

# **Health 5**

## **COURSE SYLLABUS**

**GRADE LEVEL: 5**

**SCHOOL YEAR: 2023-24**

**TEACHER: Junell Mark F. Bautista**

### **Course Description**

### **Teaching Strategies**

This course is primarily a lecture course supplemented with discussion, clips, pictures, films, and authentic materials. I have purposely broken the material in short segments to facilitate its absorption. A broad-based understanding of content is important, but so are the skills which will be needed to continue learning later in life. Although the lecture format of teaching has the potential to deliver content, there is no assurance that a student will develop the essential learning skills, since listening to lecture is a very passive activity. Furthermore, studies suggest that collaborative learning improves productivity, professional self-esteem, problem-solving skills, and positive social relationships. Therefore, this course will include some lecturing, but will also have an active student-centered component of problem-based learning. The real-world problems that have been developed for this course demand that students connect new knowledge to old; recognize what they know and understand and what they don't, and learn concepts well enough to explain and teach them in their own words.

Positive Reinforcement applied in the classroom is an essential aspect of managing middle-aged learners/ classrooms, and has related implications for encouraging progress.

Learning how to work in a team environment is beneficial to students for problem solving, working under the pressure of a time limit, and learning how to work with others.

Classroom interaction is emphasized. Students' curiosity and knowledge about health and other topics that are health related will be challenged and introduced. They will be encouraged to come up with ideas regarding programs and create activities which promote health and wellness in our society. Enhancement of Health Skills and Consistent Practice through application and their own health teachings will be made and be part of their learning, presentation of health programs and understanding process.

# Student Activities

Different kinds of activities allow variances of skillsets among students that can work with their learning styles and develop critical thinking skills. Therefore, differentiated instructions by means of differentiated teaching strategies, assessments, and student work output/ products are very essential in their learning process. If the first exposure material is moved out of class, the class activity can then change to group work, role playing, games, and group or class discussion that can concentrate on particular problems or arising from the first exposure material or further depth of the content.

Students will participate in classroom activities such as discussions, skill building activities, enrichment activities, and presentations. In addition, students through these activities are expected to have the opportunity to build their knowledge and skills which empowers students to promote health and wellness.

## Assessment

Assessments will be in a form of Diagnostic/ Summative, Formative, and more on the side of Alternative Assessments that is more authentic in evaluation.

Grades will be derived from: Quizzes, Recitation, Group/Individual Projects, Homework, Chapter Tests, and Quarter Exam.

Students will be assessed with class participation, observation, homework, class work, objective quizzes/tests, oral responses, and quarterly exams. The student's final grade will be computed mainly based on three parts: performance tasks (homework and class work), quizzes and quarterly exams. Each part is weighted at one third of the total course grade.

Quizzes will relate to current and previous topics. A quiz may be given at any time during any class period—immediately after a lecture, at the beginning or end of a class, etc. Students absent from class for a test or a quiz must make arrangements to take the quiz or test some other time.

It is very important that you complete the assigned worksheets. Worksheets and test papers will be checked for completeness and returned. The scores will be given. You may keep your worksheets and test papers until the quarterly exam for reviewing.

## **Materials**

We often use a health notebook/ or any materials which could be used to write notes. A copy of handouts. A file folder for Health Worksheets. Some pens, crayons/markers, scissors, glue, tape and double-sided tape, and some poster papers for Health Activities. Pictures, wall posters, short videos and/ or any other media might be used.

Visual Presentations and Documentary Videos/ Films will also be used during lecture for proper understanding of the subject matter/ topic and for additional student resources. I also strongly encourage my students to make an online visit

for added resources and activity to [www.cdc.com](http://www.cdc.com), [www.discovery.com](http://www.discovery.com), [Curiositystream.com](http://Curiositystream.com)

## Primary Textbook

### **PRIMARY TEXTBOOK & OTHER RESOURCES**

**TEXTBOOK:** Your HEALTH (Hardcourt Brace)

#### **REFERENCES:**

## Technology Resources – Videos/ Visual and Reading Aid Transparencies and Internet Resources

Visual and Reading Resources and Video/ Films will also be used during class activities for proper understanding of the subject matter/ topic and for additional student resources. I also strongly encourage my students to make an online visit for added resources and activity to [www.cdc.com](http://www.cdc.com), [www.discovery.com](http://www.discovery.com), [Curiositystream.com](http://Curiositystream.com)

Some website links that is related to some topics:

[http://www.coolnurse.com/puberty\\_stages.htm](http://www.coolnurse.com/puberty_stages.htm)

<http://health.discovery.com/centers/teen/puberty>

### **ADDITIONAL INFORMATION:**

1. Please see Google Classroom for more information.

There will be NO Homework to be given during the weekend except during major exams or quizzes. It is to give them a chance to spend quality time with their family.

2. The Project D (Detention) significantly affects the Department Grade of students.

**Copying (plagiarism)** is a serious offense and a form of theft. In certain cases, it is also a criminal offense. It is defined as taking words, phrasing, sentence structure, or any other element of the expression of another person's ideas, and using them as if they were your own. Plagiarism is a violation of another person's rights, whether the material stolen is great or small – it is not a matter of degree or intent. Plagiarism has serious consequences.

**Any act of plagiarism will result in an automatic zero on the entire assignment**

**Academic Dishonesty** means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS. Academic dishonesty includes but is not limited to, the following:

1. Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and
1. Representing another's intellectual work such as photographs, paintings, drawings, sculpture, or research or the like as one's own, including failure to attribute content to an AI.
2. Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.
3. Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

**Any act of academic dishonesty will result in an automatic zero on the entire assignment**

## Course Planner

The following tables represent the topics covered in this course.

**FIRST QUARTER TENTATIVE WEEKLY SCHEDULE**

WEEK/ DATE	TOPICS/LESSONS
	(NB: Depending on time and interest, the teacher may delete and/or add other selections.)
<b>Week 1</b>	I. Class Orientation a. Getting Know b. Class Rules i. Attendance & Tardiness ii. Submission of Work iii. Portfolio iv. Disciplinary Actions c. Grading System
<b>Week 2</b>	<b>The Amazing Human Body</b> (Sense Organs, Skeletal System, Muscular System, Digestive System, Circulatory System, Respiratory System, Nervous System)
<b>Week 3</b>	<b>The Amazing Human Body</b> (Sense Organs, Skeletal System, Muscular System, Digestive System, Circulatory System, Respiratory System, Nervous System)
<b>Week 4</b>	<b>The Amazing Human Body</b> (Sense Organs, Skeletal System, Muscular System, Digestive System, Circulatory System, Respiratory System, Nervous System)p
<b>Week 5</b>	<b>Emotional, Intellectual &amp; Social Health</b> Lessons 1 & 2
<b>Week 6</b>	<b>Emotional, Intellectual &amp; Social Health</b> Lessons 3 & 4
<b>Week 7</b>	<b>Emotional, Intellectual &amp; Social Health</b> Lessons 5
<b>Week 8</b>	<b>Review</b>
<b>Week 9</b>	<b>Quarter Exam Major Subject</b>

## SECOND QUARTER TENTATIVE WEEKLY SCHEDULE

WEEK/ DATE	TOPICS/LESSONS
	(NB: Depending on time and interest, the teacher may delete and/or add other selections.)
Week 1 (10)	Family Life, Growth and Development Lesson 1 & 2
Week 2 (11)	Family Life, Growth and Development Lesson 3 & 4
Week 3 (12)	Personal Health & Physical Fitness Lesson 1,2 & 3
Week 4 (13)	Personal Health & Physical Fitness Lesson 4 & 5
Week 5 (14)	Nutrition Lesson 1,2 & 3
Week 6 (15)	Nutrition Lesson 4 & 5
Week 7 (16)	Project and Activities
Week 8 (17)	<b>Week 8 QUIZ and REVIEW</b>
Week 9 (18)	<b>Quarter Exam for Minor Subjects</b>
Week 10 (19)	<b>2<sup>nd</sup> Quarter Exam Major Subjects</b>
Dec 18 <sup>th</sup> to Jan 1 <sup>st</sup>	<b>Christmas Break</b>

## THIRD QUARTER TENTATIVE WEEKLY SCHEDULE

WEEK/ DATE	TOPICS/LESSONS
	(NB: Depending on time and interest, the teacher may delete and/or add other selections.)
Week 1 (20)	Disease Prevention and Control Lesson 1 & 2
Week 2 (21)	Disease Prevention and Control Lesson 3, 4 & 5
Week 3 (22)	Drug Use Prevention Lesson 1 & 2
Week 4 (23)	Drug Use Prevention Lesson 3 & 4
Week 5 (24)	Injury Prevention Lesson 1 & 2
Week 6 (25)	Injury Prevention Lesson 3 & 4
Feb 8 <sup>th</sup> to 16 <sup>th</sup>	<b>CHINESE NEW YEAR HOLIDAY</b>

Week 7 (26)	<b>Injury Prevention</b> Lesson 5 & 6
Week 8 (27)	<b>QUIZ and REVIEW</b>
Week 9 (28)	<b>Quarter Exam</b>

#### FOURTH QUARTER TENTATIVE WEEKLY SCHEDULE

WEEK/ DATE	TOPICS/LESSONS
	(NB: Depending on time and interest, the teacher may delete and/or add other selections.)
Week 1 (29)	<b>Alcohol and Tobacco(Drug Use Prevention)</b> Lesson 1 & 2
Week 2 (30)	<b>Alcohol and Tobacco(Drug Use Prevention)</b> Lesson 3 & 4
March 25 <sup>th</sup> to Apr 5 <sup>th</sup>	<b>SPRING/ LENTEN BREAK</b>
Week 3 (31)	<b>Staying Safe (Injury Prevention)</b> Lesson 1,2 & 3
Week 4 (33)	<b>Staying Safe (Injury Prevention)</b> Lesson 4,5 & 6
Week 5 (34)	<b>Community &amp; Environmental Health</b> Lesson 1 & 2
Week 6 (35)	<b>Community &amp; Environmental Health</b> Lesson 3,4 & 5
Week 7 (36)	<b>QUIZ and REVIEW</b>
Week 8 (37)	<b>Quarter Exam</b>
<b>Week 9 (38)</b> <b>May 20<sup>th</sup> to 24<sup>th</sup></b> <b>ACTIVITIES:</b> Double check the school calendar and emails from the administration.	<p>-----</p> <p>20-24 ~ Student Clearance Days  21 ~ Baccalaureate Mass for Graduating classes  22 &amp; 23 ~ Middle &amp; High School Sports Day  23 ~ Pre-Kindergarten &amp; Gr. 1 - 4 Recognition/Kindergarten Graduation/Gr. 5 Promotion  24 ~ Gr. 6 – 7 Recognition and Gr. 8 Graduation  24 ~ Lower School Sports Day</p>
<b>Week 10 (39)</b> <b>May 27<sup>th</sup> to 31<sup>st</sup></b> <b>ACTIVITIES:</b> Double check the school calendar and emails from the administration.	<p>-----</p> <p>27 ~ House Culminating Activity  28 ~ Gr. 9-11 Recognition and Gr. 12 Graduation  29 ~ Class Party  30 ~ Last Day of School &amp; Report Card Distribution (half day)  31 ~ Teachers/Staff Meeting</p>