

7

# Learning Activity Sheets for PE and Health

Quarter 2

Lesson

1

**Worksheet for PE and Health Grade 7**  
**Quarter 1: Lesson 1 (Week 2)**  
**SY 2024-2025**

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**LEARNING ACTIVITY SHEET**

|                             |  |                             |          |
|-----------------------------|--|-----------------------------|----------|
| <b>Learning Area:</b>       | PE and Health  | <b>Quarter:</b>             | 1        |
| <b>Lesson No.:</b>          | 1  | <b>Date:</b>                |          |
| <b>Lesson Title/ Topic:</b> | <ul style="list-style-type: none"> <li>• Characteristics of mentally healthy adolescents.</li> <li>• Common adolescents concern that affects mental health</li> <li>• Prevention and management of common adolescents concerns that can affect mental health.</li> </ul> |                             |          |
| <b>Name:</b>                |  | <b>Grade &amp; Section:</b> | <b>7</b> |

**I. Activity 7: Let's give it a try! (Group Activity)**

**II. Objective(s):** At the end of the lesson, the students will be able to:

- Design own steps to safeguard one's mental health.

**III. Materials Needed:** Laptop, LCD projector, TV, Manila Paper, Marker

**IV. Instructions:** Create your own plan for the actions you will do to protect your mental health.

