

7

Learning Activity Sheet for PE and Health

Quarter 1

Lesson

4

Worksheet for English Grade 7
Quarter 4: Lesson 1
SY 2024-2025

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LEARNING ACTIVITY 1SHEET

| | | | |
|-----------------------------|---|-----------------------------|---|
| Learning Area: | Music and Art | Quarter: | 1 |
| Lesson No.: | 4 | Date: | |
| Lesson Title/ Topic: | Combative Sport Skills and Their Fitness Requirements | | |
| Name: | | Grade & Section: | |

I. Activity No. 2: 12 Basic Strikes and 12 Basic Blocks for Arnis Demonstration**II. Objective(s):** Demonstrate proper and basic Arnis forms**III. Materials Needed:** baston**IV. Instructions:**

The students will demonstrate the 12 striking techniques of Arnis. This can be done individually or by group. Performance will be rated based on the following assessment scale.

| Arnis Skills | Advanced 4 pts | Proficient 3 pts | Partially Proficient 2 pts | In Progress 1 pts |
|---------------------|---|---|---|--|
| Strikes | Strikes correctly and holds the stick correctly all the time | Most of the strikes are correct and handles the stick very well | Some strikes are correct but majority needs improvement including the hold in the stick | Directions of strikes as well as the hold in the stick is different and incorrect |
| Stance | Masters the stance well and has the perfect shape of doing it | Most stance are correct and in proper execution often | Most stance are incorrect or in improper execution | No proper execution of stance at all |
| Courtesy | Shows overall courtesy as the game or sport requires | Did the courtesy execution before and after game | Lack of courtesy execution | Did not do or forgot the courtesy principle of the sport, specially "pugay" before and after execution |

LEARNING ACTIVITY 1SHEET

| | | | |
|-----------------------------|---|-----------------------------|---|
| Learning Area: | Music and Art | Quarter: | 1 |
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| Name: | | Grade & Section: | |

I. Activity No. 4: Double Sinawali Demonstration**II. Objective(s):** Demonstrate proper and basic Arnis forms**III. Materials Needed:** baston**IV. Instructions:**

Students will demonstrate the double sinawali in pairs. The teacher explains the criteria before the start of the activity. Performance will be rated based on the following assessment scale.

| Arnis Skills | Advanced 4 pts | Proficient 3 pts | Partially Proficient 2 pts | In Progress 1 pts |
|---------------------|---|---|---|--|
| Strikes | Strikes correctly and holds the stick correctly all the time | Most of the strikes are correct and handles the stick very well | Some strikes are correct but majority needs improvement including the hold in the stick | Directions of strikes as well as the hold in the stick is different and incorrect |
| Stance | Masters the stance well and has the perfect shape of doing it | Most stance are correct and in proper execution often | Most stance are incorrect or in improper execution | No proper execution of stance at all |
| Courtesy | Shows overall courtesy as the game or sport requires | Did the courtesy execution before and after game | Lack of courtesy execution | Did not do or forgot the courtesy principle of the sport, specially "pugay" before and after execution |