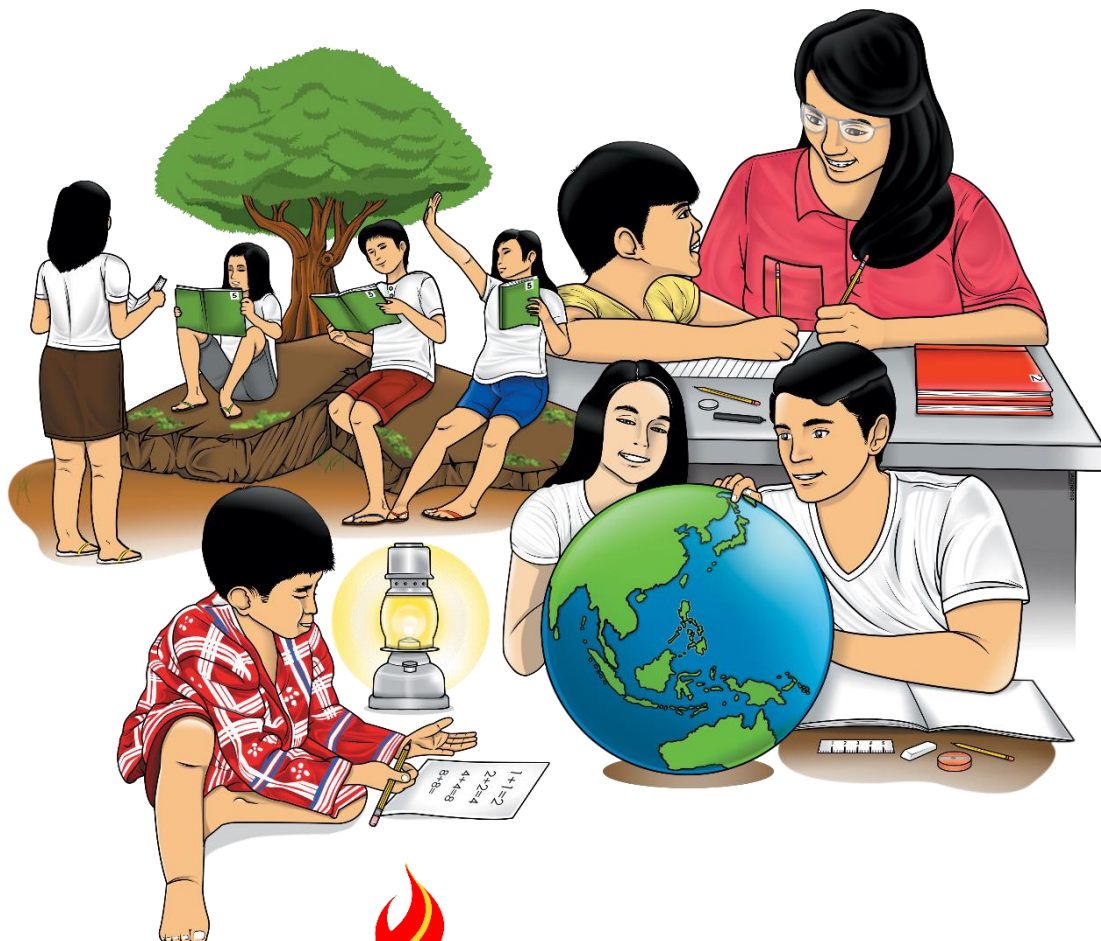


Physical Education

Quarter 2 – Module 2:

Plan: Hit Your Goal



ALTERNATIVE DELIVERY MODE

ADM

Physical Education – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 2: Plan: Hit Your Goal
First Edition, 2020

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Physical Education

Quarter 2 – Module 2:

Plan: Hit Your Goal

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

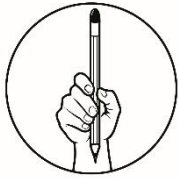
This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module contains:

- Preparing a Physical Activity Program in Developing Team Sports Skills

After going through this module, you are expected to:

1. prepare a physical activity program **(PE8PF-IIc-27)**
 - a. discuss the importance of physical activity plan;
 - b. describe the health benefits of physical activity; and
 - c. design a personal physical activity plan
2. undertake physical activity and physical fitness assessments **(PE8PF-IIa-h-23)**



What I Know

Directions: Read the questions carefully and write the letter of the correct answer on a separate sheet of paper.

1. Which of the following training principles refers to the number of exercise sessions per week?
 - A. frequency
 - B. intensity
 - C. time
 - D. type
2. Which is defined as the fastest and hardest heart beat in doing an activity?
 - A. heart rate
 - B. maximum heart rate
 - C. resting heart rate
 - D. training heart rate
3. What does the acronym FITT stands for?
 - A. follow, instruct, try, take
 - B. frequency, intensity, time, test
 - C. frequency, intensity, time, type
 - D. full range of motion, intensity, time, test
4. Which of the following training principles tells about the duration of the length of the activity?
 - A. frequency
 - B. intensity
 - C. time
 - D. type
5. Why does exercise program important? It can develop better _____.
 - A. agility
 - B. coordination
 - C. flexibility
 - D. all of the above

6. Which of the following training principles refers to the degree of effort or exertion put forth by an individual during exercise?
- A. frequency
 - B. intensity
 - C. time
 - D. type
7. Why do we need to exercise? Exercise has been proven to _____.
- A. increase muscle but decrease bone mass
 - B. increase cardiac injury during a heart attack
 - C. reduce the risk of acquiring illnesses
 - D. weaken the immune system
8. Which of the following training principles is associated with the mode of exercise being performed?
- A. frequency
 - B. intensity
 - C. time
 - D. type
9. What are the things to consider in preparing an individualized physical activity program?
- A. age and fitness status
 - B. age and health status
 - C. age, health and height
 - D. age, health, and fitness status
10. Which of the following is the most appropriate strategies for setting goals?
- A. To establish short-term and long-term goals
 - B. To develop unrealistic goals
 - C. To put goals in writing without considering the benefits of physical activity
 - D. Setting goals according to the availability of time with friends only
11. Which statement is FALSE about physical activity?
- A. Physical activity makes one healthier.
 - B. Physical activity is the movement of the body that uses energy.
 - C. Physical activity has an immediate and long-term health benefits.
 - D. Physical activity cannot help improve quality of life.

12. Why exercise is a must? It is a must for us to have a good _____.
- A. body tone
 - B. health
 - C. physical skills
 - D. social skills
13. Which of the following is NOT a factor to consider in developing personal physical activity plan?
- A. The goal of an individual.
 - B. The present fitness level of an individual.
 - C. The health condition of an individual.
 - D. The financial and social status of an individual.
14. How can you attain success in improving physical fitness? It can be achieved by _____.
- A. setting a goal
 - B. being confident
 - C. applying specific exercises
 - D. accessing with the gym equipment
15. Which of the following should be considered in designing the exercise program? It can be done by _____.
- A. setting the date and time
 - B. increasing energy levels daily
 - C. setting short-term and long-term goals
 - D. recording the progress to see what you have achieved

Lesson**1****Preparing a Physical Activity Program in Developing Team Sports Skills**

Understanding the importance of physical movement in your life helps a lot in achieving your goal of having a fit body. Being physically fit and healthy can help you and your family members get through with the stressors and demands of life. It improves your self-esteem, develops your confidence, and clarifies your self-concept which can only be realized as you get older. Engaging in team sports can help you and your family achieve fitness.

***What's In***

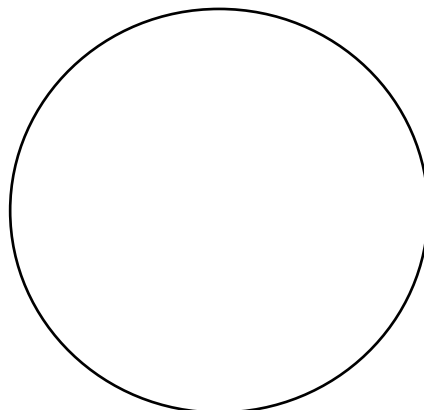
Let us try how much do you know about the basic skills of team sports!

Activity 1. Where It Belongs

Directions: Listed in the box are the basic skills in playing team sports. Identify the skills related to basketball. Copy the basic skills on a separate sheet of paper and write the corresponding answers on the circle provided below.

dribbling	pitching	spiking	chest pass
bounce pass	batting	shooting	striking
serving	home run		

Basketball





What's New

Activity 1. Describe Me

Directions: Look at the illustrations below and describe the actions shown and the feelings of the persons doing each. Do this in a separate sheet of paper.



Illustration 1

Answer: _____.



Illustration 2

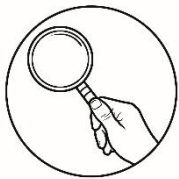
Answer: _____.

Illustrated by: Mary Joy B. Oliverio

Task: Complete the table by listing the benefits associated with each activity.

Example: Muscular endurance

Illustration 1	Illustration 2



What is It

Physical activity means the movement of the body that uses energy. It should be in light, moderate, and vigorous level of intensity. It improves health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity or exercise can have immediate and long- term health benefits. Regular physical activity can improve your quality of life.

Examples of physical activities are walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing volleyball, running, jogging or dancing.

Physical activity plan is a strategic planning document that identifies physical activity as a priority for council and contains actions aimed at raising awareness and increasing participation in physical activity. It can encourage and coordinate the actions of a range of departments and organizations to promote increased participation in physical activity.

Four Main Types of Physical Activity

1. aerobic (cardio)
2. muscle strengthening
3. bone-strengthening
4. stretching

Physical Activities recommendation by Age

Preschool-Aged children (3-5 years)

- physical activity every day throughout the day
- active play through a variety of enjoyable physical activities

Children and adolescents (6-17 years)

- 60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity daily
- a variety of enjoyable physical activities

As part of the 60 minutes on at least 3 days a week, children and adolescents need:

- Vigorous activity such as running or soccer
- Activity that strengthens muscles such as climbing or push ups
- Activity that strengthens bones such as gymnastics or jumping rope.

Adults (18-64 years) *

- at least 150 minutes a week of moderate intensity activity such as brisk walking
- at least 2 days a week of activities that strengthen muscles

Older adults (65 years older) *

- at least 150 minutes a week of moderate intensity activity such as brisk walking
- at least 2 days a week of activities that strengthen muscles
- activities to improve balance such as standing on one foot

**Aim for the recommended activity level but be active as one is able*

Three levels of intensity of physical activity based on how hard your body has to work

1. Low-intensity level- engaging in low-intensity physical activity is better than no physical activity

example:

- light walking

2. Moderate-intensity level - are those activities that get you moving fast enough or strenuously enough to burn off three to six times as much energy per minute as you do when you are sitting quietly, or exercises that clock in a 3 to 6 METs (metabolic equivalent)

examples:

- Walking briskly (about 3 1/2 miles per hour)
- Bicycling (less than 10 miles per hour)
- General gardening (raking, trimming shrubs)
- Dancing

3. Vigorous-intensity level- requires the highest amount of oxygen consumption to complete the activity. -70% to about 85% of your maximum heart rate

examples:

- running
- jumping ropes
- carrying heavy loads like bricks

Health Benefits of Regular Physical Activity

- improved condition of the heart and lungs
- increased muscular strength, endurance and motor fitness
- improved muscle tone and strength
- weight management
- better coordination, agility and flexibility
- improved balance and spatial awareness
- increased energy levels
- reduced risk of chronic disease (such as type 2 diabetes and heart disease)
- improved sleep and brain health
- improved general and psychological well-being.

Tips to Plan your Physical Activity

Attaining your dream of having a good result in physical activity requires planning and maintaining of the physical activity program because it won't just happen but you have to move.

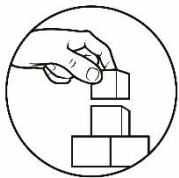
Here are some tips:

1. Make exercise a top priority.
2. Set yourself short and long-term SMART goals that are
 - **S**pecific
 - **M**easurable
 - **A**chievable
 - **R**ealistic
 - **T**ime based
3. Don't weigh yourself every day as your weight fluctuates daily.
4. Draw up an activity action plan and use it.
5. Make some allowances for missed sessions and setbacks.
6. Make the time to exercise.
7. Choose an exercise.
8. Turn everyday things into active time.
9. Reject excuses
10. Think about the benefits versus the costs.
11. Review your plans and goals, and track your progress.

A physical activity plan that is well-designed will outline how often (frequency), how long (time), and how hard (intensity) a person exercises, and what kinds of exercises (type) are selected. FITT Principle is a formula in which each letter represents a factor important for determining the correct amount of physical activity. The exercise frequency, intensity, time, and type (FITT Principle) are key components of any fitness plan or routine. An individual's goals, present fitness level, age, health, skills, interests, and availability of time are among the factors to consider in developing a personal physical activity plan.

Sample Physical Activity Program (PAP) Plan

Activities to do	Schedule	Duration	Goal
1. Walking, and running with my siblings	Monday & Thursday at 4:30 am	1 hour and 30 minutes	to increase cardiovascular endurance
2. Jogging with mother and father	Tuesday & Sunday, at 4 pm	1 hour	to increase cardiovascular endurance
3. Dribbling and passing of ball	Wednesday & Saturday at 5 pm	1 hour	*tone my triceps muscles *strengthening muscles and bone mass
4. Mopping and scrubbing the floor	Thursday	1 hour	*to develop muscular strength.
5. Dancing Stretching	Friday	1 hour and 30 minutes	*to develop flexibility



What's More

Activity 1. Fill It In

Directions: Fill in the missing letters in the box to come up with the complete word(s). Write your answer on a separate sheet of paper.

1. The movement of the body that uses energy.

P	H	Y		I	C		L
---	---	---	--	---	---	--	---

A	C	T		V		T	Y
---	---	---	--	---	--	---	---

2. It refers to the number of exercise sessions per week-for example, three to five times per week.

F	R		Q			N	C	
---	---	--	---	--	--	---	---	--

3. This is the intensity level which activities get you moving fast enough to burn off three to six times as much energy per minute.

M		D	E	R			
---	--	---	---	---	--	--	--

4. It is the goal that has to do further in the future which requires time and planning.

L	O		G		T	E		M
---	---	--	---	--	---	---	--	---

5. It is the degree of effort for exertion put forth by an individual during exercise.

I	N	T		N	S	I		Y
---	---	---	--	---	---	---	--	---

Activity 2. It's a Good Plan

Directions: Design a long-term physical activity plan that will make a change for a better you and that will develop your skills in playing team sports. Do this in a separate sheet of paper.

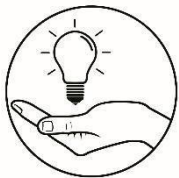
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Ex.:</i> Week 1	Jogging	Running	Dribbling	Dancing	Brisk walking	Bicycling	Scrubbing the floor
Week 2							
Week 3							
Week 4							
Week 5							

Activity 3. Be Active, Be Fit

Directions: Observe the physical activities of your family members. List down at least five (5) and describe the health benefits they can get from it based on the levels of intensity of the physical activity. Do this activity on a separate sheet of paper.

Family Member	Physical Activity	Levels of Intensity			Health Benefits
		Low	Moderate	Vigorous	
Example: Father	Bicycling		/		Bicycling in moderate intensity level will increase my

					father's muscular strength and endurance when performed continuously.
1.					
2.					
3.					
4.					
5.					



What I Have Learned

Jot Your Insights

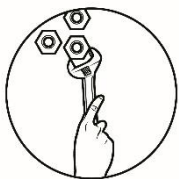
Directions: Complete the statements below.

After doing all the activities in this module, I learned that identifying exercise or physical activities needed by family members will help in preparing or designing a _____ and surely will achieve family wellness and to enjoy lifelong fitness.

I understand that physical activity is _____
_____.

I believe that in designing the physical activity plan, there are tips to remember. These are 1. _____, 2. _____, 3. _____, 4. _____, 5. _____.

I realized that physical activity plan is a great way to stay physically and mentally fit. It also provides many health benefits, including: 1. _____, 2. _____, 3. _____, 4. _____, 5. _____.



What I Can Do

Activity 1. I Can Do It

Directions: Design a personal physical activity program that would help develop the skills in playing team sports following the FITT formula and the SMART guide. *Please refer to the sample Physical Activity Program in "What Is It".*

Activities to do	Schedule	Duration	Goal

Rubrics to Assess the Learners' Physical Activity Program

INDICATORS	Exemplary	Proficient	Developing	Emerging
Goals	All goals are included. All goals are written adhering to the SMART guide.	Most goals are included. Goals are written adhering to the SMART guide except 1	Some goals are included. Goals are written adhering to the SMART guide except 2	Only one goal is included. Only one goal is written adhering to the SMART guide.
Adherence to FITT formula	All aspects of program adhere to the FITT formula.	Most aspects of program adhere to the FITT formula except 1	Some aspects of program adhere to the FITT formula except 2.	Only one aspect of program adheres to the FITT formula.

Completeness of the Plan	All the required details in the Plan are considered.	Details in the plan were included except 1.	Details in the plan were included except 2.	The Physical Activity Program lacks 3-4 details.
--------------------------	--	---	---	--

Activity 2. Let's Do It!

Directions: With any of your family members, do the following:

1. Execute your plan in Activity 1 in What I Can Do.
2. Ask them how they feel in doing the activities.
3. Identify the activities to be adjusted in the plan.
4. Come up with an adjusted plan.

Guide Questions:

1. Where you able to execute your plan with your family members?

Ans. Yes ___ No ___

2. Was the activity enjoyable and fun?

Ans. Yes ___ No ___

3. After doing the activity with your family members, do you find your plan realistic and attainable?

Ans. Yes ___ No ___

Activity 3: Let's Check

Directions: Identify the activities from Activity 1 that do not attain the goals and make an adjusted plan. Write your answer on the column below.

Activity	Goal
1.	
2.	
3.	
4.	
5.	



Assessment

Directions: Read the questions carefully. Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. Which of the following is an example of a house chore which applies muscular strength and endurance?
 - A. hanging clothes
 - B. scrubbing the floor
 - C. washing dishes
 - D. watering plants

2. What component of health-related fitness refers to the ability of the respiratory and circulatory systems to effectively deliver oxygen to the heart and to the working muscles during exercise?
 - A. body composition
 - B. cardiovascular endurance
 - C. muscular strength
 - D. stork balance

3. What is the purpose of a 3-Minute Step Test?
 - A. measure cardiovascular endurance
 - B. measure the flexibility of your body
 - C. measure the strength of abdominal muscles
 - D. be able to reach as far as possible without bending the hamstring

4. Which of the following physical activities belongs to muscular endurance?
 - A. brisk walking
 - B. push-up
 - C. side bend
 - D. sit and reach

5. Why is it important to warm-up before and stretch after exercise?
 - A. increases blood flow circulation
 - B. improves level of confidence
 - C. makes muscles and tendons stronger
 - D. prevents injury and avoids stiffness

6. What do you call the ability of the muscle to exert maximal effort in a brief duration?
 - A. body composition
 - B. cardiovascular endurance
 - C. muscular endurance
 - D. muscular strength

7. Which of the following health-related fitness does NOT belong in the group?
 - A. cardiovascular endurance
 - B. muscular endurance
 - C. muscular strength
 - D. reaction time

8. Which sport has a primary focus on muscular power?
 - A. basketball
 - B. football
 - C. table tennis
 - D. weight lifting

9. Which of the following is a basic skill of volleyball?
 - A. batting
 - B. dribbling
 - C. running
 - D. tossing

10. What health-related exercise measures strength of the upper extremities?
 - A. curl-ups
 - B. push-up
 - C. sit and reach
 - D. zipper test

11. Which of the following exercises belongs to flexibility?
 - A. curl-up
 - B. push-up
 - C. sit and reach
 - D. 3-minute step test

12. Which of the following fitness tests belongs to Cardiovascular Endurance?
- A. curl-up
 - B. hexagon agility
 - C. zipper test
 - D. 3-minute step test
13. Which of the following affects range of motion around a joint?
- A. body composition
 - B. flexibility
 - C. muscular strength
 - D. reaction time
14. Which statement is TRUE about exercise?
- A. exercise promotes physical well-being
 - B. exercise reduces the risk of injury
 - C. regular exercise improves quality of life
 - D. all of the above
15. Which is NOT true about physical activity?
- A. a little physical activity is better than none
 - B. physical activity may increase longevity
 - C. physical activity must be part of a regular exercise program
 - D. regular exercise, regardless of intensity and type, makes you a healthier



Additional Activities

Activity 1: Sports, Family, Fitness

Directions: This activity encourages you to involve your family in playing team sports. This is a form of fitness activity that requires preparation of a documentary of your family's engagement in team sports.

Here are the steps:

1. Gather some pictures of your family’s team sports activities. Prepare a documentary by organizing them in a portfolio or scrapbook.
2. Put descriptions or captions for each documented activity. Your descriptions or captions may include the team sport played, date and place it was taken, and other useful information.
3. Your uniqueness, imagination, creativity and resourcefulness will be challenged in this activity so do not waste your chance.
4. If you have difficulty in gathering your family’s pictures in engaging in team sports, look for pictures of families participating in team sports in magazines, newspapers, or pamphlets. Cut out, organize and paste the pictures in clean bond paper or colored paper. Put captions on these pictures and include the benefits of the family in participating in team sports.

Rubrics for Assessment

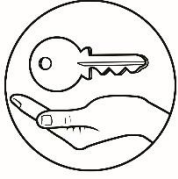
	15	10	5
Content	Accurate content explained in detail	Most accuracies in content but not very detailed	Some accuracies in content but not detailed
Style and Organization	Display is interesting and attractive. Materials are complete and organized to present the ideas well.	Most display is interesting and attractive. Most materials are complete but not organized	Some display is interesting but not attractive Some materials are incomplete and not organized.
Creativity	Scrapbook/portfolio is unique, layout is appealing, and takes advantage of the design tools available	Scrapbook/portfolio is mostly unique, organized and shows some use of design tools.	Scrapbook/portfolio is like many others, layout is unappealing and shows a little use of design tools

Household Chores	Name of Person In-charge	Acquired Health-Related Fitness
1. Washing bed linens		
2. Throwing Garbage		
3. Washing dishes		
4. Sweeping the yard		
5. Cleaning the bathroom.		
6. Preparing breakfast		
7. Setting the table		
8. Watering the plants		
9. Washing vehicle		
10. Cleaning the bedroom		

Activity 2: Interview Portion

Directions: You will conduct an interview on the physical activity of your family members and write your findings in the table below. This will determine the kind of activity suited to them.

Family Members	Physical Activity Related to Sports	HRF Component Involved	Strength/Weakness



Answer Key

<p>What I Know</p> <p>1. A 2. D 3. C 4. C 5. A 6. B 7. C 8. D 9. D 10. A 11. D 12. B 13. D 14. A 15. A</p>	<p>What's In</p> <p>Basketball</p> <p>dribbling</p> <p>shooting</p> <p>chest pass</p> <p>bounce pass</p>	<p>What's New</p> <p>Learner's answers may vary</p>	<p>What's More</p> <p>Activity 1</p> <p>1. Physical activity</p> <p>2. Moderate</p> <p>3. Frequency</p> <p>4. Long-term</p> <p>5. Intensity</p> <p>Activity 2- Learner's answers may vary</p> <p>Activity 3- Learner's answers may vary</p>
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<p>What I Have Learned</p> <ul style="list-style-type: none"> Physical Activity Program Physical Activity is the movement of the body that uses energy. Tips in planning physical activity- refer your answer from "What Is It?" Tips in planning your physical activity Health benefits- refer your answer from "What Is It?" Health benefits of regular physical activity 	<p>What I Can Do</p> <p>Activity 1:</p> <p>Note: Learner's answers may vary</p> <p>Activity 2</p> <p>Note: Learner's answers may vary</p> <p>Note: Learner's answers may vary</p> <p>Activity 1</p> <p>Note: Learner's answers may vary</p>	<p>Assessment</p> <p>1. D 2. B 3. D 4. A 5. A 6. A 7. D 8. C 9. C 10. A 11. B 12. C 13. D 14. D 15. A</p>	<p>Additional Activities</p> <p>Activity 1:</p> <p>Learner's answers may vary</p>
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