perform the music of India • Analyze the music of India in terms of the musical elements prominent in the music • Identify the Indian musical instruments 	<ul style="list-style-type: none"> • Explain how the music of a South Asian and the Middle East country relate to its geography and culture • Listen perceptively to music of South Asia and the Middle East • Sing songs of South Asia and the Middle East • Analyze musical elements of selected songs and instrumental pieces heard and performed • Explore ways of producing sounds on a variety of sources that would simulate instruments 	<ul style="list-style-type: none"> • Listen to examples of famous music from India • Perform Indian music with precision • Improvise musical instruments and use these to accompany Indian music • Name musical terms related to Indian music and be able to differentiate one from the other. • Improvise simple Indian musical instrument from recycled materials

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
		being studied <ul style="list-style-type: none"> • Improvise simple accompaniment to selected South Asia and the Middle East music • Perform on available instruments from South Asia and Middle East 	<ul style="list-style-type: none"> • Use the improvised instrument to accompany the song
Lesson 2 Music of Israel	<ul style="list-style-type: none"> • Analyze and identify the musical elements of Israeli music. • Perform Israeli music in the style known to Israel. • Demonstrate the unique rhythm of Israeli music. • Differentiate the two different divisions of Israeli music. • Name the Israeli musical instruments. 	<ul style="list-style-type: none"> • Explain how the music of a South Asian and the Middle East country relate to its geography and culture • Listen perceptively to music of South Asia and the Middle East. • Sing songs of South Asia and the Middle East • Analyze musical elements of selected songs and instrumental pieces heard and performed • Explore ways of producing sounds on a variety of sources that would simulate instruments being studied • Improvise simple accompaniment to selected South Asia and the Middle East music • Perform on available instruments from South Asia and Middle East 	<ul style="list-style-type: none"> • Learn Israeli folk music and relate to Israeli experience to be able to sing the song correctly • Perform Israeli folk song correctly • Listen to Israeli music perceptively • Replicate the nasal singing of the Israeli to perform the folk music

ART

Arts of South, West, and Central Asia

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Arts of India	<ul style="list-style-type: none"> • Know the history of art of India • Identify the different art forms of India • Identify the characteristics of the arts and crafts of India • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources, and expertise • Derive elements from tradition or history of a community for one’s artwork • Analyze and apply elements, principles and processes of art through art production • Trace external and internal influences that are reflected in the design of an artwork and in the process of making of a craft or artifact • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills • Demonstrate understanding on South, West, and Central Asia as having rich artistic and cultural tradition from prehistoric to the present times • Demonstrate understanding on the salient features of the South, West, and Central Asia by showing the relationship of the elements of art and the processes among culturally diverse communities in the region • Create artworks showing the characteristic elements of the arts of South, West, and Central Asia 	<ul style="list-style-type: none"> • Research on Indian artworks • Make a sketch of an Indian tattoo design • Create an artistic design inspired by Indian art on the outline provided in the textbook • Assess the artwork using the following rubrics: creativity, resourcefulness, and neatness

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 2 Arts of West Asia	<ul style="list-style-type: none"> • Know the history of art of West India • Identify the different art forms of West India • Identify the characteristics of the arts and crafts of West India • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources, and expertise • Derive elements from tradition or history of a community for one's artwork • Analyze and apply elements, principles and processes of art through art production • Trace external and internal influences that are reflected in the design of an artwork and in the process of making of a craft or artifact • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills • Demonstrate understanding on South, West, and Central Asia as having rich artistic and cultural tradition from prehistoric to the present times • Demonstrate understanding on the salient features of the South, West, and Central Asia by showing the relationship of the elements of art and the processes among culturally diverse communities in the region • Create artworks showing the characteristic elements of the arts of South, West, and Central Asia • Exhibit completed artworks for appreciation and critiquing 	<ul style="list-style-type: none"> • Explain the history of the artworks from West Asia • Draw a version of a Persian tile design • Decorate a recycled material using Persian motif

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 3 Arts of Central Asia	<ul style="list-style-type: none"> • Know the history of art of Central Asia • Identify the different art forms of Central India • Identify the characteristics of the arts and crafts of West India • Describe and appreciate work of art in terms of origin, influence, history, functionality, aesthetics, resources, and expertise • Derive elements from tradition or history of a community for one's artwork • Analyze and apply elements, principles and processes of art through art production • Trace external and internal influences that are reflected in the design of an artwork and in the process of making of a craft or artifact • Create arts and crafts that can be assembled locally using local materials and guided by local traditional techniques 	<ul style="list-style-type: none"> • Demonstrate understanding on art elements, principles, and processes by synthesizing and applying prior knowledge and skills • Demonstrate understanding on South, West, and Central Asia as having rich artistic and cultural tradition from prehistoric to the present times • Demonstrate understanding on the salient features of the South, West, and Central Asia by showing the relationship of the elements of art and the processes among culturally diverse communities in the region • Create artworks showing the characteristic elements of the arts of South, West, and Central Asia • Exhibit completed artworks for appreciation and critiquing 	<ul style="list-style-type: none"> • Describe the qualities of the artworks of Central Asia • Compare and contrast the art of Tibet and the art of Pakistan by using a Venn diagram • Research on the famous art of Central Asia and list down the information in a table

PHYSICAL EDUCATION
Training Guidelines and Team Sports

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Hindrances to Physical Activity Participation	<ul style="list-style-type: none"> • Learn some of the hindrances to physical activity participation and the strategies to minimize or eliminate their hindering effects • Understand the importance of keeping a physical activity diary • Keep a record of physical activity participation for an entire week 	<ul style="list-style-type: none"> • Prepare a physical activity program • Undertake physical activity and physical fitness assessment • Set goals based on assessment results • Monitor periodically progress toward the fitness goals • Assume responsibility for achieving fitness goals • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Form a group and discuss the hindrances to physical activity participation
Lesson 2 Basketball Communication and Transition	<ul style="list-style-type: none"> • Understand the importance of communication among players during a game of basketball • Learn the different transition moves in basketball • Learn the different basketball drills to improve transition in basketball 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/demonstration on basketball communication and transition • Form a group and discuss the different basketball drills to improve transition in basketball

Lesson 3 Volleyball	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Learn the different rules and regulations in playing volleyball • Learn the different terms and definitions in volleyball 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Perform appropriate first aid for sport-related injuries (cramps, sprain, heat exhaustion) • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about volleyball • Form a group and demonstrate the different positions in volleyball
Lesson 4 Football and Futsal	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Learn the different rules and regulations in playing football • Learn the different terms and definitions in football and futsal • Identify the common football- and futsal-related injuries 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Perform appropriate first aid for sport-related injuries (cramps, sprain, heat exhaustion) • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about football and futsal • Form a group and demonstrate the different positions in football and futsal
Lesson 5 Goalball	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Learn the different rules and regulations in playing goalball • Learn the different terms and definitions in goalball 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about goalball • Form a group and demonstrate the different positions in goalball

<p>Lesson 6 Softball</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Know the different sports equipment used in softball • Know the different playing positions in softball • Learn the different rules and regulations in playing softball • Identify the common softball-related injuries 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Perform appropriate first aid for sport-related injuries (cramps, sprain, heat exhaustion) • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about softball • Form a group and demonstrate the different positions in softball
<p>Lesson 7 Baseball</p>	<ul style="list-style-type: none"> • Understand the importance of warm-up exercises in preventing possible sport-related injuries • Know the different playing positions in baseball • Learn the different rules and regulations in playing baseball 	<ul style="list-style-type: none"> • Describe the nature and background of the sport • Execute the skills involved in the sport • Display tolerance and acceptance of individuals with varying skills and abilities 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about baseball • Form a group and demonstrate the different positions in baseball

HEALTH

Prevention and Control of Communicable Diseases

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Achievements
Lesson 1 Infectious Diseases and the Most Common Communicable Diseases	<ul style="list-style-type: none"> • Enumerate the leading causes and morbidity and mortality in the Philippines • Discuss the stages of infection • Discuss the signs, symptoms, prevention and control of the most common communicable diseases 	<ul style="list-style-type: none"> • Demonstrate understanding of principles in the prevention and control of communicable diseases for the attainment of individual wellness • Consistently demonstrate personal responsibility and healthful practices in the prevention and control of communicable diseases 	<ul style="list-style-type: none"> • Discuss the stages of infection • Analyze the leading causes of morbidity and mortality in the country • Do a group reporting on common communicable diseases • Do a dialogue about communicable diseases • Do a situational analysis about communicable diseases • Present a public awareness poster presentation

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Achievements
Lesson 2 Emerging/ Reemerging Diseases and Prevention/Control of Communicable Diseases	<ul style="list-style-type: none"> • Discuss the signs, symptoms, prevention and control of emerging and reemerging diseases • Demonstrate self-monitoring skills to prevent communicable diseases • Identify programs, policies and agencies responsible for communicable disease, prevention and control 	<ul style="list-style-type: none"> • Discuss the stages of infection • Analyze the leading causes of morbidity and mortality in the Philippines • Discuss the signs, symptoms, and effects of common communicable diseases • Correct the misconceptions, myths, and beliefs about common communicable diseases • Enumerate steps in the prevention and control of common communicable diseases • Analyze the nature of emerging and re-emerging diseases • Demonstrate self-monitoring skills to prevent communicable diseases • Promote programs and policies to prevent and control communicable diseases • Identify agencies responsible for communicable disease prevention and control 	<ul style="list-style-type: none"> • Do a brainstorming session on the benefits and hazards of travel • Discuss the nature of emerging and reemerging diseases • Conduct a recitation on emerging and reemerging diseases • Discuss the prevention of infectious diseases • Research on what the Department of Health is doing to avert infectious diseases • Enumerate the agencies and organizations responsible for communicable disease awareness, prevention and control • Create a newspaper advertisement promoting flu vaccine

Unit 4
MUSIC

Traditional Asian Theater Music

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
<p>Lesson 1 Wayang Kulit</p>	<ul style="list-style-type: none"> • Identify the distinguishing characteristics of Wayang Kulit • Distinguish the artistic characteristics of the elements of Wayang Kulit • Create puppet designs for a simple Wayang Kulit presentation 	<ul style="list-style-type: none"> • Identify musical characteristics of selected Asian musical theater through video films or live performances • Sing selection/s from chosen Asian musical theater • Describe how the musical elements contribute to the performance of the musical production • Identify the instruments that accompany Wayang Kulit • Explain the distinguishing characteristics of representative Asian musical theater • Describe how a specific idea or story is communicated through music in a particular Asian musical theater • Create/improvise appropriate sound, music, gesture, movements, props, and costume for performance of a chosen Asian traditional musical and 	<ul style="list-style-type: none"> • Study the elements of Wayang Kulit • Do a simple Wayang Kulit presentation • Use recycled materials to design puppets • Watch examples of Wayang Kulit on available videos

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
		theatrical form <ul style="list-style-type: none"> • Evaluate music and music performances applying knowledge of musical elements and style 	
Lesson 2 Kabuki	<ul style="list-style-type: none"> • Recognize the elements involved in the production of a Kabuki • Tell of the social implications in presenting a Kabuki • Describe the elements involved in Kabuki theater 	<ul style="list-style-type: none"> • Identify musical characteristics of selected Asian musical theater through video films or live performances • Sing selection/s from chosen Asian musical theater • Describe how the musical elements contribute to the performance of the musical production • Identify the instruments that accompany Kabuki • Explain the distinguishing characteristics of representative Asian musical theater • Describe how a specific idea or story is communicated through music in a particular Asian musical theater • Create/improvise appropriate sound, music, gesture, movements, props, and costume for performance of a chosen 	<ul style="list-style-type: none"> • Present a Kabuki production using artistic talents in acting, dancing, and theater • Tap the artistic talents of gifted students in dance, acting and theater to present a Kabuki • Make a simple script about present social issues to be presented in a Kabuki production

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
		Asian traditional musical and theatrical form <ul style="list-style-type: none"> • Evaluate music and music performances applying knowledge of musical elements and style 	
Lesson 3 Peking Opera	<ul style="list-style-type: none"> • Recognize the elements involved in the production of Peking Opera • Tell the qualities of Peking Opera that makes it so unique that makes it genuine • Describe the elements involved in Peking Opera theater 	<ul style="list-style-type: none"> • Identify musical characteristics of selected Asian musical theater through video films or live performances • Sing selection/s from chosen Asian musical theater • Describe how the musical elements contribute to the performance of the musical production • Identify the instruments that accompany Peking Opera • Explain the distinguishing characteristics of representative Asian musical theater • Describe how a specific idea or story is communicated through music in a particular Asian musical theater • Create/improvise appropriate sound, music, gesture, movements, props, and costume 	<ul style="list-style-type: none"> • Rehearse a simple one-act Peking Opera. Present to the class. Use appropriate costumes to enhance the presentation • Use colorfully made masks to present a Peking Opera. Design the masks instead of using heavy makeup

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
		for performance of a chosen Asian traditional musical and theatrical form <ul style="list-style-type: none"> • Evaluate music and music performances applying knowledge of musical elements and style 	

ART

Asian Festivals and Theatrical Forms

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Lantern Festival	<ul style="list-style-type: none"> • Know the history of lantern festivals in Asia • Identify the different lantern festivals in Asia • Demonstrate understanding on how theatrical elements (sound, music, gesture, movement, and costume) affect the creation and communication of meaning in Asian Festivals and Theatrical Forms as influenced by history and culture • Demonstrate understanding on theater and performance as a 	<ul style="list-style-type: none"> • Demonstrate understanding on how theatrical elements (sound, music, gesture, movement, and costume) affect the creation and communication of meaning in Asian Festivals and Theatrical Forms as influenced by history and culture • Demonstrate understanding on theater and performance as a synthesis of arts and a significant expression of the celebration of life in various Asian communities • Create appropriate festival attire 	<ul style="list-style-type: none"> • Name the countries in Asia where the lanterns can be found • List down three descriptions of lanterns as discussed in the lesson • Identify two cultural values that can be seen in lantern festivals • Name a word that best describes Filipino Christmas lantern or <i>parol</i> • Make a parol by following the photo guide provided in the textbook

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
	<p>synthesis of arts and a significant expression of the celebration of life in various Asian communities</p>	<p>with accessories based on authentic festival costumes</p> <ul style="list-style-type: none"> • Create/improvise appropriate sound, music, gesture, movements, and costume for a chosen theatrical composition 	
<p>Lesson 2 Drum Festival</p>	<ul style="list-style-type: none"> • Know the history of drum festivals and performances in Asia • Identify the different drum festivals and performances in Asia • Demonstrate understanding on how theatrical elements (sound, music, gesture, movement, and costume) affect the creation and communication of meaning in Asian Festivals and Theatrical Forms as influenced by history and culture • Demonstrate understanding on theater and performance as a synthesis of arts and a significant expression of the celebration of life in various Asian communities 	<ul style="list-style-type: none"> • Demonstrate understanding on how theatrical elements (sound, music, gesture, movement, and costume) affect the creation and communication of meaning in Asian Festivals and Theatrical Forms as influenced by history and culture • Demonstrate understanding on theater and performance as a synthesis of arts and a significant expression of the celebration of life in various Asian communities • Create appropriate festival attire with accessories based on authentic festival costumes • Create/improvise appropriate sound, music, gesture, movements, and costume for a chosen theatrical composition • Take part in a chosen festival or in a performance in a theatrical play 	<ul style="list-style-type: none"> • Name the countries in Asia where the drum festivals and performances can be found • List down three purposes of taiko in Japanese culture • Identify two cultural values that can be seen in drum festivals • Create a drum instrument using recycled materials

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 3 Theatrical Forms	<ul style="list-style-type: none"> • Know the history of theater arts in Asia • Identify the different theatrical forms in Asia • Demonstrate understanding on how theatrical elements (sound, music, gesture, movement, and costume) affect the creation and communication of meaning in Asian Festivals and Theatrical Forms as influenced by history and culture • Demonstrate understanding on theater and performance as a synthesis of arts and a significant expression of the celebration of life in various Asian communities 	<ul style="list-style-type: none"> • Demonstrate understanding on how theatrical elements (sound, music, gesture, movement, and costume) affect the creation and communication of meaning in Asian Festivals and Theatrical Forms as influenced by history and culture • Demonstrate understanding on theater and performance as a synthesis of arts and a significant expression of the celebration of life in various Asian communities • Create appropriate festival attire with accessories based on authentic festival costumes • Create/ improvise appropriate sound, music, gesture, movements, and costume for a chosen theatrical composition 	<ul style="list-style-type: none"> • List down three main characteristics of Asian theatrical forms • Give two qualities that can be seen in the artists who perform theatrical shows • Name a Filipino theatrical form that best represent the culture and history of the country • Present an Asian folklore using puppet figure

PHYSICAL EDUCATION

Physical Activity and Folk Dances with Asian Influence

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Risk of Doing Strenuous Physical Activity	<ul style="list-style-type: none"> • Understand the risks of doing strenuous physical activities • Determine one’s readiness for physical activity • Identify the different cardiovascular risk factors involved in doing physical activities 	<ul style="list-style-type: none"> • Demonstrate understanding of guidelines and principles in exercise program design to achieve fitness • Undertake physical activity and physical fitness assessments • Recognize barriers (low level of fitness, lack of skill and time) to exercise 	<ul style="list-style-type: none"> • Make a list enumerating the risks of doing strenuous physical activity • Form a group and discuss the risks of doing strenuous physical activity
Lesson 2 Binislakan	<ul style="list-style-type: none"> • Familiarize with the nature and background of the folk dance Binislakan • Learn the basic steps of the folk dance • Perform the folk dance properly together with a partner 	<ul style="list-style-type: none"> • Describe the nature and background of the dance • Execute the skills involved in the dance • Exert best effort to achieve positive feeling about self and others 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about Binislakan • Form a group and perform the Binislakan dance
Lesson 3 Pangalay	<ul style="list-style-type: none"> • Familiarize with the nature and background of the folk dance Pangalay • Learn the basic steps of the folk dance • Perform the folk dance properly together with a partner or a group 	<ul style="list-style-type: none"> • Describe the nature and background of the dance • Execute the skills involved in the dance • Exert best effort to achieve positive feeling about self and others 	<ul style="list-style-type: none"> • Watch a video presentation/ demonstration about Pangalay • Form a group and perform the Pangalay dance

Lesson 4 Sua-Ku-Sua Dance	<ul style="list-style-type: none"> Familiarize with the nature and background of the folk dance Sua-Ku-Sua Learn the basic steps of the folk dance Perform the folk dance properly together with a partner 	<ul style="list-style-type: none"> Describe the nature and background of the dance Execute the skills involved in the dance Exert best effort to achieve positive feeling about self and others 	<ul style="list-style-type: none"> Watch a video presentation/demonstration about Sua-ku-Sua Form a group and perform the Sua-ku-Sua dance
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HEALTH

Prevention and Control of Noncommunicable Diseases

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
Lesson 1 Noncommunicable Diseases: Allergy, Asthma, and Cardiovascular Diseases	<ul style="list-style-type: none"> Define <i>noncommunicable diseases</i> Explain the cause and effect, signs and symptoms, risks and protective factors, complications and prevention of the following noncommunicable diseases such as allergy, asthma, and cardiovascular diseases Enumerate lifestyle skills to prevent and control noncommunicable diseases (allergy, asthma, and cardiovascular diseases) Describe programs and policies to prevent and control noncommunicable diseases 	<ul style="list-style-type: none"> Demonstrate understanding of noncommunicable diseases for a healthy life Consistently demonstrate personal responsibility and healthful practices in the prevention and control of noncommunicable diseases 	<ul style="list-style-type: none"> Make a family history of medical conditions Define noncommunicable diseases Report in groups on allergy, asthma, and cardiovascular diseases Create a clinical case analysis. Exercise campaign for teenagers Discuss about agencies responsible for the prevention and control of allergy, asthma, and cardiovascular diseases

Lesson Number and Title	Lesson Objectives	K to 12 Curriculum Standards and Competencies	Assessment and Activities
	<p>(allergy, asthma, and cardiovascular diseases)</p> <ul style="list-style-type: none"> Identify agencies responsible for noncommunicable disease prevention and control 		
<p>Lesson 2 Noncommunicable Diseases: Cancer, Diabetes, Arthritis, and Renal Failure</p>	<ul style="list-style-type: none"> Explain the cause and effect, signs and symptoms, risks and protective factors, complications and prevention of the following noncommunicable diseases such as allergy, asthma, and cardiovascular diseases Enumerate lifestyle skills to prevent and control noncommunicable diseases (allergy, asthma, and cardiovascular diseases) Describe programs and policies to prevent and control noncommunicable diseases (allergy, asthma, and cardiovascular diseases) Identify agencies responsible for noncommunicable disease prevention and control 	<ul style="list-style-type: none"> Discuss the nature of noncommunicable diseases Explain noncommunicable diseases based on cause and effect, signs and symptoms, risk factors and protective factors and possible complications Correct myths and fallacies about non-communicable diseases Practice ways to prevent and control noncommunicable diseases Demonstrate self-monitoring to prevent non-communicable diseases Promote programs and policies to prevent and control non-communicable and lifestyle diseases 	<ul style="list-style-type: none"> Brainstorm first impression of students when the students hear the word <i>cancer</i> Do a group report on cancer, diabetes, arthritis, and renal failure Conduct a recitation on how to prevent and treat these diseases Enumerate of programs, policies, and agencies that prevent and control cancer, diabetes, arthritis, and renal failure List down behavioral changes to lower risk of noncommunicable diseases Write a letter to a relative to convince healthy habits to prevent diabetes