7

Learning Activity Sheet for PE and Health

Learning Activity Sheet PE and Health Grade 7
Quarter 1: Week 5

This material is intended exclusively for the use of teachers in the implementation of the MATATAG K to 10 Curriculum. It aims to assist in delivering the curriculum content, standards, and lesson competencies.

Every care has been taken to ensure the accuracy of the information provided in this material. For inquiries or feedback, please call the Office of the Director of the Department of Education – National Capital Region via telephone number (02) 85229412 or send an email to ncr@deped.gov.ph.

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LEARNING ACTIVITY SHEET 5
TRUE or FALSE

Direction: Modified True or False
If the statement is correct write TRUE. If the Statement is not correct,
change underlined words to make the sentence correct. Write the answer in the
space provided before each number.

_____1. Physical Health is the psychological well-being of a person. It is how a person thinks, feels and acts to cope with life. (MENTAL)

_____2. Anxiety is a common form of mental distress. It's the sensation of being worried or scared about something.

_____3. Mental illness is uncomfortable but not debilitating - it includes the daily experiences everyone must deal with. (Distress)

_____4. Target games are one of the most effective ways to promote mental health like Frisbee. (Golf)

_____5. Unopposed target games are where a player can obstruct the target by blocking, knocking away, defecting, or sending away the object from their playing area. (Opposed)

Reflective Questions:

1. What do you think are the benefits of playing target games for your mental health?
2. How do sports like archery, darts, billiards and bowling help you deal with stress?
3. How working with teammates in games such as archery, bowling, darts and mental development?
4. What is the importance of knowing your Dominant Eye in Target Games, like shooting archery, Billiards and basketball?