

K to 12 BASIC EDUCATION CURRICULUM

Grading Period	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10
First Quarter	Nutrition	Personal Health/ Nutrition	Nutrition	Nutrition	Personal Health	Personal Health	Growth and Development	Family Health I	Community and Environmental Health	Consumer Health
Second Quarter	Personal Health	Personal Health Prevention and Control of Diseases & Disorders	Personal Health Prevention and Control of Diseases & Disorders	Prevention and Control of Diseases & Disorders	Personal Health/ Growth & Development	Prevention and Control of Diseases & Disorders	Nutrition	Family Health II	Injury Prevention, Safety and First Aid (Unintentional Injuries)	Health Trends, Issues and Concerns (National Level)
Third Quarter	Personal Health	Family Health	Consumer Health	Substance Use and Abuse	Substance Use and Abuse	Consumer Health/ Environmental Health	Personal Health	Prevention and Control of Diseases and Disorders (Communicable)	Substance Use and Abuse (Drug scenario)	Health Trends, Issues and Concerns (Global Level)
Fourth Quarter	Injury Prevention, Safety and First Aid	Injury Prevention, Safety and First Aid	Injury Prevention, Safety & First Aid /Community & Environmental Health	Injury Prevention, Safety & First Aid	Injury Prevention, Safety & First Aid/Community and Environmental Health	Injury Prevention, Safety & First Aid/ Consumer Health	Injury Prevention, Safety and First Aid (Intentional Injuries)	Prevention and Control of Diseases and Disorders (Non-Communicable)	Substance Use and Abuse (Gateway drugs)	Planning for a Health Career

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GRADE 8

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
GRADE 8 – FAMILY HEALTH I – 1st Quarter (H8FH)					
A. Gender and Human Sexuality (Correlate with Values Education; coordinate with Guidance Counselor)	The learner demonstrates understanding of human sexuality and managing sexuality related issues for a healthy life	The learner appropriately manages sexually-related issues through responsible and informed decisions	1. identifies basic terms in sexuality (sex, sexuality, gender, etc.)	H8FH-Ia-16	1. Reproductive Health . A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.4-8. 2. A Guidance Manual On the Growing Filipino Adolescent III. DepED. 1995. pp.88-93.
			2. discusses sexuality as an important component of one’s personality	H8FH-Ia-17	1. Reproductive Health . A&E. NFE Accreditation and Equivalency Learning Material. DepED.2001. pp.4-8. 2. A Guidance Manual On the Growing Filipino Adolescent III. DepED. 1995. pp.88-93.
			3. explains the dimensions of human sexuality	H8FH-Ia-18	A Guidance Manual On the Growing Filipino Adolescent III. DepED. 1995. pp.88-93.
			4. analyzes the factors that affect one’s attitudes and practices related to sexuality and sexual behaviors	H8FH-Ib-19	A Guidance Manual On the Growing Filipino Adolescent III. DepED. 1995. pp.94-95.
			5. assesses personal health attitudes that may influence sexual behaviour	H8FH-Ic-d-20	

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	The learner	The learner	6. relates the importance of sexuality to family health	H8FH-Ic-d-21	
B. Teenage concerns <ul style="list-style-type: none"> • Identity crisis • Sexual identity and Sexual behaviors • Pre-marital sex, teenage pregnancies, and abortion 	demonstrates understanding of human sexuality and managing sexuality related issues for a healthy life	appropriately manages sexually-related issues through responsible and informed decisions	7. identifies the different issues/concerns of teenagers (i.e., identity crisis) and the need for support and understanding of the family	H8FH-Ie-g-22	1. Reproductive Health . A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.7. 2. A Guidance Manual On the Growing Filipino Adolescent III. DepED. Module 3 1995. pp.72-73.
C. Development of decision- skills in managing sexuality related issues			8. applies decision-making skills in managing sexuality-related issues	H8FH-Ih-23	1. Reproductive Health . A&E. NFE Accreditation and Equivalency Learning Material. DepED..2001. pp.7-8. 2. A Guidance Manual On the Growing Filipino Adolescent III. DepED. 1995. pp.74-75.
1. GRADE 8 – FAMILY HEALTH II – 2nd Quarter (H8FH)					
A. Dating, courtship, and marriage	The learner... demonstrates an understanding of responsible parenthood for a healthy family life	The learner... makes informed and values-based decisions in preparation for responsible parenthood	1. defines basic terms (dating, courtship, marriage)	H8FH-IIa-24	A Guidance Manual On the Growing Filipino Adolescent III. DepED. 1995. pp.56-59.
			2. explains the importance of courtship and dating in choosing a lifelong partner	H8FH-IIa-25	A Guidance Manual On the Growing Filipino Adolescent III. DepED. 1995. pp.56-60.
B. Maternal Health concerns <ol style="list-style-type: none"> 1. Pre-pregnancy (blighted ovary, ectopic pregnancy, polycystic ovary, myoma) 2. During pregnancy (pre-eclampsia, 			3. identifies marital practices and setup across cultures	H8FH-IIa-26	
			4. analyzes behaviors that promote healthy relationship in marriage and family life	H8FH-IIa-27	

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
placenta previa, gestational, diabetes,) 3. Post pregnancy (post-partum disorder, sepsis	The learner... demonstrates an understanding of responsible parenthood for a healthy family life	The learner... makes informed and values-based decisions in preparation for responsible parenthood	5. describes the factors that contribute to a successful marriage	H8FH-IIb-28	Edukasyong Pangkatawan, Kalusugan, at Musika III. Adriano,Celia,et.al. 1999. pp.231-132.*
			6. discusses various maternal health concerns (pre-during-post pregnancy)	H8FH-IIc-d-29	
			7. discusses pregnancy-related concerns	H8FH-IIc-d-30	
			8. explains the importance of maternal nutrition during pregnancy	H8FH-IIe-f-31	
			9. discusses the importance of newborn screening, and the APGAR scoring system for newborns	H8FH-IIe-f-32	
			10. explains the importance of prenatal care and post natal care	H8FH-IIe-f-33	
			11. discusses the essential newborn protocol (<i>Unang Yakap</i>) and initiation of breastfeeding	H8FH-IIe-f-34	
			12. enumerates the advantages of breastfeeding for both mother and child	H8FH-IIe-f-35	
			13. recognizes the importance of immunization in protecting children’s health	H8FH-IIe-f-36	

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
C. Responsible parenthood	The learner... demonstrates an understanding of responsible parenthood for a healthy family life	The learner... makes informed and values-based decisions in preparation for responsible parenthood	14. analyzes the importance of responsible parenthood	H8FH-IIg-h-37	Edukasyong Pangkatawan, Kalusugan, at Musika IV. Adriano,Celia,et.al. 1999. pp.114-116.*
			15. explains the effects of family size on family health	H8FH-IIg-h-38	Edukasyong Pangkatawan, Kalusugan, at Musika IV. Adriano,Celia,et.al. 1999. pp.112-113.*
			16. examines the important roles and responsibilities of parents in child rearing and care	H8FH-IIg-h-39	Edukasyong Pangkatawan, Kalusugan, at Musika IV. Adriano,Celia,et.al. 1999. pp.114-116.*
			17. explains the effects of rapid population growth on the health of the nation	H8FH-IIg-h-40	Enjoy Life with P.E and Health II. Darilag,Agripino,et.al.2012. pp.197-204.*
			18. enumerates modern family planning methods (natural and artificial)	H8FH-Iig-h-41	Edukasyong Pangkatawan, Kalusugan, at Musika IV. Adriano,Celia,et.al. 1999. pp.119-120.*
GRADE 8 – PREVENTION AND CONTROL OF DISEASES AND DISORDERS (Communicable) – 3rd Quarter (H8DD)					
A. Stages of infection	The learner demonstrates understanding of principles in the prevention and control of communicable diseases for the attainment of individual wellness	The learner consistently demonstrates personal responsibility and healthful practices in the prevention and control of communicable diseases	1. discusses the stages of infection	H8DD-IIIa-15	
B. Top 10 leading causes of morbidity and mortality in the Philippines			2. analyzes the leading causes of morbidity and mortality in the Philippines	H8DD-IIIa-16	
C. Most common communicable diseases and its prevention and control 1. Acute Respiratory Infections			3. discusses the signs, symptoms, and effects of common communicable diseases	H8DD-IIIb-c-17	1. Ang Respiratory System. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. Pp.18,21 2. Reproductive Health. A&E. NFE Accreditation and Equivalency Learning Material. DepED.2001. pp.10-14

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
2. Pneumonia 3. Bronchitis 4. Influenza 5. Tuberculosis (TB) 6. Dengue 7. Sexually Transmitted Infections (STIs) 8. HIV and AIDS	The learner demonstrates understanding of principles in the prevention and control of communicable diseases for the attainment of individual wellness	The learner consistently demonstrates personal responsibility and healthful practices in the prevention and control of communicable diseases	4. corrects misconceptions, myths, and beliefs about common communicable diseases	H8DD-IIIb-c-18	A Guidance Manual On the Growing Filipino Adolescent III. DepED. 1995. pp.129
5. enumerates steps in the prevention and control of common communicable diseases			H8DD-IIIb-c-19		
D. Emerging and re-emerging diseases 1. Leptospirosis 2. Severe Acute Respiratory Syndrome (SARS) 3. Chikungunya 4. Meningococemia 5. Foot and Mouth Disease 6. Avian influenza 7. AH1N1 Influenza			6. analyzes the nature of emerging and re-emerging diseases	H8DD-IIIId-e-20	
E. Development of personal life skills to prevent and control communicable diseases			7. demonstrates self-monitoring skills to prevent communicable diseases	H8DD-IIIIf-h-21	
F. Programs and policies on communicable disease prevention and control			8. promotes programs and policies to prevent and control communicable diseases	H8DD-IIIIf-h-22	
G. Agencies responsible for communicable disease prevention and control			9. identifies agencies responsible for communicable disease prevention and control	H8DD-IIIIf-h-23	

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
GRADE 8- PREVENTION OF SUBSTANCE USE AND ABUSE (GATEWAY DRUGS: CIGARETTE AND ALCOHOL) -4TH QUARTER (H8S)					
A. Gateway Drugs 1. Cigarettes 2. Alcohol	The learner demonstrates understanding of factors that influence cigarette and alcohol use and strategies for prevention and control	The learner demonstrates personal responsibility in the prevention of cigarette and alcohol use through the promotion of a healthy lifestyle	1. discusses gateway drugs	H8S-IVa-27	1. EASE Health Education III Module 7 Lesson 1 pp.3-5 2. Mga Nakalululong at Mapanganib na Droga. Unang Bahagi. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.18-19
B. Protective and Risk Factors in the Use of Cigarettes and Alcohol			2. identifies reasons why people smoke cigarettes	H8S-IVa-28	Mga Nakalululong at Mapanganib na Droga. Unang Bahagi. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.22
			3. analyzes the negative health impact of cigarette smoking 3.1 describes the harmful short- and long-term effects of cigarette smoking on the different parts of the body 3.2 discusses the dangers of mainstream, second hand and third hand smoke; 3.3 explain the impact of cigarette smoking on the family, environment, and community	H8S-IVb-c-29	1. Droga: Maling Gamit, Masamang Epekto. DepED. 2001. pp.12 2. Mga Nakalululong at Mapanganib na Droga Unang Bahagi. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.22-23

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CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
B. Protective and Risk Factors in the Use of Cigarettes and Alcohol	The learner demonstrates understanding of factors that influence cigarette and alcohol use and strategies for prevention and control	The learner demonstrates personal responsibility in the prevention of cigarette and alcohol use through the promotion of a healthy lifestyle	4. identifies reasons for drinking and for not drinking alcohol	H8S-IVd-30	1. EASE Health Education III Module 7 Lesson 2 pp.5-8 2. Mga Nakalululong at Mapanganib na Droga Unang Bahagi. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.28
			5. analyzes the negative health impact of drinking alcohol 5.1 describes the harmful short- and long-term effects of drinking alcohol 5.2 interprets blood alcohol concentration (BAC) in terms of physiological changes in the body	H8S-IVe-f-31	Mga Nakalululong at Mapanganib na Droga Unang Bahagi. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.29
			6. explains the impact of drinking alcohol on the family, and community	H8S-IVg-h-32	Mga Nakalululong at Mapanganib na Droga Unang Bahagi. A&E. NFE Accreditation and Equivalency Learning Material. DepED. 2001. pp.30-31
C. Prevention, and Control of Gateway Drugs			7. discusses strategies in the prevention and control of cigarette smoking and drinking alcoholic beverages 7.1 apply resistance skills in situations related to cigarette and alcohol use 7.2 follows policies and laws in the family, school and community	H8S-IVg-h-33	

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			related to cigarette and alcohol use		
			8. suggests healthy alternatives to cigarettes and alcohol to promote healthy lifestyle (self, family, community)	H8S-IVg-h-34	

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Community and Environmental Health	Situates the learner as an integral part of his/her community and the environment, with responsibility to help protect the environment, supported by individual and community actions and legislation to promote a standard of health, hygiene and safety in food and water supply, waste management, pollution control, noxious animal control, and the delivery of primary health care
Consumer health	Application of consumer skills in the wise evaluation, selection and use of health information, products, and services
Culture-responsive	Uses the cultural knowledge, prior experiences, and performance styles of diverse students to make learning more appropriate and effective for them (Gay, 2000)
Epidemiological	Studies the incidence and prevalence of disease in large populations, including detection of the source and cause of epidemics
Family Health	The human life cycle related to the personal interactions within the family that nurtures the individual and that provides a home environment that enhances his/her growth as a person and the development of ideals, values and standards of behavior regarding sexuality and responsible parenthood
Growth and Development	Developmental milestones in childhood and adolescence with emphasis on attention to personal health and the development of self-management skills to cope with life's changes.
Health and Life skills-based	Applies life skills to specific health choices and behaviors
Holistic	Analyzes the interrelationship among the factors that influence the health status, the areas of health, and the dimensions of health (physical, mental, social, emotional, moral/spiritual)

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Injury Prevention, Safety and First Aid	Causes, cost, and prevention of accidents and injuries at home, in the school and in the community and in the performance of different activities, through promotion of safe environments, safety programs, procedures and services, including first aid education
Learner-centered	Focuses on the student's needs, abilities, interests, and learning styles with the teacher as a facilitator of learning
Nutrition	Recognition of the nutrients children and adolescents need, analysis of the quality and quantity of their food intake, and development of proper eating habits to meet physiological, psychological and social needs, including diseases and disorders that arise from improper eating habits
Personal Health	Development and daily practice of health behaviors that promote physical, mental, social, emotional, and moral/spiritual health and prevention and management of personal health problems
Prevention and Control of Diseases and Disorders	Prevention and control of communicable and non-communicable diseases and disorders through the development of health habits and practices and health programs supported by legislation and provision of health services in the school and the community
Preventive	Helps people take positive action on their health and lifestyle to prevent disease and achieve optimum health
Rights-based	Furtheres the realization of human rights as laid down in the Universal Declaration of Human Rights and other international human rights instruments
Standards and outcomes-based	Requires students to demonstrate that they have learned the academic standards set on required skills and content

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Substance Use and Abuse	The prevention and control of the use and abuse of substances: their identification; causes; effects on the person, the family, society and the nation
Values-based	Promotes an educational philosophy based on valuing self, others and the environment, through the consideration of ethical values as the bases of good educational practice

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Code Book Legend

Sample: H9S-IVg-h-34

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Health	H9
	Grade Level	Grade 9	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Prevention of Substance Use and Abuse	S
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	Fourth Quarter	IV
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week seven to eight	g-h
			-
Arabic Number	Competency	Suggests healthy alternatives to cigarettes and alcohol to promote healthy lifestyle (self, family, community)	34

DOMAIN/ COMPONENT	CODE
Growth and Development	GD
Nutrition	N
Personal Health	PH
Injury Prevention, Safety and First Aid	IS
Family Health	FH
Prevention and Control of Diseases and Disorders	DD
Community and Environmental Health	CE
Prevention of Substance Use and Abuse	S
Consumer Health	CH
Health Trends, Issues and Concerns	HC
Planning for Health and Career	PC

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