

Learning Activity Sheet for PE and Health

Quarter 1
Lesson

Worksheet for PE and Health 4 Quarter 1: Lesson 3 (Week 3-6) SY 2024-2025

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Development Team

Writer:

• Irma L. Escobia (Philippine Normal University – Manila)

Validator:

• Rolly R. Balbutin (Philippine Normal University – Mindanao)

Management Team

Philippine Normal University Research Institute for Teacher Quality SiMERR National Research Centre

Every care has been taken to ensure the accuracy of the information provided in this material. For inquiries or feedback, please write or call the Office of the Director of the Bureau of Learning Resources via telephone numbers (02) 8634-1072 and 8631-6922 or by email at blr.od@deped.gov.ph.

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 4	Quarter:	1st	
Lesson No.:	3	Date:		
Lesson Title/ Topic:	Current Health Status and Body Awareness			
Name:		Grade & Section:		
I. Activity No. 1: Height and Weight Measurement – BMI				

- **Activity No. 1:** Height and Weight Measurement BMI
- **Objective:** At the end of the lesson, the student describes how getting BMI is important in II. our Health.
- Materials Needed: Paper and Pen III.
- **Instructions:** Draw a heart () if the statement is correct and a triangle () if it is IV. not.

1. Monitoring height and weight is important to one's health.
2. BMI means body mass index
3. The eyes are the organ used for hearing.
4. Normal weight means that the weight is in the healthy range based on the person's age, sex, and height.
5. Amblyopia is a vision development problem in infants and young children.
6. The hair is the largest organ of the body.
7. Personal hygiene is important in maintaining good health.
8. Each segment of the spine is important to the well-being of the spinal column or cord.
9. Oral and dental hygiene should be practiced regularly.
10. Halitosis also means bad breath.

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

IMPLEMENTATION OF THE MATATAG K TO 10 CURRICULUM

Directions: Read the following situation carefully. Write at least 2 -3 sentences about your opinion in the space provided. (2pts each number)
1. During recess time you saw one of your classmates using his hands while eating even though it is dirty. What are you going to tell him about personal hygiene?
2. You invite your friend to play with your toy. You noticed that it looks like he hasn't taken a bath yet, because his clothes are so dirty and he's rubbing his hands over his body. How do you tell him that bathing is important?
3. Your brother's tooth hurts because of the candy he ate, when you look at his tooth it turns out that it is rotting so it hurts. How do you tell him the reason for his toothache?

PE and Health Quarter 1