

4

# Lesson Exemplar for PE and Health

Quarter 1

Lesson

2

**Lesson Exemplar for PE and Health Grade 4**  
**Quarter 1: Lesson 2 (Week 2)**  
**SY 2024-2025**

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## LESSON EXEMPLAR

### PE and Health/ QUARTER 1 / GRADE 4

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
<b>A. Content Standards</b>	The learners demonstrate understanding of hygiene practices, basic health appraisals, and target games in promoting personal wellness for active and healthy living.
<b>B. Performance Standards</b>	The learners participate in health practices and target games in promoting personal wellness for active and healthy living.
<b>C. Learning Competencies and Objectives</b>	<p><b><i>Learning Competency</i></b> Demonstrate proper personal hygiene practices.</p> <p><b><i>Lesson Objective</i></b>  <b>C:</b> describe ways to take care of sense organs;  <b>P:</b> explain how to keep the body clean, healthy, and disease-free; and  <b>A:</b> practice good healthy habits and hygiene and personal hygiene.</p>
<b>C. Content</b>	<b>Personal Hygiene Practices</b>
<b>D. Integration</b>	<b>SDG 3:</b> Good Health and Well-being <b>SDG 6:</b> Clean Water and Sanitation

II. LEARNING RESOURCES
<p>BYJUS (2021). Sense Organs - List of Five Sense Organs and their Functions. BYJUS. <a href="https://byjus.com/biology/sense-organs/">https://byjus.com/biology/sense-organs/</a></p> <p>Citak, Armagan (2019). 5 Senses quiz [Video]. YouTube. <a href="https://www.youtube.com/watch?v=j027EmyBk0U">https://www.youtube.com/watch?v=j027EmyBk0U</a></p> <p>Healthy. (2024). In Merriam-Webster Dictionary. <a href="https://www.merriam-webster.com/dictionary/healthy">https://www.merriam-webster.com/dictionary/healthy</a></p> <p>Hi-5 World. (2013, May 7). Five Senses - Hi-5 - Season 1 song of the week [Video]. YouTube. <a href="https://www.youtube.com/watch?v=YXFV5KcnoBQ">https://www.youtube.com/watch?v=YXFV5KcnoBQ</a></p> <p>Holland, K. (2018). Creating a personal hygiene routine: tips and benefits. Healthline. <a href="https://www.healthline.com/health/personal-hygiene#for-kids">https://www.healthline.com/health/personal-hygiene#for-kids</a></p>

Knowledge Channel. (2020). Mag-exercise Tayo Tuwing umaga | Musikantahan [Video]. YouTube.

<https://www.youtube.com/watch?v=BdX2OMwIrsg>


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.

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.

Personal care for Kindergarten - 12th grade. (n.d.). Lesson Planet. <https://www.lessonplanet.com/teachers/personal-care>

Personal Hygiene – Multi-subject worksheets for preschool & Pre-K. (n.d.). TPT. <https://www.teacherspayteachers.com/Product/Personal-Hygiene-Multi-subject-Worksheets-for-Preschool-Pre-K-8475863>

Team, W. (2022, November 25). Sense Organs Crossword Puzzle. Worksheets Kids. [https://www.worksheetkids.com/sense-organs-crossword-puzzle/#google\\_vignette](https://www.worksheetkids.com/sense-organs-crossword-puzzle/#google_vignette)

III. TEACHING AND LEARNING PROCEDURE	NOTES TO TEACHERS
<p><b>Day 1</b></p> <p><b>“Word Hunt”</b></p>  <p>Image from <a href="https://www.worksheetkids.com/sense-organs-crossword-puzzle/#google_vignette">https://www.worksheetkids.com/sense-organs-crossword-puzzle/#google_vignette</a></p> <p><b>2. Feedback (Optional)</b></p>	<p>The teachers have free will to choose the activity.</p> <p>The given activity is only a suggestion. The teacher may think of another question to process the given activity which is relevant to the topic.</p>

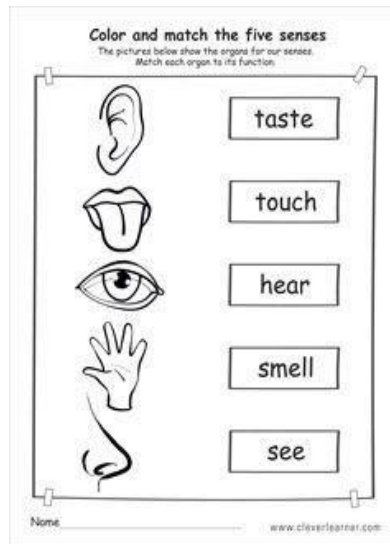
	<p>After the activity, the Teacher may ask the following questions:</p> <ul style="list-style-type: none"> <li>• Can you spot words associated to the sense organs?</li> <li>• Can you distinguish the different sense organs with corresponding senses?</li> </ul>	
<b>A. Establishing Lesson Purpose</b>	<p><b>1. Lesson Purpose</b></p> <p><b>Activity #2:</b> <b>Sing and Dance!</b></p> <p>The teacher asks students to follow the video composed of a sing-and-dance about the 5 Senses.</p> <p>Refer to this link: <a href="https://www.youtube.com/watch?v=YXFV5KcnoBQ">https://www.youtube.com/watch?v=YXFV5KcnoBQ</a></p> <p>Answer the Following questions:</p> <ol style="list-style-type: none"> <li>1. What was the song all about?</li> <li>2. Can you explain the different sense organs mentioned in the video?</li> </ol> <p><b>2. Unlocking Content Area Vocabulary</b></p> <p><b>Good Health-</b> beneficial to one's physical, mental, or emotional state: conducive to or associated with good health or reduced disease risk. healthy foods. a healthy lifestyle.  <a href="https://www.merriam-webster.com/dictionary/healthy">https://www.merriam-webster.com/dictionary/healthy</a></p> <p><b>Personal Health-</b> is the ability to take charge of your health by making conscious decisions to be healthy.  <a href="https://www.ohioafp.org/wp-content/uploads/Personal_Health_Resource_Packet.pdf">https://www.ohioafp.org/wp-content/uploads/Personal_Health_Resource_Packet.pdf</a></p> <p><b>SUB-TOPIC 1: Proper Care of the Sense Organ</b></p> <p><b>1. Explicitation</b></p> <ol style="list-style-type: none"> <li>a. What are the sense organs?</li> <li>b. Are they important?</li> </ol> <p><b>1. Worked Example:</b> <b>“Five Sense Quiz”</b></p>	

The Teacher will play the video about the five senses. For Each question the teacher will play and pause for the students would be able to choose the right answer. Once the students identify their answers, the teacher again will play the video. This procedure will follow until the end of the Quiz.

<https://www.youtube.com/watch?v=j027EmyBk0U>

## 2. Lesson Activity

**Activity1: Follow the instructions of the given worksheet**



<https://ph.pinterest.com/pin/703335666803730109/>

Proper Care of the Sense Organs:

### What are the Sense Organs?

For discussion:

- Sense organs are specialized organs that help to perceive the world around us. They are an integral part of our lives and it is the only way that enables us to perceive the environment.
- Sense organs provide the required data for interpretation through various organs and a network of nerves in response to a particular physical


Teacher may or may not use the given example video. They may 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>phenomenon. These senses govern our association and our interaction with the environment.</p> <ul style="list-style-type: none"> <li>• We have five sense organs, namely: <ul style="list-style-type: none"> <li>• Eyes</li> <li>• Ears</li> <li>• Nose</li> <li>• Tongue</li> <li>• Skin</li> </ul> </li> <li>• These five sense organs contain receptors that relay information through the sensory neurons to the appropriate places within the nervous system. The receptors could be classified into two parts viz. the general and special receptors.</li> </ul> <p><b>Eyes – Sight or Ophthamoception</b></p> <ul style="list-style-type: none"> <li>• These are the visual sensory organs in our body. These are sensitive to light images. The eyes vary in color depending on the amount of melanin present in our body. It helps in the sense of sight by detecting and focussing on the light images.</li> <li>• The iris in the eye is the colored part that controls the size and diameter of the pupil, which directly affects the amount of light entering the eyes. Behind the lens of the eye lies the vitreous body. It is filled with a gelatinous material called vitreous humor. This substance gives shape to the eyeball and also transmits light to the very back of the eyeball, where the retina is found.</li> <li>• This retina contains photoreceptors, which detect light. There are two types of cells present that perform functions distinct from each other. These are Rod and Cones.</li> </ul> <p><b>Ears – Hearing or Audioception</b></p> <ul style="list-style-type: none"> <li>• The ears are the auditory sense organs of our body. They help us to perceive sounds. Our auditory system detects vibrations in the air and this is how we hear sounds. This is known as hearing or audio caption.</li> <li>• The ears are divided into three sections, namely, the outer ear, the inner ear, and the middle ear. All sounds are basically vibrations, so the outer ear transfers these vibrations into the ear canal, where these vibrations are transformed by the brain into meaningful sound. Apart from hearing, this sense is also important for balancing our body or equilibrium.</li> </ul>	
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	<p><b>Tongue – Taste or Gustaoception</b></p> <ul style="list-style-type: none"> <li>• The tongue helps in perceiving various tastes and flavors. The taste buds are present between the papillae on the tongue—these help in sensing different tastes.</li> <li>• The senses of smell and taste tend to work together. If one could not smell something, they could not taste it either. The sense of taste is also known as gustaoception.</li> <li>• Taste buds on the tongue contain chemoreceptors that work similarly to the chemoreceptors in the nasal cavity.</li> <li>• However, the chemoreceptors in the nose detect any kind of smell, there are four different types of taste buds and each one can detect different types of tastes like sweetness, sourness, bitterness, and saltiness.</li> </ul> <p><b>Nose – Smell or Olfalcoception</b></p> <ul style="list-style-type: none"> <li>• The nose is an olfactory organ. Our olfactory system helps us to perceive different smells. This sense of organ also aids our sense of taste. The sense of smell is also known as olfaction.</li> <li>• The olfactory cells tend to line the top of the nasal cavity. On one end, olfactory cells have cilia that project into the nasal cavity, and on the other end of the cell, are the olfactory nerve fibers.</li> <li>• As one breathes in, the air enters into the nasal cavity. The olfactory cells are chemoreceptors, which means that the olfactory cells have protein receptors that can detect subtle differences in chemicals. These chemicals bind to the cilia, which conduct a nerve impulse that is carried to the brain. The brain then translates these impulses into a meaningful smell. During a cold, the body produces mucus which blocks the sense of smell; this is the reason why the food we eat tastes bland.</li> </ul> <p><b>Skin – Touch or Tactioception</b></p> <ul style="list-style-type: none"> <li>• Skin is the largest organ of our body. It is related to the sense of touch. The sense of touch is also referred to as tactioception.</li> <li>• The skin contains general receptors that can detect touch, pain, pressure, and temperature. They are present throughout the skin. Skin receptors generate an impulse, and when activated, is carried to the spinal cord and then to the brain.</li> </ul>	
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	<a href="https://byjus.com/biology/sense-organs/">https://byjus.com/biology/sense-organs/</a>	
<b>B. Developing and Deepening Understanding</b>	<p><b>Day 2</b></p> <p><b>SUB-TOPIC 2: Proper care of the Hair, Skin and Teeth</b></p> <p><b>1. Explicitation</b>  A. What is the importance of Hair, skin, and teeth?  B. Are they important?</p> <p><b>2. Worked Example</b>  <b>“Let’s Dance”</b>  Follow the Dance Step from the link below:  Exercise Song: <a href="https://www.youtube.com/watch?v=BdX2OMwlrsg">https://www.youtube.com/watch?v=BdX2OMwlrsg</a></p> <p><b>3. Lesson Activity</b></p>  <p><a href="https://www.lessonplanet.com/teachers/personal-care">https://www.lessonplanet.com/teachers/personal-care</a></p> <p>The teacher will show the chart above to help the class maintain their hygiene. The chart includes an image of someone taking care of his or her body, including brushing their teeth, combing their hair, or washing their face, as well as a written description of each action.</p>	<p>Teacher may or may not use the given example video. They may create their own exercise or get another link from YouTube.</p> <p>The given worksheet is only an example. The teacher may choose from any website or you may create your own.</p>

**Personal hygiene**

Good personal hygiene will help your kids stay healthy, ward off illnesses, and build better self-awareness. It's never too early to start teaching hygiene. You can wipe down your child's hands after changing their diapers or before eating, brush their teeth and gums before bed, and get them into a daily bath routine. This helps you begin the process and slowly teaches them as they grow and take over the process. Here's a list of hygiene activities, how you can introduce them, and when is a good time to start:

**Brushing teeth**

- You can begin brushing your baby's teeth and gums the moment the first tooth pops up. They can brush their own teeth by about 3 years old. However, you may have to stay with them to guarantee they're doing a good job and brushing long enough.
- Play a 2-minute song when it's time to brush teeth. That will let your little one know how long they have to brush, and they'll get used to the process. Likewise, you may have to continue flossing for them until they're older and can handle that task better, around age 7.

**Bathing**

- You'll be giving your baby baths regularly, but by about age 5, they should be able to handle this task on their own. As they're growing and you're supervising bath time, you should take the opportunity to teach about washing all the different body parts, especially:
  - armpits
  - groins
  - neck
  - belly
  - knees
  - elbows
  - back
  - feet
- You can also use this time to teach them how to wash their hair without getting suds in their eyes — and what to do if they do.

	<p><b>Hand washing</b></p> <ul style="list-style-type: none"> <li>• Wipe your baby's hands with a warm washcloth before mealtime, after eating, and after changing a diaper. During potty training, make washing hands an integral step in the process.</li> <li>• You can teach your child to sing the ABC song while they wash — it's 20 seconds long, which is an ideal washing time.</li> <li>• Make it a priority to ask your child to wash their hands any time you'd like to encourage good hygiene, like before meals, after playing outside, after petting an animal, or after being near a sick friend.</li> </ul> <p><b>Nail hygiene</b></p> <ul style="list-style-type: none"> <li>• You'll clip your child's nails when they're a baby, but as they grow older, you can help them care for their own nails. Encourage your children to wash under their nails at each shower — a fun nail brush will help. Then, sit down with them weekly after a shower for a trim. Your nails are softer and clip more easily after a shower.</li> <li>• By age 7, most children should be up for the task alone.</li> </ul> <p><a href="https://www.healthline.com/health/personal-hygiene#for-kids">https://www.healthline.com/health/personal-hygiene#for-kids</a></p>																
<b>C. Making Generalizations</b>	<p><b>1. Learners' Takeaways:</b> Directions: Shade the box of your answer.</p> <table border="1"> <tbody> <tr> <td>1. I take a bath regularly</td><td>YES</td><td>NO</td></tr> <tr> <td>2. I used an umbrella to protect my skin</td><td>YES</td><td>NO</td></tr> <tr> <td>3. I drink at least eight glasses of water every day</td><td>YES</td><td>NO</td></tr> <tr> <td>4. I brush my teeth every after-meal</td><td>YES</td><td>NO</td></tr> <tr> <td>5. I cut my nails when they are long</td><td>YES</td><td>NO</td></tr> </tbody> </table> <p><b>2. Reflection on Learning</b> After the discussion about Taking care of your Personal Health, kindly answer the following questions:</p> <ol style="list-style-type: none"> <li>1. What are the things that you need to do to take care of your senses?</li> <li>2. What are your take away from the lesson?</li> </ol>	1. I take a bath regularly	YES	NO	2. I used an umbrella to protect my skin	YES	NO	3. I drink at least eight glasses of water every day	YES	NO	4. I brush my teeth every after-meal	YES	NO	5. I cut my nails when they are long	YES	NO	<p>The teacher may follow the suggested activity. After classifying the teacher may ask the following questions:</p> <ol style="list-style-type: none"> <li>1. Is taking care of your hair, skin, and teeth important?</li> <li>2. What will happen if you do not take care of your sense organs?</li> </ol>
1. I take a bath regularly	YES	NO															
2. I used an umbrella to protect my skin	YES	NO															
3. I drink at least eight glasses of water every day	YES	NO															
4. I brush my teeth every after-meal	YES	NO															
5. I cut my nails when they are long	YES	NO															

#### IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION

#### NOTES TO TEACHERS

##### A. Evaluating Learning

##### 1. Formative Assessment

##### Matching Type:

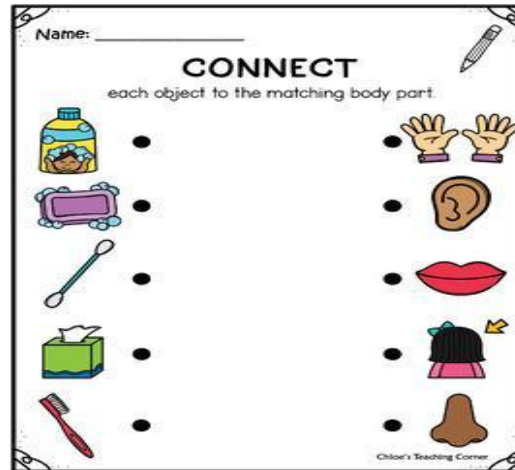


Image from <https://www.teacherspayteachers.com/Product/Personal-Hygiene-Multi-subject-Worksheets-for-Preschool-Pre-K-8475863>

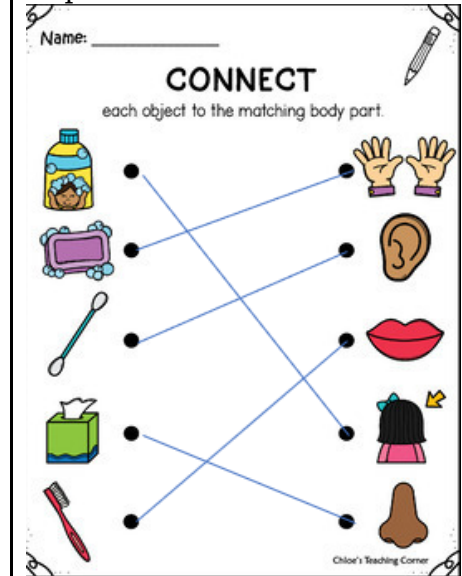
##### Additional Formative assessment:

- Task in the worksheet

##### 2. Homework (Optional)

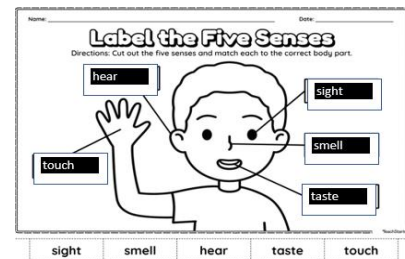
In your notebook. Cutouts and paste healthy hair, skin, and teeth on the box below.

##### Expected Answer:



##### Key to correction:

- |       |       |
|-------|-------|
| 1. MT | 6. EA |
| 2. EA | 7. S  |
| 3. S  | 8. H  |
| 4. E  | 9. MT |
| 5. N  | 10. H |

	<div style="border: 1px solid black; width: 290px; height: 120px; margin: 0 auto;"></div>			
<b>B. Teacher's Remarks</b>	<i>Note observations on any of the following areas:</i>	<b>Effective Practices</b>	<b>Problems Encountered</b>	<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>
	<b>Strategies explored</b>			
	<b>Materials used</b>			
	<b>Learner engagement/ interaction</b>			
	<b>others</b>			
<b>C. Teacher's Reflection</b>	<p><i>Reflection guide or prompt can be on:</i></p> <ul style="list-style-type: none"> <li>■ <u>Principles behind the teaching</u> What principles and beliefs informed my lesson? Why did I teach the lesson the way I did?</li> <li>■ <u>Students</u> What roles did my students play in my lesson? What did my students learn? How did they learn?</li> <li>■ <u>Ways forward</u> What could I have done differently? What can I explore in the next lesson?</li> </ul>			<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>