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# Learning Activity Sheet for PE and Health

Quarter 1

Week

5

**Learning Activity Sheet PE and Health Grade 7**  
**Quarter 1: Week 5**

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## LEARNING ACTIVITY SHEET 5 TRUE or FALSE

**Direction:** Modified True or False

If the statement is correct write TRUE. If the Statement is not correct, change underlined words to make the sentence correct. Write the answer in the space provided before each number.

- \_\_\_\_\_ 1. Physical Health is the psychological well-being of a person. It is how a person thinks, feels and acts to cope with life. (MENTAL)
- \_\_\_\_\_ 2. Anxiety is a common form of mental distress. It's the sensation of being worried or scared about something.
- \_\_\_\_\_ 3. Mental illness is uncomfortable but not debilitating - it includes the daily experiences everyone must deal with. (Distress)
- \_\_\_\_\_ 4. Target games are one of the most effective ways to promote mental health like Frisbee. (Golf)
- \_\_\_\_\_ 5. Unopposed target games are where a player can obstruct the target by blocking, knocking away, defecting, or sending away the object from their playing area. (Opposed)

### Reflective Questions:

1. What do you think are the benefits of playing target games for your mental health?
2. How do sports like archery, darts, billiards and bowling help you deal with stress?
3. How working with teammates in games such as archery, bowling, darts and mental development?
4. What is the importance of knowing your Dominant Eye in Target Games, like shooting archery, Billiards and basketball?

*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.*