

4

Learning Activity Sheet for PE and Health

Quarter 1

Lesson

4

Worksheet for PE and Health 4
Quarter 1: Lesson 4 (Week 7-8)
SY 2024-2025

This material is intended exclusively for the use of teachers participating in the implementation of the MATATAG K to 10 Curriculum during the School Year 2024-2025. It aims to assist in delivering the curriculum content, standards, and lesson competencies. Any unauthorized reproduction, distribution, modification, or utilization of this material beyond the designated scope is strictly prohibited and may result in appropriate legal actions and disciplinary measures.

Borrowed content included in this material are owned by their respective copyright holders. Every effort has been made to locate and obtain permission to use these materials from their respective copyright owners. The publisher and development team do not represent nor claim ownership over them.

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.:	4	Date:	
Lesson Title/ Topic:	Physical Activity Participation: Target Games		
Name:		Grade & Section:	

I. Activity No. 1: Movement Concept and Movement Skills

II. Objective: At the end of the lesson, the student recognizes the value of participation in Physical activities.

III. Materials Needed: Paper and Pen

IV. Instructions:

A. Fill in the blanks.

Directions: Choose the correct answer from the words inside the box. Write your answer on the space provided of each sentence.

Health-related components	Manipulative skills
Skill-related components	Agility
Target Games	Balance
Locomotor Skills	Flexibility
Physical Fitness	Muscular strength

1. Can be defined as a general state of health and well-being or more specifically as the ability to perform physical activities associated with daily life with vigor and alertness and without getting overly tired is called _____.
2. _____ determines the ability of an individual to perform daily activities with vigor and demonstrate the capacities associated with low risk of premature development of hypokinetic diseases.
3. _____ is known for how much force your muscles can exert or how heavy weights they can lift.
4. It is also known as performance-related fitness components. It is associated with athletic competition but should be considered in the overall fitness of all individuals is called _____.
5. _____ is the ability of an individual to maintain their line of gravity within their base of support. It can be classified into static and dynamic.
6. _____ are the skills we need for moving balls and objects around.
7. The ability to move muscles and joints through a full range of motion is called _____.
8. _____ are those in which players send an object (such as a ball or dart) towards a target area.
9. _____ The skills used by an individual to move from one place to another.
10. _____ is defined as “a rapid whole-body movement with change of velocity or direction in response to a stimulus. It performs a series of explosive power movements in a rapid succession in opposing directions.

B. Physical activity engagement.

“Tumbang Preso”

MECHANICS OF THE GAME

The set up is at the start, the players will throw their pamato or slipper and the one whose pamato is the farthest from the line or can will be the “it”

1. The game is played by placing the can in the designated spot, usually at the center where the “it” or the “taya” must guard and stand near the can.
2. The rest of the players has to hit the can with their slipper for about 2 meters away.
3. Only when the can is down can players retrieve their thrown slippers without getting tagged by the “it”.
4. When the “it” has tagged another player, he/she will be the next “it”.
5. Note: The game is in Single elimination, once the first student tagged by the “taya” he/she will automatically eliminated. And the next student who tagged will be the next “taya”.

Criteria for grading:

Number of times being tagged	Score
0-2	20
3-4	15
5-7	10
8-10	5
11 or more	0

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