


Daily Lesson Plan in MAPEH 7	TEACHER'S TEACHING DATE AND TIME	Fredmar Joseph Baldonasa	LEARNING AREA	Health
			QUARTER	
	TUESDAY		THURSDAY	
I. OBJECTIVES				
A. Content Standard	Describe physical, mental, social and emotional changes that occur throughout the life cycle.			
B. Performance Standard	Describe the changes in different aspects of growth that happen to boys and girls during adolescence			
C. Learning Competencies/ Objectives	Explain that the pattern of change during adolescence is similar, but the pace of growth and development is unique for each adolescence.			
II. Contents				
III. Learning Resources				
A. References				
1. Teacher's Guide				

Pages	pages 335-339	pages 328-335
2. Learner's Material Pages		
3. Textbook Pages	Lacia, Fercilyn C., <i>MAPEH in Action 7, Music, Arts, Physical Education and Health</i>	
from Learning Resources (LR) portal		
B. Other Learning Resources		www.mendi.com
IV. Procedure	The teacher will review of the past lesson related to the new topic.	
	Discussed about Holistic Health and stages of growth and development during adolescence	Activity:
	> The teacher will ask the students to list down the changes that they have experienced and at what age did it started.	
	> Once they're done, asked to use the chat box to input your answer.	
	> <i>USE plus at least 10 minutes to answer.</i>	

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