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Lesson Exemplar for PE and Health

Quarter 1

Lesson

1

Lesson Exemplar for PE and Health Grade 4
Quarter 1: Lesson 1 (Week 1)
SY 2024-2025

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LESSON EXEMPLAR

PE and Health/ QUARTER 1 / GRADE 4

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	The learners demonstrate understanding of hygiene practices, basic health appraisals, and target games in promoting personal wellness for active and healthy living.
B. Performance Standards	The learners participate in health practices and target games in promoting personal wellness for active and healthy living.
C. Learning Competencies and Objectives	<p>Learning Competency: Explain the concept and importance of personal health for active living.</p> <p>Lesson Objectives: C: define the different personal health; P: explain the different ways to take care of personal health; and A: realize the disadvantage of not taking care of personal health.</p>
C. Content	Introduction to Personal Health
D. Integration	SDG 3: Good Health and Well-being SDG 6: Clean Water and Sanitation

II. LEARNING RESOURCES
<p>IGI Global. (n.d.). Medical, pharmaceutical, and healthcare trade relationships between Australia and South Asian nations. In Dictionary of Information Science and Technology (4th ed.). https://www.igi-global.com/dictionary/medical-pharmaceutical-and-healthcare-trade-relationships-between-australia-and-south-asian-nations/105858</p> <p>ITS MUSIC. (2020). Exercise Song ITS Music Kids Songs [Video]. YouTube. https://www.youtube.com/watch?v=qUbtJMt0Mo</p> <p>Makhene, T., (2024). What is personal health? Paubox.com. https://www.paubox.com/blog/what-is-personal-health</p> <p>Muyot, F. R., Zamora, C., Baarde, M. C. G., & Matthews, J. S. (2017). Experiencing the world of MAPEH 4. Quezon City, Philippines: The Inteligente Publishing.</p>

Muyot, F. R., Zamora, C., Baarde, M. C. G., & Matthews, J. S. (2017). Experiencing the world of MAPEH 5. Quezon City, Philippines: The Inteligente Publishing.

Titser Ron Edutainment. (2022). MIRRORED- Sama Sama sa Wellness - Wellness Dance 2022 [Video]. YouTube. <https://www.youtube.com/watch?v=f94CsIT25A4>

Twinkl (2017). All About Me - Looking after Yourself Worksheets. <https://www.twinkl.com.ph/resource/t-tp-5239-all-about-me-looking-after-yourself-activity-sheets>

Why is physical activity so important for health and well-being? (2022). www.heart.org. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing>

World Health Organization: WHO. (2022). Physical activity. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS
A. Activating Prior Knowledge	Day 1 “Pass It On” Divide the class into 5 groups. Each group should fall in one line. The last student who’s stands at the back will be given give the message. Using a reenactment, it will be passing the action until to the last member. The last member will raise hands to answer the given message. The best time wins the activity. Example Message to be use: <ul style="list-style-type: none"> • My stomach hurts. • Today I have a poor appetite huhu (crying). • I have to go to the bathroom again. • I need to take a bath. • Brush my teeth. 2. Feedback (Optional) After the activity the Teacher may ask the following questions: <ol style="list-style-type: none"> a. What did you notice about the messages in our activity? b. What will happen if we did not take care of our self? c. What should be our topic for today? 	It is on the teacher’s discretion on what games they prepare to use for this activity. The teacher must note that the example message is only a suggestion, teacher may think of another message which is relevant to the topic.
	B. Establishing Lesson Purpose	1. Lesson Purpose Activity

“You Are What You Eat!”

The teacher will prepare a matching activity on the board. Students will match the pictures according to what they eat. The pictures are things that will relate to healthy and unhealthy person.



Answer the Following questions:

1. How do you describe the two individuals in the picture?
2. Differentiate the food they eat.
3. Identify the advantages and disadvantages of healthy and unhealthy person based from the food they eat.

2. Unlocking Content Area Vocabulary

Personal health- refers to the overall well-being of an individual in various aspects: physical, mental, emotional, and social. It encompasses a range of factors, including fitness levels, nutrition, mental stability, emotional resilience, and the ability to maintain balance in life.
<https://www.paubox.com/blog/what-is-personal-health>

Health- is defined as a complete state of physical, mental and social well-being and not merely the absence of disease. (WHO)

SUB-TOPIC 1: Introduction to Personal Health

1. Explicitation

- What is Personal Health?
- How do you understand Personal Health?

1. Worked Example:

“Zumba”

Execute and follow the Wellness dance.

Nestle Wellness Dance 2022 <https://www.youtube.com/watch?v=f94CsIT25A4>

2. Lesson Activity

Activity1: Answer the given worksheet

Name: Date:

Healthy OR Unhealthy?

1. Write down the food you can see under each picture.
2. Write down if the food is healthy or unhealthy.










		
<input type="text"/>	<input type="text"/>	<input type="text"/>
		
<input type="text"/>	<input type="text"/>	<input type="text"/>
		
<input type="text"/>	<input type="text"/>	<input type="text"/>

Image from <https://www.liveworksheets.com/node/3113725>

Teacher may or may not use the given example video. They might create their own exercise or get another link from YouTube.

The teacher must note that the given worksheet is only an example. They may choose from any website or you may create your own.

	<p>Understanding personal health Personal health encompasses the interplay between physical, mental, emotional, and social well-being. It's not merely the absence of illness but the pursuit of a balanced and wholesome lifestyle. Achieving optimal personal health involves a blend of healthy habits, emotional resilience, mental stability, and social connectedness.</p> <p>Physical well-being Physical health is the body's functionality and ability to perform daily tasks without fatigue or undue stress. This involves maintaining a healthy weight, regular exercise, balanced nutrition, sufficient sleep, and avoiding harmful substances.</p> <p>Mental and emotional wellness The state of one's mental health is equally significant. It pertains to cognitive and emotional well-being, encompassing stress management, coping mechanisms, emotional resilience, and the absence of mental health disorders</p> <p>Social well-being Humans are inherently social beings, and personal health isn't complete without considering social connections and relationships. Strong social networks, meaningful relationships, and a sense of belonging contribute significantly to mental and emotional wellness. https://www.paubox.com/blog/what-is-personal-health</p>	
C. Developing and Deepening Understanding	<p>Day 2</p> <p>SUB-TOPIC 2: Importance of Personal Health for Active Living</p> <p>1. Explicitation A. What are the importance of Personal Health for active living? B. What are examples of Personal Health for active living?</p> <p>2. Worked Example “Let’s Dance”</p>	

Follow the Dance Step from the link below:
Exercise Song <https://www.youtube.com/watch?v=qUbtJMtV0Mo>

3. Lesson Activity

Follow the instruction from the given worksheet.

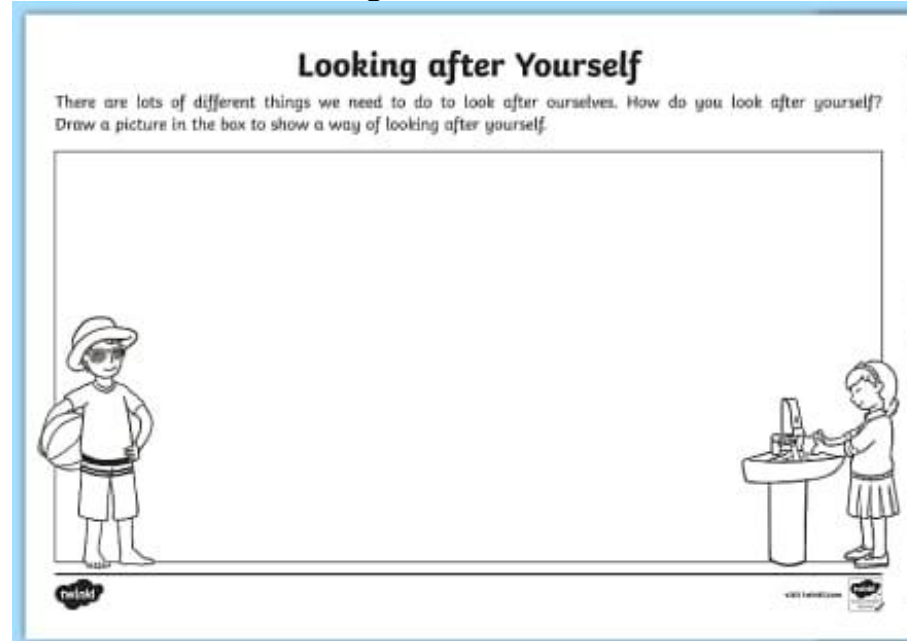


Image from <https://www.twinkl.com.ph/resource/t-tp-5239-all-about-me-looking-after-yourself-activity-sheets>

According to World Health Organization (WHO), Regular physical activity is proven to help prevent and manage noncommunicable diseases such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.

For discussion:

How much of physical activity is recommended?

Teacher may or may not use the given example video. They might create their own exercise or get another link from YouTube.

The given worksheet is only an example. The teacher may choose from any website or you may create your own.

	<p>WHO guidelines and recommendations provide details for different age groups and specific population groups on how much physical activity is needed for good health.</p> <p>WHO recommends: Children and adolescents aged 5-17 years</p> <ul style="list-style-type: none"> • Should do at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity, across the week. • Should incorporate vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, at least 3 days a week. • Should limit the amount of time spent being sedentary, particularly the amount of recreational screen time. https://www.who.int/news-room/fact-sheets/detail/physical-activity <p>Why is physical activity so important for health and well-being?</p> <p>Here are just a few of the ways physical activity can help you feel better, look better and live better. Because, why not?</p> <p>It's a natural mood lifter.</p> <p>Regular physical activity can relieve stress, anxiety, depression and anger. You know that "feel good sensation" you get after doing something physical? Think of it as a happy pill with no side effects! Most people notice they feel better over time as physical activity becomes a regular part of their lives.</p> <p>It keeps you physically fit and able.</p> <p>Without regular activity, your body slowly loses its strength, stamina and ability to function properly. It's like the old saying: you don't stop moving from growing old, you grow old from stopping moving. Exercise increases muscle strength, which in turn increases your ability to do other physical activities.</p> <p>It helps keep the doctor away.</p>	
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	<p>Stand up when you eat your apple a day! Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. One study showed that adults who watch more than 4 hours of television a day had an 80% higher risk of death from cardiovascular disease.</p> <p>Being more active can help you:</p> <ul style="list-style-type: none">• Lower your blood pressure• Boost your levels of good cholesterol• Improve blood flow (circulation)• Keep your weight under control• Prevent bone loss that can lead to osteoporosis <p>https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing</p>																							
D. Making Generalizations	<p>1. Learners’ Takeaways:</p> <p>“Healthy Habits”</p> <p>Directions: Classify the words in the box into the chart</p> <table><tr><td>Watching TV</td><td>Eat vegetables</td><td>Running</td><td>Drinking soda</td><td>Dancing</td></tr><tr><td>Using gadgets</td><td>Sleep for 6 hours</td><td>Exercise</td><td>Eating chips</td><td>Play football</td></tr></table> <table><tr><th>Healthy Habits</th><th>Unhealthy Habits</th></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr></table> <p>2. Reflection on Learning</p> <p>After the discussion about Personal Health and its importance, kindly answer the following questions:</p> <p>1. Do you think you are a healthy person or unhealthy person? Why?</p>	Watching TV	Eat vegetables	Running	Drinking soda	Dancing	Using gadgets	Sleep for 6 hours	Exercise	Eating chips	Play football	Healthy Habits	Unhealthy Habits											<p>The teacher may follow the suggested activity. After classifying the teacher may ask the following questions:</p> <p>1. What are the words that you write inside the Healthy habits? Why?</p> <p>2. How about inside the Unhealthy Habits? Why?</p>
Watching TV	Eat vegetables	Running	Drinking soda	Dancing																				
Using gadgets	Sleep for 6 hours	Exercise	Eating chips	Play football																				
Healthy Habits	Unhealthy Habits																							

	2. Is it important to have good health? Why or why not?	
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IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION		NOTES TO TEACHERS
A. Evaluating Learning	<p>1. Formative Assessment</p> <p>True or False: Direction: On the space before the number, write True if the statement is correct and False if it is wrong.</p> <p>___ 1. Drink milk every day.</p> <p>___ 2. It is safe to eat fatty foods all the time.</p> <p>___ 3. Eat much food rich in carbohydrate and protein.</p> <p>___ 4. It is important to manage our own emotions.</p> <p>___ 5. Four hours of sleep is the correct and enough amount of time to achieve.</p> <p>To apply what the students learned, an activity will be given. See the worksheet for the activity which students will accomplish. Kindly refer to Activity No. 1.</p> <p>2. Homework (Optional)</p> <p>1. In your notebook, Fill the acronym of the word PERSONAL HEALTH with words or phrases related to the lesson.</p> <p>P E R S O N</p>	<p>Expected Answer:</p> <p>1. True 2. False 3. True 4. True 5. False</p> <p>Key to correction for the worksheet:</p> <p>A. 1. Squash 2. Watermelon 3. Milk 4. Lettuce</p> <p>B. 1. ✓ 2. X 3. ✓ 4. X 5. X</p>

	A L H E A L T H			
B. Teacher's Remarks	<i>Note observations on any of the following areas:</i>	Effective Practices	Problems Encountered	<p>The teacher may take note of some observations related to the effective practices and problems encountered after utilizing the different strategies, materials used, learner engagement and other related stuff.</p> <p>Teachers may also suggest ways to improve the different activities explored.</p>
	Strategies explored			
	Materials used			
	Learner's engagement/ interaction			
	Others			
C. Teacher's Reflection	<p><i>Reflection guide or prompt can be on:</i></p> <ul style="list-style-type: none"> ▪ <u>Principles behind the teaching</u> <i>What principles and beliefs informed my lesson? Why did I teach the lesson the way I did?</i> ▪ <u>Students</u> <i>What roles did my students play in my lesson? What did my students learn? How did they learn?</i> ▪ <u>Ways forward</u> <i>What could I have done differently? What can I explore in the next lesson?</i> 			<p>Teacher's reflection in every lesson conducted/ facilitated is essential and necessary to improve practice. You may also consider this as an input for the LAC/Collab sessions.</p>