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# Learning Activity Sheet in PE and Health

Quarter 3

Lesson

3

**Quarter 3: Lesson 3 (Week 6)**  
**SY 2024-2025**

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**LEARNING ACTIVITY SHEET**

<b>Learning Area:</b>	PE and Health	<b>Quarter:</b>	3rd Quarter
<b>Lesson No.:</b>	3	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	Healthy Eating and Physical Activity Participation (Poster Making)		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

**I. Activity No.1:** Design Your Ultimate Healthy Day Adventure

**II. Objective(s):** You will develop an understanding of the importance of combining healthy eating and physical activity for overall well-being.

**II. Materials Needed:** Art Materials such as cartolina and coloring pens,

**III. Instructions:**

## Introduction

- Learn about the importance of balancing healthy eating and physical activity. Think about how these two things can make your day amazing!

## Brainstorming Session :

- Imagine your dream day! What are your favorite healthy meals and exciting activities? Share your ideas with your classmates and get inspired.

## Poster Creation:

- Time to bring your dream day to life! In small groups, create a poster that shows your ideal schedule. Use colors, drawings, and maybe even some motivational quotes.

## Group Presentation

- Present your poster to the class. Explain why you chose specific meals and activities. Share the excitement of your dream day with your classmates!

## Reflection and Discussion:

- Think about what you learned. How did balancing healthy meals and activities make your day special? Discuss with your classmates and get inspired by their ideas too.

**Scoring Rubric**

<b>Criteria</b>	<b>4 (Excellent)</b>	<b>3 (Good)</b>	<b>2 (Satisfactory)</b>	<b>1 (Needs Improvement)</b>
<b>Creativity and Originality</b>	Demonstrates exceptional creativity, originality, and outside-the-box thinking.	Shows creativity and originality in the design.	Presents some creative elements but lacks originality.	Lacks creativity and originality in the design.
<b>Inclusion of Nutritious Meals</b>	Clearly includes a well-balanced selection of nutritious meals,	Includes a variety of nutritious meals, but may	Includes some nutritious meals, but lacks variety or detail.	Fails to include a well-balanced selection of nutritious meals.

Criteria	4 (Excellent)	3 (Good)	2 (Satisfactory)	1 (Needs Improvement)
	with detailed descriptions or visuals.	lack detailed descriptions or visuals.		
<b>Inclusion of Physical Activities</b>	Integrates a diverse range of exciting and enjoyable physical activities with detailed representations.	Includes a variety of physical activities with some detail.	Presents a limited selection of physical activities with minimal detail.	Fails to include a diverse range of physical activities.
<b>Visual Presentation</b>	Poster is visually appealing, well-organized, and effectively uses colors, images, and text.	Poster is visually pleasing and organized, using colors, images, and text.	Presentation is somewhat visually appealing but lacks organization or creativity.	Poster lacks visual appeal and organization.
<b>Group Presentation</b>	Group confidently presents the poster, engaging the class and effectively explaining choices.	Group presents the poster with confidence and explains choices adequately.	Group struggles to present the poster, with some difficulty in explaining choices.	Group fails to present the poster effectively

#### IV. Synthesis/Extended Practice/Differentiation (if needed):

The "Design Your Ultimate Healthy Day Adventure" lesson successfully engaged students in a creative exploration of the symbiotic relationship between healthy eating and physical activity. Through a series of interactive activities, students not only gained insight into the importance of a balanced lifestyle but also showcased their understanding through visually appealing posters.