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# Learning Activity Sheet for PE and Health

Quarter 2

Lessons

1-2

**Learning Activity Sheet for Science Grade 8**  
**Quarter 2: Lesson 1 (Weeks 1 and 2)**  
**SY 2025-2026**

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# LEARNING ACTIVITY SHEET

<b>Learning Area:</b>	PE and Health	<b>Quarter:</b>	2 <sup>nd</sup>
<b>Lesson No.:</b>	1	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	<b>Characteristics of friendship and long-term commitment</b>		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

## I. Activity No. 1: My Pledge (15 minutes)

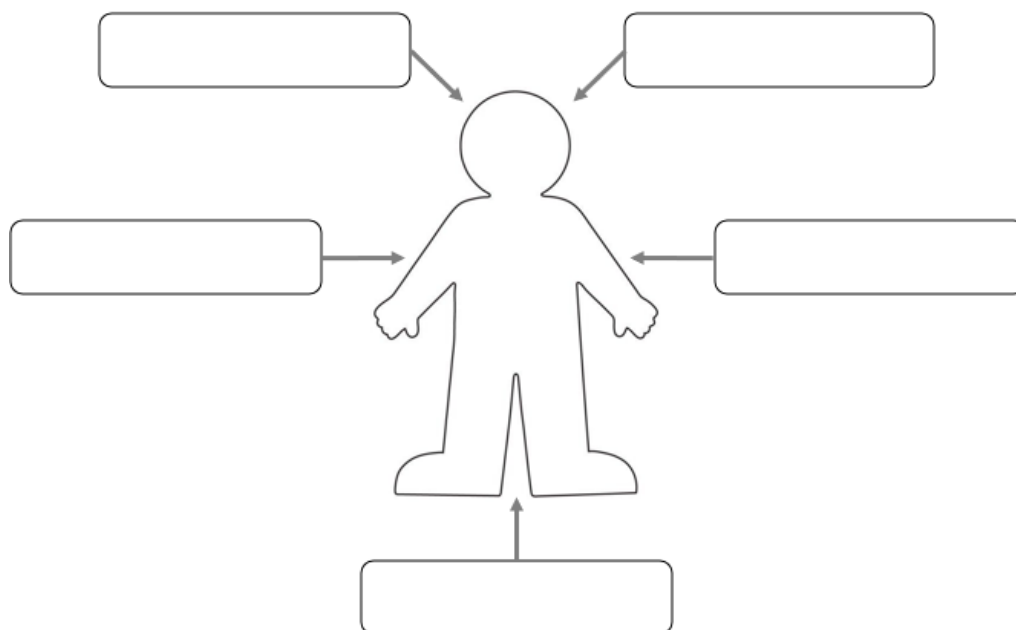
**II. Objective(s):** *At the end of the activity, the learners are expected to:*

Identify the characteristics they want in a friend; and assess themselves if they are a good friend or not.

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

## IV. Instructions:

**Part A.** Write in each box the characteristics you want in a friend.



**Part B.** Answer the questions below:

1. Do you think of someone when filling out the boxes above? Who?

\_\_\_\_\_

2. Which characteristic you write you think is the most important? Why?

\_\_\_\_\_  
\_\_\_\_\_

3. Do you have the characteristics you write in Part A? Why? Why not? State examples.

\_\_\_\_\_  
\_\_\_\_\_

# LEARNING ACTIVITY SHEET

<b>Learning Area:</b>	PE and Health	<b>Quarter:</b>	2 <sup>nd</sup>
<b>Lesson No.:</b>	1	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	<b>Characteristics of marriage and parenting</b>		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

**I. Activity No. 2: That's My Family (15 minutes)**

**II. Objective(s):** *At the end of the activity, the learners are expected to:*

Identify the characteristics of good marriage and good parenting in their own family.

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

**IV. Instructions:** If applicable, complete the sentences below:

- 1 My parents show their love with each other through ...

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- 2 In the future, If I will have a husband/ wife of my own, I will ...

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- 3 We feel that we are loved by our parents because ...

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- 4 Our parents show that they trust and respect us through ...

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- 5 I respect and trust my parents by ...

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- 6 In the future, If I will have children of my own, I will ...

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

Why is it important to show love, respect and trust in your family?

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# LEARNING ACTIVITY SHEET

<b>Learning Area:</b>	PE and Health	<b>Quarter:</b>	2 <sup>nd</sup>
<b>Lesson No.:</b>	2	<b>Date:</b>	
<b>Lesson Title/Topic:</b>	<b>Appropriate ways to show affection</b>		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

## I. Activity No. 3: BOUNDARY EXPLORATION (20 minutes)

**II. Objective(s):** At the end of the activity, the learners are expected to:

1. identify if you have a healthy boundary with the people around you.

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

## IV. Instructions:

1. Name one person you struggle to set boundaries with:

\_\_\_\_\_

2. In your relationship with the person above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each category.

	<b>Porous</b>	<b>Rigid</b>	<b>Healthy</b>	<b>Others</b>
Emotional				
Physical				
Material				
Time				

## V. Synthesis

1. What are some specific actions you can take to improve your boundaries?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2. How do you think the person above will respond to these changes?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

3. How do you think your life will be different once you've established healthy boundaries?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**LEARNING ACTIVITY SHEET**

<b>Learning Area:</b>	PE and Health	<b>Quarter:</b>	2 <sup>nd</sup>
<b>Lesson No.:</b>	2	<b>Date:</b>	
<b>Lesson Title/Topic:</b>	<b>Appropriate ways to show affection</b>		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

**I. Activity No. 4: GIVING CONSENT (20 minutes)****II. Objective(s):** At the end of the activity, the learners are expected to:

1. Identify situations where consent is important;
2. Compose responses with relation to giving consent.

**III. Materials Needed:** worksheet and pen**IV. Instructions:**

In each of the following situations, identify if consent was given and write proper responses in relation to giving consent.

Identify if consent is given in the following. Explain your answer.

	Is consent given? (Yes/ No)	Explanation
1. Maria has forgotten to bring her color pencils to school. She asks her friend Martha if she can borrow her blue pencil. Martha says "Yes, of course you can".		
2. Aadya is in the dining hall having lunch. She forgot to pick up a spoon and can see that Dimitri has one. Aadya says, "Can I have that spoon?" and Dimitri says "No, I need it".		
3. Michael has a packet of crisps. His friend Leah says, "Can I have one?" Michael doesn't look happy, he says "Well...."		
4. Sophie's big brother Max comes home with a pizza. He says, "Would you like a piece?" Sophie takes a piece of pizza.		
5. Max comes home with another pizza. He doesn't say anything and leaves it on the kitchen table and goes to his room for something. Sophie takes a bit of pizza.		