

7

Lesson Exemplar for PE and Health

Quarter 1

Week

6

Lesson Exemplar for PE and Health Grade 7 Quarter 1: Week 6

This material is intended exclusively for the use of teachers in the implementation of the MATATAG K to 10 Curriculum. It aims to assist in delivering the curriculum content, standards, and lesson competencies.

The Intellectual Property Code of the Philippines states that “No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.”

Borrowed materials (e.g., texts, illustrations, musical notations, photos, and other copyrightable, patentable contents) included in this learning resource are owned by their respective copyright and intellectual property right holders. Where applicable, DepEd has sought permission from these owners specifically for the development and printing of this learning resource. As such, using these materials in any form other than agreed framework requires another permission and/or licensing.

No part of this material, including its original and borrowed contents, may be reproduced in any form without written permission from the Department of Education.

Every care has been taken to ensure the accuracy of the information provided in this material. For inquiries or feedback, please call the Department of Education - Regional Office via telephone number (02) 85229412 or send an email to ncr@deped.gov.ph.

Published by the Department of Education

Secretary: Sara Z. Duterte

Undersecretary: Gina O. Gonong

Development Team

Writer: Lea D. Aplacador
Content Reviewer: Pedro Gloriani, Marilyn Binuya and Fe Manciano
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

MATATAG K to 10 Curriculum Weekly Lesson Log	School	Grade Level	7
	Name of Teacher	Learning Area	PE and Health
	Teaching Dates and Time	Quarter	1

DAY 3 and 4

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES
--

<i>A. Content Standards</i>	The learners demonstrate understanding of mental health and target games in promoting personal wellness for active and healthy living.
<i>B. Performance Standards</i>	The learners participate in target games and other physical activities to promote personal wellness for active and healthy living.
<i>C. Learning Competencies</i>	LC# 3 Recognize the positive effects of physical activity participation on mental health.
<i>D. Learning Objectives</i>	The Learner: <ol style="list-style-type: none"> 1. Identify various physical activities that help safeguard mental health. 2. Understand the mental health benefits of regular physical activities. 3. Execute the different physical activities that promote mental health.
<i>E. Instructional Design framework feature (s)</i>	Learner- centered, developmentally appropriate practices, reflective and collaborative instruction.
<i>F. 21st Century Skills</i>	Collaboration, teamwork, interpersonal skills
II. CONTENT	Various Physical Activities that help Safeguard Mental Health Exercises, Games, Sports, Recreational Activities.

III. LEARNING RESOURCES

<i>A. References</i>	
<i>B. Other Learning Resources</i>	

IV. TEACHING AND LEARNING PROCEDURES

Before/Pre-Lesson Proper

<p><i>Activating Prior Knowledge</i></p>	<p>Activity 1. “Remember Me!” (5 mins) Instruction: If the phrase explains how to look after your mental health, give a three-fold clap. If not, give it two stomps of the foot.</p> <ol style="list-style-type: none">1. Practice gratitude2. Focus on positivity3. Set goals and priorities4. Eat healthy5. Overthinking6. Exercise regularly7. Listening to fake news8. Incorporate activities that will challenge you in a healthy way.9. Spend time with your family10. Build trusting relationships <p>How did you find the activity? Why? Did you practice some of them?</p>
<p><i>Lesson Purpose/Intention</i></p>	<p>Activity 2. “20, 20, 20” (10 mins.)</p> <p>Instruction: Accompanied with music, the learner will do the following exercises for 20 seconds each. Repeat the routine three times.</p> <ol style="list-style-type: none">1. Shoulder stretch2. Arm circles3. Hip rotation4. Squat5. Forward lunge6. Leg swings7. High knees8. March or jog in place9. Jumping jacks <p>Processing Questions:</p> <ol style="list-style-type: none">1. How did you find the activity?2. Was it difficult to perform?3. What do you see as the advantages or good things that would happen if you engaged in physical activity?

Lesson Language Practice

Activity 3. “1,2,3 Decode!” (10 mins)

Instruction:

Use the values shown on the table below to determine the hidden words provided in the given equation. Compute the sum of the equation and define the word after finding it.

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. Did you get all the hidden words? Name them and give examples of each.
2. How important are those words in promoting our mental health?

During/Lesson Proper

Reading the Key Idea/ Stem

Activity 4 “SIPA RELAY” (20 mins.)

Sports is a physical activity that frequently calls for cooperation, skill, and competitiveness. It is frequently done for fun, exercise, or to increase physical fitness and is usually governed by a set of rules or norms. Participating in sports is good for your mental and physical wellbeing. They can strengthen social ties and collaborative abilities while also assisting with endurance, balance, and coordination.

Objective: To pass the rattan ball (sipa) from one player to another using kicks, while keeping it in the air as long as possible.

Materials needed:

- A rattan ball (sipa)/any alike available material

Target concept: teamwork, coordination and foot-eye coordination

General Instruction:

1. Find a flat, open space with enough room for players to move around freely. Mark a starting line and a finishing line.
2. Divide players into teams of 4-6 members per team. Each team forms a line behind the starting line.

Basic Rules

1. **Starting the Game:**

- The first player in each team starts with the sipa. They begin by tossing the sipa into the air using their foot to kick it.

2. **Gameplay:**

- The player kicks the sipa towards the next player in line without letting it touch the ground.
- The next player in line must kick the sipa back into the air to keep it moving towards the finishing line.
- Players continue passing the sipa from one player to the next using kicks.
- If the sipa touches the ground, the team must restart from the starting line.
- The team that successfully passes the sipa to all members and crosses the finishing line first wins the relay.

3. **Scoring:**

- The team's score is determined by the time it takes them to complete the relay. The fastest team wins the game.

Safety Tips:

- Ensure the playing area is clear of obstacles to prevent tripping.
- Use a soft, lightweight sipa to reduce the risk of injury.
- Encourage players to play safely and avoid kicking too aggressively.

Processing Questions:

1. What was the most challenging part of the Sipa Relay for you?
2. How did your team work together to achieve success in the Sipa Relay?
3. What strategies did your team use to improve your performance in passing the sipa through the targets?
4. Did the activity helped you in promoting mental health? How?

<p><i>Developing Understanding of the Key Idea/ Stem</i></p>	<p>Activity 5 “It’s Movie Time!” (30 mins.)</p> <p>Objective: To create an engaging and enjoyable experience through watching a movie.</p> <p>Materials Needed:</p> <ul style="list-style-type: none"> • A suitable movie material • A screen or projector • Comfortable seating arrangement <p>Procedure</p> <ol style="list-style-type: none"> 1. Choose a movie that is age- appropriate and aligns with educational goals. 2. Set up chairs or cushions in a comfortable and conducive arrangement for viewing. 3. Dim lights slightly to create a cozy ambiance. Ensure the area is quiet and free from distractions. 4. Briefly introduce the movie, including its title, genre, and a short synopsis to set the context for students. 5. Establish basic rules such as no talking during the movie, staying seated, and respecting others' enjoyment of the film. 6. Prepare discussion points or questions related to the movie’s themes, characters, or plot points to engage students afterward. 7. After the movie ends, lead a discussion to explore students' thoughts, feelings, and reactions to the movie. 8. Encourage them to share their favorite scenes, characters, or any lessons learned. <p>Processing questions:</p> <ol style="list-style-type: none"> 1. What was your favorite part of the movie and why? 2. What is the main message or theme of the movie? 3. Would you recommend this movie to a friend? Why or why not?
<p><i>Deepening Understanding of the Key Idea/ Stem</i></p>	<p>After the activity, the teacher will process the learning experiences of the students after engaging in the different physical activities. (5mins)</p> <p>Processing Questions:</p> <ol style="list-style-type: none"> 1. How do you feel physically and mentally after participating in the different physical activities? 2. Did you notice any changes in your mood or energy levels? 3. What have you learned about participating physical activity for mental health? 4. How do you think physical activity affects your well-being, including your mental health? 5. What are some physical activities or sports would you like to try more regularly to promote your mental health?

After/Post-Lesson Proper	
<i>Making Generalizations and Abstractions</i>	<p>Answer the following open-ended questions below: (5 mins)</p> <ol style="list-style-type: none"> 1. I have learned that various physical activities _____ 2. I've realized that playing sipa as a form of physical activity promotes _____ 3. Given a chance, I will _____ to improve mental well- being.
<i>Evaluating Learning</i>	<p>Modified True or False (5 mins)</p> <p>Write the word TRUE if the statement talks about safeguarding mental health. If not, change the underlined word/s to make the statement TRUE.</p> <ol style="list-style-type: none"> 1. Participating in physical activities can <u>safeguard</u> my mental health. 2. Sports activities like Sipa Relay strengthen <u>body coordination</u> and <u>teamwork</u>. 3. Walking, dancing and reading books are examples of <u>recreational activities</u>. 4. Playing computer games from morning until midnight <u>improves</u> mental health. 5. Taking care of your mental health is a form of <u>self- care</u>.
<i>Additional Activities for Application or Remediation (if applicable)</i>	<p>Tiktok Time!</p> <p>Encourage your family to do some physical activities. Look for a video in tiktok and have yourselves follow the moves. Video your activity and make a journal reflection of your family's activity.</p> <p>Submit your output next meeting.</p>
<i>Remarks</i>	
<i>Reflection</i>	