

7

Learning Activity Sheet for PE and Health

Quarter 4

Lesson

1

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Worksheet for PE and Health Grade 7
Quarter 4: Weeks 1-2
SY 2024-2025

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LEARNING ACTIVITY SHEET

Learning Area:	PE and Health	Quarter:	4
Lesson No.:	1	Date:	
Lesson Title/ Topic:	First Aid Concepts, Objectives, and Principles		
Name:		Grade & Section:	

I. Activity No. 1: "First-Aid Proficiency: Rate Your Knowledge" (10 minutes)

II. Objective(s): Demonstrate their understanding of first aid procedures for managing common conditions by effectively identifying and explaining the following: Signs; Symptoms; and Appropriate first aid responses.

III. Materials Needed: Pen

IV. Instructions:

Read the following statements carefully and put a check mark (✓) on the statements that apply to you.

- _____ 1. I understand the various responsibilities associated with First Aid.
- _____ 2. I can identify the attributes of an effective First Aider.
- _____ 3. I comprehend the significance of adhering to fundamental first-aid protocols.
- _____ 4. I am capable of implementing essential first-aid principles.
- _____ 5. I can evaluate various typical injuries that may occur.
- _____ 6. I know how to use basic first-aid items like bandages and disinfectants.
- _____ 7. I understand what to do during medical emergencies like heart attacks and seizures.
- _____ 8. I know how to assess and treat wounds like cuts and burns.
- _____ 9. I can stay calm to someone in need during an emergency.
- _____ 10. I can work with others to practice first aid skills in pretend situations.

Count the number check marks (✓) to know your First-Aid Assessment Rating.

Number of check marks (✓)	RATING	DESCRIPTION
9-10	Excellent	You demonstrate a high level of understanding or ability in the specified area. You exhibit thorough knowledge and proficiency, consistently applying principles effectively in various situations that show confidence and competence in all aspects of first aid.
4-8	Good	You display a satisfactory level of understanding or ability in the specified area. You also demonstrate competence and reliability, effectively applying principles with minor errors or occasional need for assistance. You have a solid understanding of first aid concepts and can perform basic procedures confidently.
1-3	Needs Improvements	You require significant improvement in understanding or ability in the specified area. You may exhibit deficiencies in knowledge or skill, often struggling to apply principles effectively, and may need extensive support and instruction to progress. You may also lack confidence in their ability to perform specific first aid procedures and may need additional practice and guidance.

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I. Activity No 3: “Emergency Situation! What will I do?” (15 minutes)

II. Objective(s): Recognize common emergency scenarios and apply appropriate first aid managements

III. Materials Needed: Pen

IV. Instructions:

Following the group activity, outline the necessary, immediate, and suitable actions for the following scenarios.. Complete the table

SITUATION	ACTION TO BE TAKEN
1. Your friend fell down the staircase from the second level and finds it difficult to stand upright.	
2. Your younger sister cut his finger with a knife	
3. An elderly relative complains of chest pain and difficulty breathing at a family gathering.	
4. Your niece drinks a household cleaner on herself while playing.	
5. A child struggles in the water at the beach, unable to stay afloat	

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I. Activity No. 4: Activity: "Identifying First Aid Champions: Who's Got It?" (15 minutes)

II. Objective(s): Apply the roles and the objective of the first aid and, characteristics of a good first aider.

III. Materials Needed: Pen

IV. Instructions:

Examine the situations and respond to the procedural questions provided thereafter.

- Student **A** is very relaxed in controlling the bleeding on her classmate's finger.
- Student **B** is insisting that her unconscious sister drink water.
- Student **C** immediately brings her friend, who fell down the stairs, to the clinic.
- Student **D** makes use of his clean handkerchief to tie his best friend's bleeding arm.
- Student **E** speaks comforting words to her cousin who sprained his ankle while playing basketball.

Process Questions:

1. Who among the students are good first aiders? Why?
2. Who among them are not good first aiders? Why?
3. What characteristics should a good first aider possesses?
4. If you were a first aider, what would be your ultimate goal?

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I. Activity No.5: *Express your Queries* (15 minutes)

II. Objective(s): Understand the fundamental principles underlying emergency response, including the importance of prompt action, prioritizing safety, and assessing the situation.

III. Materials Needed: Pen

IV. Instructions:

- Study the Emergency Action Principle based On Red Cross Manual.
- List down in the table below all the words and phrases that you know, are confused, and don't know about the Emergency Action Principle.

Step 1	• Is the scene safe? If yes, proceed to the next steps. If no, do not attempt to go to the accident. Call Emergency Medical Services instead.
Step 2	• Make sure the victim is lying on his back. If not, roll the victim.
Step 3	• Check for responsiveness by gently tapping the shoulder of the victim saying: • "Hey, hey, hey are you okay?"
Step 4	• If there is no response, call for help immediately.
Step 5	• Do the primary survey of the victim. • Airway - check if there is blockage in the airway (if yes, take it out using your pinky finger in a scooping motion). • Breathing - use the maximum head-tilt-chin-lift method and look-listen-feel (if negative, perform rescue breathing) • Circulation - Use carotid pulse (if negative, go to Step 6)
Step 6	• While applying maximum head-tilt-chin-lift method, pinch the nose and give 2 initial full breaths to the victims.
Step 7	• Take off the clothes of the victim that can block the compression area.
Step 8	• Perform CPR on the victim. • Do 5 cycles of 30 compressions and 2 breaths.
Step 9	• If the victim is revived, do the secondary survey of the victim. If not, continue performing CPR while waiting for the rescue team.
Step 10	<p>• Do the secondary survey. Record all the data and surrender to the rescue team.</p> <p>• Interview :</p> <ul style="list-style-type: none"> • S - ymptoms • A - llergy • M - edication • P - ast medical history • L - ast oral intake • E - vents prior to the accident <p>• Vital Signs - Carefully check the following vital signs</p> <ul style="list-style-type: none"> • eyes : dilated - shock; constricted - stroke or drug abuse; pupils are unequal - stroke or head injuries • nose - watery - fracture or skulls injury; • bluish skin color - lacking oxygen (cyanosis) • body temperature • blood pressure <p>• Head-to-Toe Examination- Check for the following</p> <ul style="list-style-type: none"> • D - eformity • C - ontusions • A - brasions • P - unctures • B - urns • T - enderness • L - aceration • S - welling

I know About...	I am confused about...	I don't know anything about...

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I. Activity No 8: Activity: First Aid Vocabulary Quest (10 minutes)

II. Objective(s): Familiarize specific vocabulary related to First Aid for Common Conditions

III. Materials Needed: Pen, Marker

IV. Instructions:

Find ten (10) words that is related to first aid for common conditions. Circle or highlight it on the grid. Identify the definition provided below

E	H	Z	L	R	V	F	S	T	N	O	A	W	V	H	D	Z	J	D	O	H	G	C	P	R	O	B	Y	Q	Z	T	S	S
M	W	T	H	Y	C	A	R	D	I	O	P	U	L	M	O	N	A	R	Y	R	E	S	U	S	C	I	T	A	T	I	O	N
E	D	D	Q	K	S	I	N	J	U	R	Y	R	X	E	F	P	L	D	A	L	N	R	U	F	K	Q	X	D	K	R	Q	L
R	N	O	S	B	A	N	D	A	G	E	P	R	K	R	H	P	H	P	E	B	C	Q	L	J	H	C	L	N	U	M	A	R
G	W	J	T	C	B	T	H	B	F	D	F	O	H	Y	H	E	S	H	U	L	J	G	E	Z	A	Y	H	G	H	D	K	W
E	F	Q	R	P	U	I	C	T	R	W	D	E	U	H	D	K	Q	Q	F	T	I	C	X	W	C	S	N	O	C	Z	J	T
N	B	W	O	O	R	N	D	O	F	U	C	J	Q	R	P	N	M	I	Z	E	V	O	W	U	O	C	D	F	R	V	H	D
C	H	O	K	I	N	G	Z	K	R	G	S	F	S	L	X	Z	F	F	W	E	K	Z	A	J	U	F	I	Y	B	Y	I	O
Y	W	U	E	S	V	L	T	U	H	A	P	J	Y	Z	Q	I	D	K	D	V	O	H	O	N	X	O	B	T	H	A	A	D
I	O	N	O	O	L	W	F	D	E	X	M	H	S	Y	M	V	U	H	D	J	F	O	R	J	O	F	E	B	S	N	B	U
W	Z	D	G	N	J	A	X	Z	H	P	C	I	I	U	Q	T	Q	L	U	P	Y	L	N	P	Y	R	O	J	K	P	U	D

Answer the following questions:

1. What connections can we draw from the different terms based on their context/definition?
2. Describe any challenges you encountered while searching for specific examples of common injuries. How did you overcome these challenges?
3. After completing the activity, how confident do you feel in your ability to recognize and understand various examples of common injuries?

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I. Activity No 14: *First Aid Insights: Organizing Key Learnings* (10 minutes)

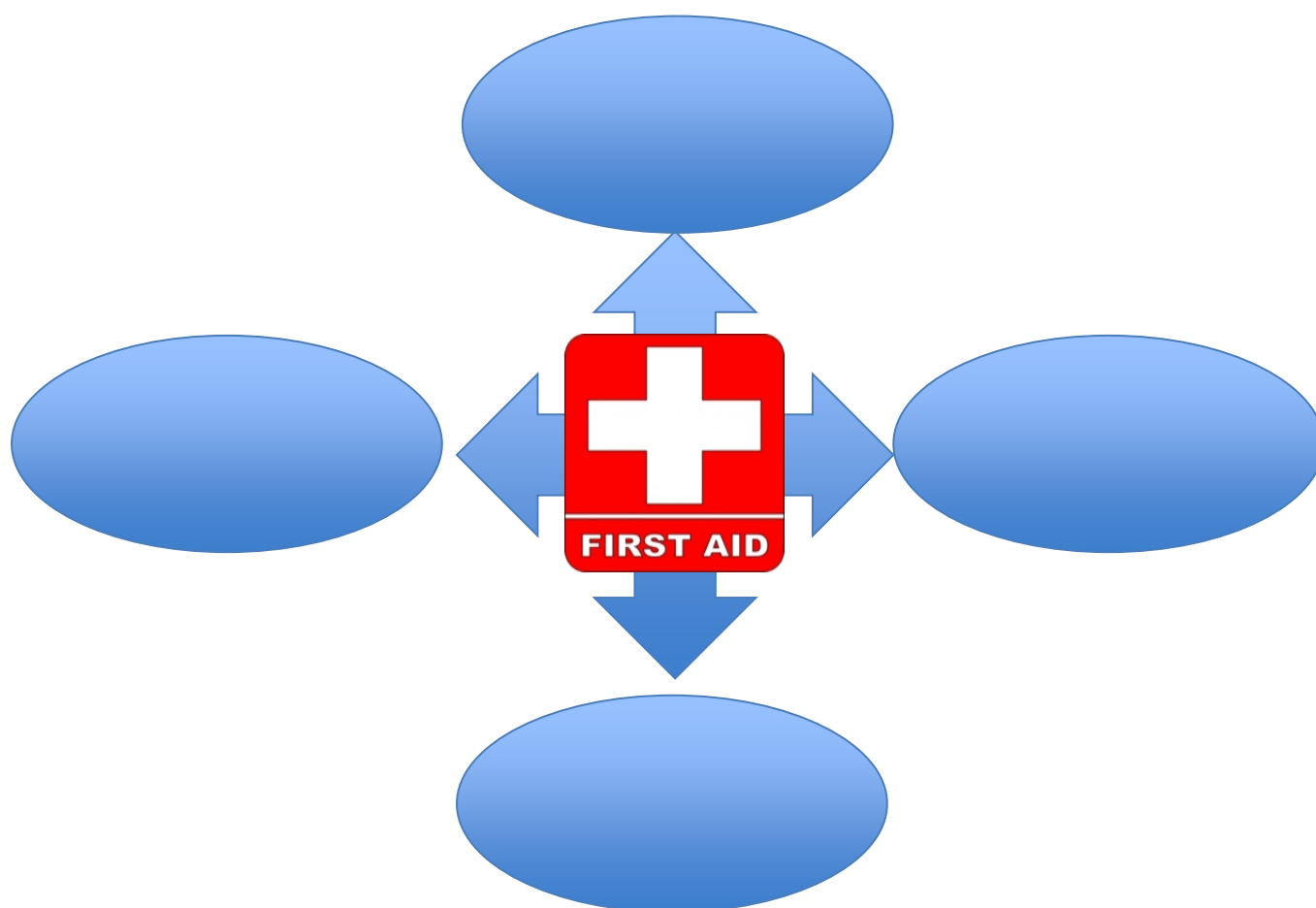
II. Objective(s):

- Demonstrate understanding of key first aid concepts through graphical representation;
- Foster creativity and critical thinking skills in organizing information about first aid.

III. Materials Needed: pen, paper, arts materials like color pen, crayons, colored paper etc.

IV. Instructions:

- Create information through a creative graphical organizer.
- The students may follow the example below. It may contain concepts such as roles, objectives, characteristics, principles, and techniques in first aid.



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I. Activity 15: "First Aid Learning Reflection Sheet" (15 minutes)

II. Objective(s): Demonstrate understanding on first aid procedures in managing common conditions.

III. Materials Needed: Pen

IV. Instructions:

Answer the Reflection sheet based on what and how you understood the lesson.

Reflections:

1. What new skills or knowledge did you acquire during today's lesson on first aid procedures?

2. Where there any aspects of the lesson that you found challenging or confusing? If so, what were they?

3. How confident do you feel in your ability to apply first aid procedures for managing common conditions?

4. What steps will you take to further improve your understanding and proficiency in first aid procedures?