

Learning Activity Sheet for PE and Health

Quarter 1

Lesson

2

Worksheet for PE and Health 4
Quarter 1: Lesson 2 (Week 2)
SY 2024-2025

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LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 4	Quarter:	1st
Lesson No.:	2	Date:	
Lesson Title/ Topic:	Personal Hygiene Practices		
Name:		Grade & Section:	

I. Activity No. 1: Introduction to Personal Health

II. Objective: At the end of the lesson, the student describes how to keep the body clean, healthy, and disease-free.

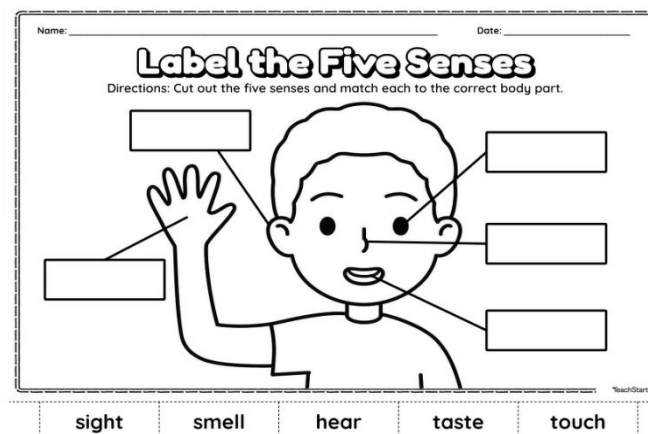
III. Materials Needed: Paper and Pen

IV. Instructions:

A. Directions: Note the correct sense organ being described in the statements below. Write **E** for Eyes, **EA** for Ears, **N** for Nose, **MT** for mouth or Teeth, **S** for Skin, and **H** for Hair

- ___ 1. We use them to chew food.
- ___ 2. We can hear sounds.
- ___ 3. It helps us feel a sense of touch.
- ___ 4. They let us see the beautiful things around us.
- ___ 5. It lets us smell things.
- ___ 6. They allow us to listen to music.
- ___ 7. It covers and protects our internal organs.
- ___ 8. It keeps the head warm.
- ___ 9. It allows us to eat.
- ___ 10. It prevents dirt from reaching our eyes and nose.

B. Follow the instructions carefully.



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