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Learning Activity Sheet for PE and Health

Quarter 1

Week

6

Learning Activity Sheet PE and Health Grade 7 Quarter 1: Week 6

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Secretary: Sara Z. Duterte

Undersecretary: Gina O. Gonong

Development Team

Writer: Lea D. Aplacador
Content Reviewer: Fe A. Menciano, Marilyn C. Binuya, Pedro D. Gloriani
Illustrator:
Layout Artist: Anthony James H. Vizmanos

Management Team

JOCELYN DR ANDAYA *CESO IV*, Director IV
CRISTITO A. ECO *CESO III*, Assistant Regional Director
MICAH G. PACHECO, OIC-Chief Education Program Supervisor, CLMD
DENNIS M. MENDOZA, Regional EPS/Learning Resource Management Section Head
MARITA D. AQUINO, Regional MAPEH Education Program Supervisor

Department of Education – National Capital Region (DepEd- NCR)

Office Address: 6 Misamis St, Bago Bantay, Quezon City
Metro Manila, Philippines, 1105
Telefax: (02) 85229412
Email Address: ncr@deped.gov.ph

LEARNING ACTIVITY SHEET 6

1,2,3 Decode!

Instruction:

Use the values shown on the table below to determine the hidden words provided in the given equation. Compute the sum of each equation and give the meaning of the word after.

| | | | | | | | | |
|-----------------------|-----------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| A ₁ | B ₃ | C ₉ | D ₂₉ | E ₁₈ | F ₁₇ | G ₂₃ | H ₁₉ | I ₁₆ |
| J ₈ | K ₅ | L ₁₀ | M ₄ | N ₂₁ | O ₁₄ | P ₁₁ | Q ₂₄ | R ₁₃ |
| S ₇ | T ₂ | U ₁₅ | V ₆ | W ₂₅ | X ₁₂ | Y ₂₈ | Z ₂₉ | |

| WORD | EQUATION | SUM | DEFINITION OF THE WORD |
|------|-------------------------------|-----|------------------------|
| | $19+18+10+1+2+19 =$ | | |
| | $13+18+9+13+18+1+2+16+14+21=$ | | |
| | $18+12+18+13+9+16+7+18=$ | | |
| | $23+1+4+18+7=$ | | |
| | $7+11+14+13+2+7=$ | | |

Processing Questions:

1. Name the words that you found.
2. How important are those words in promoting our mental health?

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.