

4

# 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

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

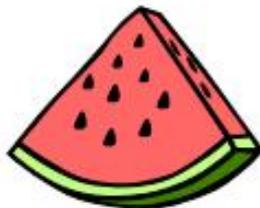
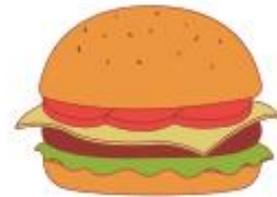
**I. Activity No. 1:** Introduction to Personal Health

**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):**