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Learning Activity Sheet for PE and Health

Quarter 2

Worksheet for PE and Health Grade 7
Quarter 2: Lesson 4 (Week 7-8)
SY 2024-2025

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LEARNING ACTIVITY SHEET

Learning Area:	PE and Health 7	Quarter:	2nd
Lesson No.:	4	Date:	
Lesson Topic:	Basketball (Dribbling)		
Name:		Grade & Section:	

I. Activity No.1 : Basketball Dribble Relay (15 mins)

II. Objective(s): To execute proper dribbling skills and stance while developing certain values such as cooperation and teamwork through a fun relay game.

II. Materials Needed: Cones and Basketball

III. Instructions:

- Use the following step-by-step guide for a more organize playing of the relay game:

a. Team Time:

You're going to split into 3-4 groups with equal number of members (listen to the instruction of your teacher) for a cool ball relay using your dribbling skills in basketball.

b. Relay Variety:

The teacher might mix things up by choosing different relays like going forwards, forwards and backward, running, jumping, or dribbling. You could have one ball each or one for the whole team depending on the

c. Starting the Fun:

When the teacher gives the signal, the first person in line kicks off the relay by dribbling the ball and following a special path. Make sure that every member of the group clearly understands the mechanics of the activity before you start with the game.

d. Passing the Ball:

After the first student gets back to the starting line, he/she passes the ball to the next student, who continues the relay. You keep passing and dribbling until everyone in the group gets a turn. In case your teammate losses control of the ball during the game, he/she may simple retrieve the ball, go back to where he /she stopped and proceed with the game.

e. Winning Team:

The team that finishes the relay first is the winner! So, it's all about your speed and teamwork. A scoring rubric will be used to get your individual scores.

▪ Scoring Rubric (20 pts.)

Criteria	Excellent (5 pts.)	Good (4 pts)	Fair (3 pts)	Poor (2 pts)
Dribbling Technique	Consistent and controlled dribbling	Mostly controlled with occasional lapses	Frequent lapses in control	Unable to maintain control throughout
Team Coordination	Seamless passing and smooth transitions	Generally smooth with minor disruptions	Some disruptions, but recovery is evident	Significant disruptions with no recovery
Path Following	Accurately follows the designated path	Mostly follows the path with minor deviations	Strays from the path but corrects course	Consistently strays from the designated path
Speed and Efficiency	Quick and efficient completion of the relay	Reasonably quick with some delays	Delays in completing the relay	Unable to complete the relay in a timely manner

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

In this engaging basketball activity tailored for you, the focus is on honing your fundamental dribbling skills and proper stance in playing basketball while fostering teamwork and friendly competition. Divided into groups by the teacher, you will embark on a ball relay, utilizing your dribbling skills to navigate various relay types, adding an element of excitement and challenge to the game. Ask yourself and reflect about things that you still need to improve and identify activities you can do to improve your performance.

At home, you may continue practicing the skills by exploring your own ways on how to master the correct dribbling skills. You may create your own pathway to practice the different kinds of dribbling. Challenge yourself by asking a friend or a sibling to practice with you by obstructing your pathway or by trying to get the ball from you while dribbling.

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health	Quarter:	2nd
Lesson No.:	4	Date:	
Lesson Topic:	Basketball (Passing)		
Name:		Grade & Section:	

I. Activity No.2: Passing Station (15 mins)

II. Objective: To improve accuracy in performing proper various passing techniques and stance.

III. Materials Needed: Cones and Basketball

IV. Instructions:

- Use the following step-by-step guide for a more organize playing of the relay game:
 - a. **Course Setup:**
 - Work together to set up cones or markers, creating a course either indoors or outdoors based on your available space. Be particular with the safety of the players.
 - b. **Station Setup:**
 - Collaborate to establish several stations using cones, marking specific spots for passes.
 - Together, decide on different passing types for each station (e.g., Station 1 for chest pass, station 2 for bounce pass, and station 3 for overhead pass).
 - If you're feeling up for it, you can add a station for long-distance passes to challenge yourselves.
 - c. **Team Formation:**
 - Divide your class into teams, each team having at least 6 members (3 pairs) .
Observe fairness in distributing the members for each team. Make sure each team has their own basketball.
 - d. **Starting Line:**
 - Position yourselves at the area assigned to your team with your basketballs ready.
Make sure that every member of the group clearly understands the mechanics of the activity before you start with the game.
 - e. **Execution:**
 - The first pair from each team will kick off the challenge.
 - Perform the designated pass at your station for 10 successful consecutive times.
Ensure that each pair performs the task before moving to the next station.
 - Continue this passing relay going until everyone on the team has completed each pass at every station.

f. Rules:

- Focus on accurate and effective passes.
- Communication is key, make sure that you are talking to each other to enhance your coordination.
- Remember to complete the pass at your station before moving on.
- In case the pass is unsuccessful, just pick up the ball , go back to your position and start the counting again from 1.

- Scoring Rubric

Criteria	Excellent (5 pts.)	Good (4 pts)	Fair (3 pts)	Poor (2 pts)
Passing Accuracy	Consistent hits on target	Minor inconsistencies	Frequent misses, recoverable	Often misses, significant adjustments
Speed of Completion	Efficient completion, minimal delays	Steady pace, some delays	Moderate delays, affecting speed	Significant delays, slowing down
Teamwork & Communication	Excellent communication, seamless teamwork	Good communication, occasional lapses	Adequate communication, noticeable lapses	Limited communication, inconsistent teamwork

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

The Basketball Passing Relay Challenge is all about boosting your passing skills, teamwork, and communication on the court. This exciting activity combines different passing techniques, making sure that you become well-rounded players by the end of it. Do a self-assessment and identify areas for improvement.

At home, you may continue practicing your passing skills by exploring your own ways such as playing against a wall or playing a catch and throw game. Invite a friend or a sibling to practice with you.

So, in a nutshell, our Basketball Passing Relay Challenge isn't just about scoring points—it's about developing positive values and character not only for you but for others as well. Let's give it our all and make it an experience to remember!

LEARNING ACTIVITY SHEET

Learning Area:	PE and Health	Quarter:	2nd
Lesson No.:	4	Date:	
Lesson Topic:	Basketball (Shooting)		
Name:		Grade & Section:	

I. Activity No.3: Shooting Showdown (45 mins)**II. Objective:** To execute correct shooting techniques and develop proper stance in shooting.**III. Materials Needed:** Cones, Basketball, and basketball goal**IV. Instructions:**

- Use the following step-by-step guide for a more organized playing of the relay game:

a. Forming Teams or Going Solo:

- You've got options! Either form teams with your buddies or go for some thrilling solo contests. It's all about what gets you in the zone.

b. Free Throw Challenge:

- Let's kick it off with free throws. Imagine this: a free-throw shooting contest where each of you or your team gets a set number of shots. Time to show off that perfect aim!

c. Three-Point Showdown:

- Now, for the three-pointers, you are re doing the same drill. Set a specific number of attempts, and let those three-point shots rain down. Who's got that sharpshooter vibe?

d. Point System Fun:

- Spice things up with a point system. Every successful free throw or three-pointer isn't just a basket—it's earning you some serious points. Let the competition begin!

- Scoring Guide

Criteria	Points
Successful Free Throw	2
Successful Three-Pointer	3
Correct Stance	3
Sportsman like attitude	2
Total Overall Points	10

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

The basketball shooting activity is crafted to be a dynamic and engaging experience, centered around enhancing shooting accuracy and stance, and boosting confidence in making free

throws and three-point shots. Participants have the flexibility to choose between forming teams for a collaborative effort or engaging in individual contests, catering to various preferences and playstyles. Ask yourself and reflect about things that you still need to improve and identify activities you can do to improve your performance.

At home, you may continue practicing your shooting skills by exploring your own ways such as targeting a spot marked on the wall or shooting using an improvised shooting hoops. Invite a friend or a sibling to play with you for added excitement.