



TECHNOLOGY AND LIVELIHOOD EDUCATION

FCS - BEAUTY CARE SERVICES

Grade 9 or 10

**Three-Term Budget Of Work (BOW)
for Learning Competencies**

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FCS
Grade 9 and Grade 10

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For Learning Competencies

Please note that each sector under TLE: FCS is studied for one term. This is applicable under Grades 9 and 10.

Term	
Sector	Beauty Care Services
Performance Standard	The learners provide nail care services following the safety precautions. The learners perform haircutting services following the safety precautions. The learners calculate the labor cost of each services.
Content Standard	• Demonstrate an understanding of the concepts and principles of providing beauty care services. • Demonstrate an understanding of the concepts and principles of haircutting services.
Week	Learning Competency
1	• Explain different nail care services. • Discuss diseases and conditions of the nails.
2	• Discuss the benefits of hand and foot spa. • Identify the pressure points applied in hand and foot massage.
3	• Demonstrate the different techniques in hand and foot massage following the safety precautions.

4	Perform the steps in the hand and foot spa, and massage following the safety precautions.		
5	Perform manicure and pedicure following the safety precautions.		
6	- Discuss the haircutting services. - Determine career and business opportunities in haircutting services. - Explain the steps in pre- and posthaircutting services.		
7	Perform pre-haircutting services.		
8	Perform steps in haircutting services following the safety precautions.		
9	Perform post-haircutting procedures.		
10	Calculate labor, materials, and cost of the service.		
<table border="1"> <tr> <td style="vertical-align: top; width: 25%;">Suggested Activities</td><td> Hands and Feet Wellness Activity - To show proper steps, safety precautions, and the benefits of hand and foot care - Conduct a hands-on nail care session to demonstrate their knowledge and skills in nail care services, hand and foot spa, massage techniques, and manicure/pedicure procedures. Haircutting Skills and Service Management Activity - Perform a complete haircutting service from pre-service preparation to post-service procedures. </td></tr> </table>		Suggested Activities	Hands and Feet Wellness Activity - To show proper steps, safety precautions, and the benefits of hand and foot care - Conduct a hands-on nail care session to demonstrate their knowledge and skills in nail care services, hand and foot spa, massage techniques, and manicure/pedicure procedures. Haircutting Skills and Service Management Activity - Perform a complete haircutting service from pre-service preparation to post-service procedures.
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