

4

Learning Activity Sheet for PE and Health

Quarter 1

Lesson

3

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

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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
- II. Objective:** At the end of the lesson, the student describes how getting BMI is important in our Health.
- III. Materials Needed:** Paper and Pen
- IV. Instructions:** Draw a heart () if the statement is correct and a triangle () if it is 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):

