

# Learning Activity Sheet for PE and Health

Quarter 2

Lesson

1

**Worksheet for PE and Health Grade 4**  
**Quarter 2: Lesson 1**  
**SY 2024-2025**

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**LEARNING ACTIVITY SHEET**

<b>Learning Area:</b>	PE and Health 4	<b>Quarter:</b>	2
<b>Lesson No.:</b>	1	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	<b>Characteristics, Importance, Roles and Responsibilities of Family in Promoting Family Health</b>		
<b>Name:</b>		<b>Grade &amp; Section:</b>	<b>4</b>

**I. Activity No. 1: Characteristics and Roles of Family Health**

**II. Objective(s):** At the end of the lesson, the student may identify and understand the importance of promoting a healthy lifestyle

**III. Materials Needed:** Paper and pen

**IV. Instructions:** Identification: Identify the following characteristics of members of the family. Write M for mother, F for father, and S for siblings. Put your answer in the space provided for each number.

\_\_\_\_\_ 1. The one who corrects, discipline and train children.

\_\_\_\_\_ 2. The one who gave birth to you.

\_\_\_\_\_ 3. Often referred to as a son's first hero and daughter's first love.

\_\_\_\_\_ 4. At times a helper, a coach, and a friend.

\_\_\_\_\_ 5. Need to balance out acting immature and acting like a serious adult.

\_\_\_\_\_ 6. Willing to listen, learn, and most of all, proud of them.

\_\_\_\_\_ 7. Trains children to be good at life.

\_\_\_\_\_ 8. To care physically and emotionally.

\_\_\_\_\_ 9. The one who learn to be aggressive.

\_\_\_\_\_ 10. The main enforcer of family rules and sets boundaries at home.

**V. Synthesis/Extended Practice/Differentiation (if needed):**