



RPH PENDIDIKAN KESIHATAN TAHUN 5

KSSR SEMAKAN



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| TARIKH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| KELAS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MASA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MODUL | PENDIDIKAN KESIHATAN REPRODUKTIF DAN SOSIAL (PEERS) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TAJUK | Unit: 3.0 PENGURUSAN MENTAL DAN EMOSI | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STANDARD KANDUNGAN | 3.1 Kemahiran mengurus mental dan emosi dalam kehidupan harian -Konflik dan stres dalam kalangan ahli keluarga | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STANDARD PEMBELAJARAN | 3.1.1 Mengenal pasti situasi konflik dan stres dalam kalangan ahli keluarga. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| OBJEKTIF PEMBELAJARAN | Pada akhir pengajaran murid dapat mengenal pasti situasi konflik dan stres dalam kalangan ahli keluarga | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FOKUS/ KRITERIA KEJAYAAN | Murid dapat mengenal pasti situasi konflik dan stres dalam kalangan ahli keluarga | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| AKTIVITI | <ol style="list-style-type: none"> 1. Guru bersola jawab dengan murid berkaitan tajuk pembelajaran pada hari ini. 2. Murid menyatakan maksud konflik dan stres yang terjadi di kalangan ahli keluarga. 3. Guru memberikan beberapa contoh konflik dan stres berdasarkan tajuk yang dipelajari. 4. Murid menjawab soalan di dalam buku teks. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BAHAN BANTU BELAJAR (BBB) | <table border="1"> <tr> <td>/</td> <td>Buku Teks</td> <td></td> <td>Radas</td> </tr> <tr> <td></td> <td>Modul</td> <td></td> <td>Spesimen</td> </tr> <tr> <td></td> <td>Power Point</td> <td></td> <td>Gambar</td> </tr> <tr> <td></td> <td>Internet</td> <td></td> <td>Carta</td> </tr> <tr> <td></td> <td>Model</td> <td>/</td> <td>Lain-lain</td> </tr> </table> | | | / | Buku Teks | | Radas | | Modul | | Spesimen | | Power Point | | Gambar | | Internet | | Carta | | Model | / | Lain-lain | ELEMEN MERENTAS KURIKULUM (EMK) | | <table border="1"> <tr> <td></td> <td><i>Sains dan Teknologi</i></td> </tr> <tr> <td>/</td> <td><i>Pendidikan Alam Sekitar</i></td> </tr> <tr> <td></td> <td><i>Patriotisme</i></td> </tr> <tr> <td></td> <td><i>Nilai Murni</i></td> </tr> <tr> <td></td> <td><i>TMK</i></td> </tr> <tr> <td></td> <td><i>Keusahawanan</i></td> </tr> </table> | | | <i>Sains dan Teknologi</i> | / | <i>Pendidikan Alam Sekitar</i> | | <i>Patriotisme</i> | | <i>Nilai Murni</i> | | <i>TMK</i> | | <i>Keusahawanan</i> |
| / | Buku Teks | | Radas | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Modul | | Spesimen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Power Point | | Gambar | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Internet | | Carta | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Model | / | Lain-lain | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <i>Sains dan Teknologi</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| / | <i>Pendidikan Alam Sekitar</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <i>Patriotisme</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <i>Nilai Murni</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <i>TMK</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <i>Keusahawanan</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| KBAT / i-THINK | <table border="1"> <tr> <td></td> <td>Peta Bulatan</td> <td></td> <td>Peta Dakap</td> <td></td> <td>Peta Buih</td> </tr> <tr> <td></td> <td>Peta Buih</td> <td></td> <td>Peta Alir</td> <td></td> <td>Peta Pelbagai Alir</td> </tr> <tr> <td></td> <td>Peta Titi</td> <td></td> <td>Peta Pokok</td> <td></td> <td>Lain-lain</td> </tr> </table> | | | Peta Bulatan | | Peta Dakap | | Peta Buih | | Peta Buih | | Peta Alir | | Peta Pelbagai Alir | | Peta Titi | | Peta Pokok | | Lain-lain | | | | | | | | | | | | | | | | | | | |
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| | Peta Titi | | Peta Pokok | | Lain-lain | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PENILAIAN PENGAJARAN & PEMBELAJARAN | <table border="1"> <tr> <td></td> <td>Lembaran Kerja</td> <td>/</td> <td>Pemerhatian</td> <td>/</td> <td>Lisan</td> </tr> <tr> <td></td> <td>Tugasan</td> <td></td> <td>Hasil Kerja</td> <td></td> <td>Kuiz</td> </tr> <tr> <td></td> <td>Drama</td> <td></td> <td>Projek</td> <td></td> <td>Lain-lain</td> </tr> </table> | | | Lembaran Kerja | / | Pemerhatian | / | Lisan | | Tugasan | | Hasil Kerja | | Kuiz | | Drama | | Projek | | Lain-lain | | | | | | | | | | | | | | | | | | | |
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| | Tugasan | | Hasil Kerja | | Kuiz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Drama | | Projek | | Lain-lain | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| REFLEKSI | <p>___/___ murid dapat mencapai standard yang ditetapkan.</p> <p>___/___ murid boleh melengkapkan latihan yang diberikan.</p> <p>___/___ murid memerlukan latihan lanjut dan bimbingan guru.</p> <p>Pelajaran tidak dapat dijalankan dan akan diteruskan pada hari berikutnya kerana _____.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |