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Learning Activity Sheet for PE and Health

Quarter

Week

8

Learning Activity Sheet PE and Health Grade 7 Quarter 1: Week 8

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LEARNING ACTIVITY SHEET 8

Striking Name

Arnis is one of the target games promote to the improvement of various motor skills, including coordination and balance furthermore, it is excellent in promoting strategic thinking, decision-making, wellness and healthy living.

Look at the illustration and write the name of the striking point in Arnis accordingly.



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.