

8



Learning Activity Sheet for PE & Health

Quarter 1

Lesson

5

Learning Activity Sheet for PE and Health Grade 8
Quarter 1: Lesson 5 (Weeks 5-6)
SY 2025-2026

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LEARNING ACTIVITY SHEET

Learning Area:	PE and Health	Quarter:	1
Lesson No.:	5	Date:	
Lesson Title/Topic:	Physical Activity Participation: Striking/Fielding Games		
Name:		Grade & Section:	8

I. Activity No. 1: Double Matching Type

II. Objective(s): At the end of the activity, the student should be able to:

- identify the equipment used in playing softball; and
- identify the roles of each position in softball.

III. Materials Needed: pen and paper

IV. Instructions:

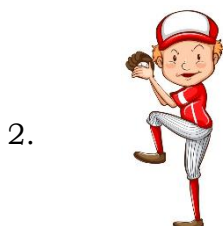
- Match the image of the equipment in softball in Column A with the correct description in Column B using a line.

Column A

Column B



a. The ball used in the game, typically larger and softer than a baseball.



b. Protects batters from head injuries



c. They can be made of aluminum, composite materials, or wood. They come in different lengths and weights to suit the player's preference and league regulations.



d. Includes a jersey, pants, and often a cap or visor



e. Each player uses it to catch the ball. They vary in size and design depending on the player's position



f. Specialized shoes with cleats provide traction on the field. They can be metal, TPU, or rubber molded, depending on the league rules.

Image sources:

https://commons.wikimedia.org/wiki/File:Baseball_bat.svg
https://www.freepik.com/free-vector/simple-sketch-baseball-player_23824339.htm
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B. Match the role of a player in playing softball with the correct description.

Column A	Column B
1. Pitcher	a. Fields balls hit near third base, covers third base on steal attempts, and makes long throws to first base.
2. Catcher	b. Fields balls hit to the left side of the outfield, backs up third base, and makes throws to the infield.
3. First Baseman	c. Covers the most ground in the outfield, fields balls hit to center field, and backs up other outfielders.
4. Second Baseman	d. Fields balls hit to the right side of the outfield, backs up first base, and makes long throws to third base.
5. Shortstop	e. Hits the ball pitched by the pitcher, aiming to get on base or drive in runs. / Runs the bases after hitting the ball or getting on base through a walk or hit-by-pitch.
6. Third Baseman	f. Throws the ball to the batter, aiming to get strikes and prevent hits. Also fields balls hit near the pitcher's mound.
7. Left Fielder	g. Catches pitches, prevents stolen bases, and fields bunts. Communicates with the pitcher to call pitches.
8. Center Fielder	h. Fields balls hit near first base, catches throws from other infielders to get outs at first base.
9. Right Fielder	Fields balls hit between first and second base, covers second base on steal attempts, and turns double plays.
10. Batter/ Baserunner	Fields balls hit between second and third base, covers second base on steal attempts, and turns double plays.

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I. Activity No. 2: Player Positions

II. **Objective(s):** At the end of the activity, the student should be able to locate the correct positions of the different players in a softball game.

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

IV. **Instructions:** Write the name and mark the approximate location (x, y) coordinates of each of the ten player positions (nine defensive positions and one offensive position) on the softball field.

