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Learning Activity Sheet for PE and Health

Quarter 1

Week

2

Learning Activity Sheet PE and Health Grade 7 Quarter 1: Week 2

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LEARNING ACTIVITY SHEET 2

Are You Stressed?

Direction: Read the following situations. Please put a (/) if you consider the situation stressful

- | | |
|-------------------------------------|-------------------------------------|
| ___ 1. Choosing a gift for a friend | ___ 6. Losing your money |
| ___ 2. Arguing with classmate | ___ 7. Getting a birthday surprise |
| ___ 3. Going to a new place | ___ 8. Attending a party |
| ___ 4. Having a newborn sibling | ___ 9. Witnessing a tribal dance |
| ___ 5. Getting a failing mark | ___ 10. Watching a traditional play |

Tasks/Questions:

1. Do the things you think and feel affect your everyday life?

2. How does your body respond to your thoughts and feelings?

3. When was the last time you got stressed?

4. Do you think stress is normal and uncontrollable? Why?

Remember that the format of a learning activity sheet can be adjusted to fit the needs of your learners, the subject matter, and the level of detail required. The key is to provide clear instructions, engaging tasks, and the necessary resources to help learners achieve the intended learning outcomes.