

Learning Activity Sheet for PE and Health

Quarter 1

Lesson

1

Worksheet for PE and Health Grade 4

Quarter 1: Lesson 1 (Week 1)

SY 2024-2025

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LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 4	Quarter:	1st
Lesson No.:	1	Date:	
Lesson Title/ Topic:	Introduction to Personal Health		
Name:		Grade & Section:	

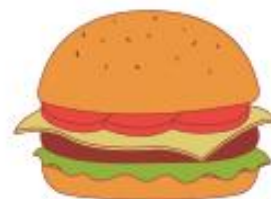
I. Activity No. 1: Introduction to Personal Health

II. Objective(s): At the end of the lesson, the student may identify and analyzed the importance of promoting personal health.

III. Materials Needed: Paper and Pen

IV. Instructions:

- A. Choose the pictures that you think is showing a healthy food or drink then identify them.
Write your answer on the space below the illustration.



1.

2

3

4

B. Read each situation carefully. On the space provided, mark ✓ if you think that the action follows the Personal Health or X if it does not follow.

- ___ 1. Kelly likes to eat fruits and vegetables every day.
- ___ 2. Henry can eat three bags of chips and drink 1 bottle of soft drinks in a day.
- ___ 3. Betty cannot go out of the house but she makes sure to exercise at home regularly.
- ___ 4. Sarah's brother likes to smoke cigarettes, drink alcohol with his friends, and sleeps late at night.
- ___ 5. Tony only lazes around the home, laying on the bed and watching cartoons all day.

V. Synthesis/Extended Practice/Differentiation (if needed):