

Learning Activity Sheet for Science

Quarter 2

Lesson

5

Worksheet for Science 4
Quarter 2: Lesson 5 (Week 5)
S.Y. 2024-2025

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LEARNING ACTIVITY SHEET

Learning Area:	Science 4	Quarter:	2nd Quarter
Lesson No.:	5	Date:	
Lesson Title/ Topic:	Muscular System		
Name:		Grade & Section:	

I. Activity No. 1: Muscle Mania: Understanding the Muscular System (60 minutes)**II. Objective(s):**

At the end of the activity, the learners are expected to:

- understand the primary functions of the muscular system;
- identify and label major muscles in the human body; and
- describe the role of muscles in daily activities in simple terms.

III. Materials Needed:

- Large poster or diagram of the human body with major muscles (can be a printed image or drawn on a whiteboard).
- Sticky notes or labels.
- Markers.
- Handout with simple descriptions of the muscular system functions.

IV. Instructions:**Introduction (5 minutes):**

- In this activity, your teacher will give you activities to learn about muscles. You will also share your thoughts and experiences related to the functions of muscles in performing different physical activities.
- For a start, answer the given question below:

What do you know about muscles? (Write down at least three ideas.)

1. _____
2. _____
3. _____

Muscle Labeling Activity (15 minutes):

- Given the large poster or diagram of the human body showing the muscles, you or your group will label specific muscles on the poster (e.g., biceps, quadriceps, heart, diaphragm) using a set of sticky notes or labels and markers.
- Then, you will write a one-sentence description of the muscle's function in simple terms.
- You are to work collaboratively and discuss each other's ideas.

LEARNING ACTIVITY SHEET

Learning Area:	Science 4	Quarter:	2nd Quarter
Lesson No.:	5	Date:	
Lesson Title/ Topic:	Understanding the Concept and Importance of Habitats		
Name:		Grade & Section:	

Activity No. 1: Exploring Different Habitats (40 minutes)

I. Objective(s): To deepen students' understanding of various habitats and highlight their significance in supporting biodiversity..

II. Materials Needed:

- Images or descriptions of various habitats (forests, deserts, oceans, grasslands, wetlands, gardens, rice fields, etc.)
- Chart paper and markers for each group
- Access to a projector or a board for presentations

III. Instructions: You and your group have been assigned a specific habitat to explore. Work together to identify the unique features of your assigned habitat and why it's important for the environment. Later, you will present your findings to the class.

Group Members: _____

Assigned Habitat: _____

A. Unique Features of the Habitat:

1. Describe the physical characteristics of your assigned habitat (e.g., landscape, climate, soil, water).

2. List at least three unique features of this habitat that make it different from other habitats.

B. Importance of the Habitat:

1. Explain why your assigned habitat is important for plants, animals, and the overall ecosystem.

2. Provide examples of specific plants or animals that depend on this habitat for survival.

C. Presentation Preparation:

1. What key points will you include in your presentation to the class?

2. How will you emphasize the importance of your assigned habitat during the presentation?

Presentation: After completing this worksheet, your group will have the information needed to present your assigned habitat to the class. Each group will have 3-4 minutes for their presentation. Remember to highlight the unique features and the importance of your habitat. Use visuals or drawings if available to help illustrate your points.

Activity 1 Habitat Presentation Rubric

Criteria	Excellent (4 pts.)	Good (3 pts.)	Fair (2 pts.)	Needs Improvement (1 pts.)
Knowledge of the Habitat	Demonstrates a deep understanding of the habitat's unique features and importance.	Shows a good understanding of the habitat but misses some key points.	Displays a basic understanding of the habitat but lacks depth.	Lacks a clear understanding of the habitat's features and importance.
Clarity and Organization	Presentation is exceptionally clear, well-organized, and flows logically.	Presentation is clear, mostly well-organized, and follows a logical sequence.	Presentation is somewhat clear, but organization could be improved.	Presentation lacks clarity and organization, making it difficult to follow.
Visual Aids (if used)	Effective use of visuals aids that enhance understanding and engagement.	Visual aids are used, but they could be more engaging or better integrated.	Limited use of visuals, which may not enhance understanding.	Visual aids, if used, are ineffective or distracting.
Presentation Skills	Speaker(s) maintain excellent eye contact, speak clearly, and engage the audience.	Speaker(s) maintain good eye contact, speak clearly, and mostly engage the audience.	Speaker(s) occasionally break eye contact, and some parts of the presentation lack clarity.	Speaker(s) struggle with eye contact, unclear speech, and do not engage the audience effectively.
Emphasis on Importance	Strong emphasis on the habitat's importance, with compelling examples.	Emphasizes the habitat's importance but lacks some compelling examples.	Mentioned the habitat's importance but without clear examples or emphasis.	Does not effectively emphasize the habitat's importance.
Overall Presentation	Outstanding presentation that effectively educates and engages the audience.	A good presentation that educates and engages the audience.	A satisfactory presentation with room for improvement.	Presentation needs significant improvement in clarity and engagement.

This rubric provides a clear and concise way to assess the students' habitat presentations based on key criteria, including their knowledge of the habitat, presentation skills, clarity, and emphasis on importance. Each criterion is rated on a scale from 1 (Needs Improvement) to 4 (Excellent), allowing for a fair and structured evaluation of the presentations.

LEARNING ACTIVITY SHEET

Learning Area:	Science 4	Quarter:	2nd Quarter
Lesson No.:	5	Date:	
Lesson Title/ Topic:	Understanding the Concept and Importance of Habitats		
Name:		Grade & Section:	

I. Activity No. 2: Habitat Exploration Bingo (50 minutes)

II. Objective(s): To reinforce the understanding of different habitats and the importance of studying animals and plants in specific habitats through an engaging and interactive bingo game.

III. Materials Needed:

- Bingo cards (prepared in advance)
- Markers or counters
- List of habitat clues and descriptions
- Whiteboard and markers (optional)s

Instructions:

1. You will receive a bingo card with various habitats listed in the squares.
2. The teacher will read habitat clues or descriptions aloud.
3. If the habitat described matches one on your bingo card, mark it with an "X."
4. Be the first to complete a row (horizontal, vertical, or diagonal) and shout "Habitat Bingo!" to win the round.

Clues and Descriptions:

1. This habitat is characterized by tall trees, dense vegetation, and abundant rainfall.
2. It's a dry and sandy habitat with extreme temperature variations between day and night.
3. The largest habitat on Earth, covering about 71% of the planet's surface.
4. This habitat consists of wide-open spaces, perfect for herbivores to graze.
5. It's a habitat found at high elevations with rocky terrain and low oxygen levels.
6. A cold, treeless habitat found in polar regions.
7. Often waterlogged, this habitat supports many types of amphibians and birds.
8. An open grassy area with scattered trees and shrubs.
9. A habitat formed by a flowing body of freshwater, like a stream or creek.
10. A cold and icy habitat found near the Earth's poles.
11. This habitat is characterized by shallow, warm waters and colorful reefs.
12. It's a dark and mysterious habitat with underground chambers.
13. An area of standing water, either natural or man-made.
14. This habitat is known for its dense and lush vegetation, often with heavy rainfall.

Bingo Card Key:

- "X" = Marked habitat square
- "Habitat Bingo!" = Call this out when you complete a row

Discussion Questions:

1. Why is it important to study animals and plants in their specific habitats?

2. Can you think of any animals or plants that are uniquely adapted to certain habitats?
How do different habitats contribute to the biodiversity of our planet?

HABITAT BINGO CARD			
Forest	Desert	Ocean	Grassland
Mountain	Tundra	Swamp	Savannah
River	Arctic	Lake	Wetland
Coral	Caves	Marsh	Rainforest

LEARNING ACTIVITY SHEET

Learning Area:	Science 4	Quarter:	2nd Quarter
Lesson No.:	5	Date:	
Lesson Title/ Topic:	Garden and Rice Field Habitats		
Name:		Grade & Section:	

Activity No.3: Exploring Gardens and Rice Fields (30 minutes)

I. Objective: To provide students with an immersive experience of local gardens and rice fields, allowing them to observe and identify plants and animals, and discuss the significance of conserving these habitats.

II. Materials Needed:

- Images and videos showcasing local gardens and rice fields.
- A projector or screen for displaying visuals.
- Observation sheets (prepared in advance).

III. Instructions: As we explore gardens and rice fields today, please use this worksheet to make observations, identify plants and animals, and reflect on the importance of conserving these habitats.

Part 1: Garden Exploration

1. Observe the images and videos of the garden habitat. What plants did you see? Write down the names of at least three plants. (Alternative: If school vegetable garden is available, bring the class outside for actual observation).

a. _____

b. _____

c. _____

2. Did you notice any animals in the garden habitat? If so, write down the names of one or more animals you identified.

Part 2: Rice Field Exploration

3. Observe the images and videos of the rice field habitat. Describe what you saw in the rice field.
(Alternative: If rice field is available, bring the class outside for actual observation).

4. Did you spot any animals or birds near the rice field? Write down the names of one or more animals or birds you observed.

Part 3: Discussion on Conservation

5. Why do you think it's important to protect gardens and rice fields in our city? Write your thoughts.

6. How do you think conserving these habitats can benefit agriculture and biodiversity? Explain.

Part 4: Reflection and Call to Action

7. What is one thing you can do to help conserve these habitats and protect the plants and animals that live there? Write your idea.

Conclusion: Reflect on what you've learned during this activity. Write a brief summary of why gardens and rice fields are essential for our city and how we can all contribute to their conservation.

Note: This worksheet is designed to guide you in making observations, identifying plants and animals, and thinking about the importance of conserving gardens and rice fields. Please fill it out during our exploration and discussion.

LEARNING ACTIVITY SHEET

Learning Area:	Science 4	Quarter:	2nd Quarter
Lesson No.:	5	Date:	
Lesson Title/ Topic:	Seashore and Mangrove Swamp Habitats		
Name:		Grade & Section:	

Activity 4: Exploring Seashores and Mangrove Swamps (30 minutes)

I. Objective: To learn about seashore and mangrove swamp habitats, observe the plants and animals, and discuss their significance for coastal communities and marine life

II. Materials Needed:

- Images and videos of seashores and mangrove swamps (prepared in advance).
- Observation sheets (one per student).
- Whiteboard or chart paper and markers.

III. Instructions: As we virtually explore seashores and mangrove swamps, please use this worksheet to make observations and reflect on why it's important to protect these habitats.

Part 1: Virtual Exploration (7 minutes)

1. Observe the images and videos of seashores and mangrove swamps carefully. What do you see in these habitats? Write down your observations.

Seashores:

Mangrove Swamps:

2. Did you notice any special plants or animals in these habitats? Write down the names of one or more plants and animals you observed.

Seashores:

Mangrove Swamps:

Part 2: Discussion (4 minutes)

3. Why do you think it's important to preserve seashore and mangrove swamp habitats? Write your thoughts.

4. Imagine if these habitats weren't protected. What problems could it cause for coastal communities and marine life?

Part 3: Real-Life Story (2 minutes)

5. Briefly describe the real-life story or scenario you heard about the conservation of seashores or mangrove swamps. What positive impact did it have?

Part 4: Reflection (1 minute)

6. What is one thing you can do to help protect seashore and mangrove swamp habitats and the creatures that live there?

Conclusion:

Reflect on what you've learned during this activity. Write a brief summary of why seashores and mangrove swamps are important, and how we can all contribute to their conservation.

Note: This worksheet is designed to guide you in making observations and thinking about the importance of preserving these habitats. Please complete it during our exploration and discussion.

LEARNING ACTIVITY SHEET

Learning Area:	Science 4	Quarter:	2nd Quarter
Lesson No.:	5	Date:	
Lesson Title/ Topic:	Plants, Animals and their Habitats		
Name:		Grade & Section:	

Activity 5: Habitats Diorama (40 minutes)

I. Objective: To assess students' understanding of different habitats and their ability to create a visual representation of a habitat through a Habitat Diorama. It also aims to have students explain the features of their chosen habitat and why it's important, promoting comprehension and communication skills.

II. Materials Needed:

- Cardboard or shoeboxes (as the base for dioramas).
- Colored paper, craft supplies, markers, or paints (for creating habitat elements like plants and animals).
- Small figurines or cut-out images of plants and animals (to populate the diorama).
- Glue, scissors, and tape (for assembling the diorama).
- Optional: Additional materials for creating terrain, such as sand, pebbles, or fabric.
- Optional: Access to reference materials or books about the chosen habitat for research purposes.
- Presentation area (for students to present their dioramas to the class).
- Reflection questions handout (to facilitate post-presentation reflection).

III. Instructions:

1. Choose one habitat from the following options:
[] Garden [] Rice Field [] Seashore [] Mangrove Swamp
2. Plan your habitat diorama. Think about the key elements that make up this habitat, including plants, animals, and unique features.
3. Gather the materials you'll need for your diorama, such as cardboard, colored paper, markers, and figurines or cut-out images.
4. Create your diorama, paying attention to detail and accuracy.
5. Be prepared to present your diorama to the class and explain why your chosen habitat is important.

Diorama Presentation:

- Present your diorama to the class.
- Explain the key elements of your chosen habitat.
- Share why this habitat is important.
- Answer any questions from your classmates.

Reflection Questions:

1. What did you find most interesting or surprising about your chosen habitat?

Habitat Diorama Rubric

Criteria	Excellent (4 pts)	Good (3 pts)	Fair (2 pts)	Needs Improvement (1pt)
Diorama Accuracy	Accurately represents the chosen habitat with clear details and realism.	Represents the chosen habitat with most key elements accurately.	Represents the habitat with some inaccuracies or missing details.	Represents the habitat with significant inaccuracies or missing key elements.
Explanation	Clearly explains the features of the chosen habitat and its ecological importance.	Explains the habitat's features and importance with good clarity.	Provides an explanation with some clarity but lacks detail or precision.	Explanation is unclear, incomplete, or lacks relevance to the habitat.
Creativity	Shows exceptional creativity and attention to detail in the diorama.	Displays creativity and attention to detail in the diorama.	Shows creativity but lacks attention to detail in the diorama.	Lacks creativity and attention to detail in the diorama.
Overall Presentation	Presents confidently, engages the class, and effectively communicates insights.	Presents with confidence and communicates insights clearly.	Presents with some confidence but struggles to communicate insights.	Presents with little confidence and unclear communication.
Reflection	Offers insightful reflections on what was learned from the activity.	Provides reflections on what was learned with clarity.	Provides reflections with some clarity but lacks depth.	Reflections are unclear or lack relevance.