

7

Learning Activity Sheet for PE and Health

Quarter 2

Lesson

2

Worksheet for PE and Health Grade 7
Quarter 2: Lesson 2 (Week 2-4)
SY 2024-2025

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Development Team

Writer:

- Montano L. Tapanan Jr., MAT-HK (University of San Jose – Recoletos)

Validator:

- Dr. Marino A. Garcia (Cebu Normal University)

Management Team

Philippine Normal University
Research Institute for Teacher Quality
SiMERR National Research Centre

Every care has been taken to ensure the accuracy of the information provided in this material. For inquiries or feedback, please write or call the Office of the Director of the Bureau of Learning Resources via telephone numbers (02) 8634-1072 and 8631-6922 or by email at blr.od@deped.gov.ph.

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 7	Quarter:	2nd
Lesson No.: 2		Date:	
Lesson Title/ Topic:	Family Conflict Management		
Name:		Grade & Section:	

I. Activity No. 4: Conflict Resolution Showdown - Family Game Show**II. Objective(s):** At the end of the lesson, you are expected to be able to:

- Demonstrate the concept of family conflict management and its importance within a family setting.
- Enhance critical thinking, teamwork, and communication abilities by developing effective conflict-resolution strategies.
- Manifest the value of open communication and empathy in resolving family conflicts.

III. Materials Needed: Scenario sheets (pre-prepared, one copy for each team), visual props (buzzers, scoreboard), writing materials (for brainstorming and note-taking), timer (for the brainstorming session), space for conducting the activity, and worksheet handouts for reflective questions**IV. Instructions:****Introduction:**

Welcome, Grade 7 students, to the exciting "**Conflict Resolution Showdown - Family Game Show!** Get ready to enhance your conflict resolution skills while having a blast. Here's how you'll participate:

Instructions:

- **Team Formation** - You will be divided into teams. Each team will have an equal number of students. Work together with your teammates to brainstorm and strategize.
- **Team Name** - Choose a creative and catchy name for your team. Write it on top of your worksheet.
- **Scenario Sheets** - Each team will receive a scenario sheet outlining a family conflict. Read the scenario carefully with your team members. Understand the conflict and discuss its complexities.
- **Brainstorming Session (15 Minutes)**
 1. Use the given 15 minutes to brainstorm and discuss your conflict resolution strategy. Think about creative and effective ways to resolve the conflicts in the scenarios.
 2. Consider the principles of conflict resolution: communication, compromise, empathy, and understanding. Your strategy should reflect these principles.
 3. Be Creative - Think of innovative solutions. Your strategy doesn't have to be conventional – unique ideas are encouraged!
- **Game Show Presentation**
 - It's showtime! Each team will take turns presenting their conflict resolution strategy to the class. Be confident and articulate while presenting.
 - Use the provided buzzers and scoreboard. Make your presentation engaging by using these visual aids.

- Other teams will have buzzers to provide feedback or ask questions about your strategy. Be prepared to answer questions from your classmates.

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

Question	Answer
1. What was the most interesting thing you learned in this lesson or activity?	
2. How did this lesson help you better understand the topic or concept?	
3. Were there any challenges you encountered during this lesson, and how did you overcome them?	
4. Can you think of real-life situations where the knowledge or skills you gained in this lesson could be applied?	

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 7	Quarter:	2nd
Lesson No.: 2		Date:	
Lesson Title/ Topic:	Physical Activities to Strengthen Relationship with Family Members		
Name:		Grade & Section:	

I. Activity No. 5: Capturing Family Bonds Through Photos**II. Objective(s):**

- Demonstrate understanding of the importance of engaging in physical activities as a family to strengthen relationships;
- Interpret the significance of physical activities in family bonding, identifying moments that reflect togetherness and emotional connections;
- Recognize the value of family time and shared physical activities through the family photo wall.

III. Materials Needed: Family photos, blank sheets of paper, markers and colored pencils, and wall space for creating the interactive family photo wall

IV. Instructions:

Welcome, Explorers of Family Bonds! Today, you embark on a creative journey to celebrate the beauty of family relationships through the "Capturing Family Bonds Through Photos" activity. Get ready to illustrate the essence of your family's shared adventures and activities!

Step 1: Photo Selection

- Your mission is to bring at least four family photos from home. These photos should vividly depict moments of joy, laughter, and togetherness during shared physical activities or adventures.
- Talk to your family about the photos you need. Choose the ones with the most precious memories of your family bonding experiences.
- In class, lay your selected photos on the tables. Take your time to choose the one picture that feels most special and significant, representing a memorable family bonding experience.

Step 2: Crafting Descriptions

- You are equipped with blank sheets of paper, markers, and colored pencils. Your mission is to craft brief but expressive descriptions of the activities captured in your chosen family photo. Describe the emotions, the laughter, and the love that radiate from the picture.
- Use your creativity to make your descriptions engaging and heartfelt. Imagine you are painting a picture with words, bringing the moment captured in the photo to life.

Step 3: Assembling the Interactive Family Photo Wall

- A designated wall space awaits your creative touch. This is where the magic happens! Work together in an orderly manner to affix your family photos to the wall. Ensure there's enough space beside each image for the attached descriptions.

- As you attach your photos, take a moment to read and appreciate the descriptions provided by your peers. Feel the warmth and love radiating from each family's unique bonding experience.

Step 4: Sharing and Reflection

- Once the interactive family photo wall is complete, gather around this visual masterpiece. Each of you will take turns presenting your family photo, reading your description aloud, and sharing the significance of the moment captured.
- Engage in open discussions. Reflect on how these shared physical activities deepen the bonds within families. Consider the varied experiences and emotions, appreciating the diversity in family stories.

Criteria	Description	Points
Engagement	Engaged in all aspects of the activity, demonstrating enthusiasm, curiosity, and a positive attitude. Actively participated in discussions, collaborated effectively with peers, and showed genuine interest in sharing and learning.	10
Creativity and Expression	Demonstrated exceptional creativity and expression in crafting descriptions and presenting their family photo.	10
Collaboration and Teamwork	Actively collaborated with peers, listened to others' ideas, provided valuable input, and worked effectively as part of a team. Respected others' opinions and contributed significantly to the group dynamic.	10

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

Questions	Your Response
1. Why is sharing your family photos and descriptions with your classmates important?	<p>Write a short paragraph explaining why sharing your family photos and descriptions is valuable. Consider how it can create a sense of understanding and connection among classmates.</p> <p>Answer:</p>
2. How can explaining the significance of the activities in your photos deepen your understanding of family bonds and physical activities?	<p>Reflect on the specific moments captured in your family photo. Write about how explaining these moments can help you understand the importance of family bonds and how physical activities strengthen these relationships. Include emotions, experiences, and lessons learned.</p> <p>Answer:</p>
3. How might your peers' reactions to your photos and descriptions affect your reflection on the topic?	<p>Consider the possible reactions of your classmates when you share your family photo and description. Write about how their responses might influence your thoughts and feelings. Consider how different perspectives can enrich your understanding of family bonds and physical activities.</p> <p>Answer:</p>

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 7	Quarter:	2nd
Lesson No.: 2		Date:	
Lesson Title/ Topic:	Academic Vlog on Family Physical Activity		
Name:		Grade & Section:	

I. Activity No. 6: Academic Vlog on Family Physical Activity**II. Objective(s):**

- Demonstrate understanding of the dynamics of family interactions, recognizing the roles and responsibilities of family members in fostering a supportive environment.
- Apply practical communication skills through creating the vlog, and articulating their thoughts and experiences clearly to engage the audience.
- Value the importance of teamwork within a family context and understanding how cooperation and collaboration contribute to successful shared experiences.

III. Materials Needed:

- Recording devices - Cameras (digital, smartphone cameras, or video cameras) for capturing high-quality videos and photos.
- Tripods or stabilizers - Tripods or stabilizers to ensure steady and professional-looking footage.
- Audio equipment - Microphones (external microphones or smartphone-compatible microphones) for clear audio recording during activities and interviews
- Props and equipment - Sports equipment (e.g., balls, rackets, bicycles) depending on the chosen physical activities.

IV. Instructions:

Objective: Create an academic vlog that documents your family's engagement in physical activities and illustrates the impact of these activities on family bonding.

Purpose:

- Document the family's engagement in physical activities.
- Illustrate the impact of these activities on family bonding.

Mechanics

1. You will select two or more physical activities from your brainstormed list. This allows you to choose meaningful activities for your family and provide a diverse range of content for your vlog.
2. You must record your family's engagement in the chosen activities. You can use either recordings or short video clips to showcase these activities. This hands-on approach must encourage you to participate in the chosen activities and document the experience actively.
3. You are advised to organize your content by creating a dedicated folder on your device or physically.
4. Your teacher will guide you in creating multimedia presentations using PowerPoint or Google Slides. The suggested structure includes:

- a. **Title Slide** .This slide should introduce the vlog, including the title, the student's name, and a brief introduction.

- b. Introduction.** In this section, students need to explain the purpose of their presentation. They should outline what the vlog is about and what they aim to achieve.
- c. Activities.** This part of the presentation should describe the chosen physical activities. Visual evidence, such as photos and videos, should be included to showcase the activities. This allows the audience to see what the family did regarding physical activities.
- d. Family Bonding.** In this section, students should discuss how these activities impact family bonding. Visual elements like photos and videos can be used to illustrate these points, and journal entries can add a personal touch to the narrative. This part helps the audience understand the connection between physical activities and family bonding.

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

Collaborative Family Activity Diary

- In pairs or small groups, you may continue to engage in physical activities with your family for a week.
- Each day, you and your family document your activities in a shared diary, including photos, descriptions, and feelings associated with the activities.
- At the end of the week, you will analyze and reflect on your understanding of family bonding through physical activities.

Days	Name of Activity	Description	Feelings	Photo
Day 1				
Day 2				
Day 3				
Day 4				

Day 5				
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Reflection:

- How did this activity diary enhance your understanding of family bonding through physical activities?
- What have you learned about your family and yourself during this week? Feel free to fill in the table with the respective information during the activity.

Notes:

- Ensure that all group members actively participate and contribute to the diary and presentation creation.
- Feel free to be creative with your presentation, adding colors, drawings, or multimedia elements to make it visually appealing.