

7

Lesson Exemplar for PE & Health

Quarter 3

Lesson

1

Lesson Exemplar for PE and Health Grade 7
Quarter 3: Lesson 1 (Weeks 1-3)
SY 2024-2025

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PE AND HEALTH/QUARTER 3/ GRADE 7

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	The learners demonstrate understanding of healthy eating, common adolescents' nutritional concerns, and dances in promoting community wellness for active and healthy living.
B. Performance Standards	The learners participate in dances in promoting community wellness for active and healthy living
C. Learning Competencies and Objectives	Learning Competency 1.explain the importance of healthy eating during adolescence;
C. Content	Importance of Healthy Eating During Adolescence <ul style="list-style-type: none"> • Meet Dietary Needs for Rapid Growth and Development • Prevent Nutritional Issues • Attain Ideal Weight for Age and Height • Improve Physical and Mental Performance
D. Integration	SDG 2: End all forms of malnutrition

II. LEARNING RESOURCES

- Ali. (n.d.). Body Mass Index (BMI) Chart. BMI Calculator To Checking Your Body Mass Index. Colorful Symbols. Vector Illustration. *Adobe Stock*. <https://stock.adobe.com/ph/images/body-mass-index-bmi-chart-bmi-calculator-to-checking-your-body-mass-index-colorful-symbols-vector-illustration/494063374>
- Cropwatch. (2019). 5 Simple Ways to Improve Your Physical and Mental Wellness. *University of Nebraska-Lincoln – Institute of Agriculture and Natural Resources*. <https://cropwatch.unl.edu/2019/5-simple-ways-improve-your-physical-and-mental-wellness>
- Food and Nutrition Research Institute. (n.d.). Pinggang Pinoy. *Department of Science and Technology*. <https://www.fnri.dost.gov.ph/index.php/116-pinggang-pinoy>
- Garden-Robinson, J., Curley, B., Helbling, A. (2022). Activities to Promote Healthy Nutrition and Physical Activity Habits Among Children. *North Dakota State University (NDSU)*. <https://www.ndsu.edu/agriculture/extension/publications/activities-promote-healthy-nutrition-and-physical-activity-habits-among>
- Gavin, M.L. (2021). Staying at a Healthy Weight. *Nemours: TeensHealth*. <https://kidshealth.org/en/teens/healthy-weight.html>

Grattan, S.L. (2024). Nutrition Activities For Middle School: Experiments, Games, Art Projects, And Resources. *Teaching Expertise*. <https://www.teachingexpertise.com/classroom-ideas/nutrition-activities-for-middle-school/>

Nestle for Healthier Kids. (2022). Health Module for Grade 7 Learners. *DepEd*. <https://www.studocu.com/ph/document/san-francisco-high-school/secondary-education/wellness-module/72343176>

Twinkl. (n.d.). Healthy Food Fill The Tummy Activity. <https://www.twinkl.com.ph/resource/t-t-7362-healthy-food-fill-the-tummy-activity>

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS										
<p>A. Activating Prior Knowledge</p>	<p>DAY 1</p> <p>1. Short Review</p> <p>Activity 1: Check Your Nutrition Life Skills Directions: Write YES if you practice the life skill and NO, if you do not practice it. Be honest with your responses. Write your answer on the space before each life skill.</p> <table border="1" data-bbox="465 730 1659 911"> <tr> <td style="width: 50px;"></td> <td>I follow a balanced diet.</td> </tr> <tr> <td></td> <td>I maintain a healthful weight.</td> </tr> <tr> <td></td> <td>I eat a healthful diet.</td> </tr> <tr> <td></td> <td>I eat the correct servings for the food groups in the Food Guide Pyramid.</td> </tr> <tr> <td></td> <td>I follow nutritional guidelines to keep me healthy.</td> </tr> </table> <p>2. Feedback (Optional) How many “YES” did you answer? If you have five “YES”, it means you are really following good nutrition habits. If you did not mark “YES” to some of the items, you need to review your habits and practices related to nutrition. Your health may suffer later if you continue to have poor food choices and poor eating habits.</p>		I follow a balanced diet.		I maintain a healthful weight.		I eat a healthful diet.		I eat the correct servings for the food groups in the Food Guide Pyramid.		I follow nutritional guidelines to keep me healthy.	<p>Teacher can have other activities related to the topic</p>
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	I follow nutritional guidelines to keep me healthy.											
<p>3. Establishing Lesson Purpose</p>	<p>1. Lesson Purpose</p> <p>A. Explain the need to select food based on the nutritional needs of adolescents; B. Understand the importance of healthy eating and physical activity in maintaining good health; and C. Improve physical and mental aspect through physical activities.</p>											

	<p>2. Unlocking Content Area Vocabulary</p> <p>Nutrition -is the process of taking in food and converting it into energy and other vital nutrients required for life</p> <p>Healthy diet -is a diet that maintains or improves overall health. A healthy diet provides the body with essential nutrition: fluid, macro nutrients such as protein, micronutrients such as vitamins, and adequate fiber and food energy.</p> <p>Body Mass Index-(BMI) is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet). A high BMI can indicate high body fatness. BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.</p> <p>Vitamins -any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body.</p> <p>Nutrients- a substance that provides nourishment essential for growth and the maintenance of life.</p> <p>Yoga -is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.</p>	
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<p>B. Developing and Deepening Understanding</p>	<p>SUB-TOPIC 1: Meet Dietary Needs for Rapid Growth and Development</p> <p>1. Explicitation</p> <p>PINGGANG PINOY - Daily Dietary Recommendation for Filipino</p> <p>“Pinggang Pinoy” was formulated by the Department of Health, Department of Science and Technology, and Food and Nutrition Research Institute It will give you a better and easier understanding of the food guide which includes a recognizable food plate model to convey the proper amount of food group quantities on per-meal sources. “Pinggang Pinoy” is comprised of 3 food groups namely Go, Grow, and Glow food to show the variety of food we must take to achieve the body’s energy and nutrition needed for Filipino adults. The plate also shows the proportion and the right amount of Go-foods that are rich in carbohydrates and fats, Grow foods that are rich in protein, and Glow foods that contain vitamins and minerals. “Pinggang Pinoy” functions as a graphic tool to help Filipinos adopt healthy eating habits during meal times by delivering effective and well-balanced nutrition and lifestyle. Below is the model of “Pinggang Pinoy” to help you understand the concepts explained above.</p> <div data-bbox="1176 885 1691 1165" data-label="Figure"> <table border="1"> <caption>Daily Dietary Recommendation for Filipino (Pinggang Pinoy)</caption> <thead> <tr> <th>Food Group</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Rice and alternatives</td> <td>33%</td> </tr> <tr> <td>Fish and alternatives</td> <td>17%</td> </tr> <tr> <td>Vegetables</td> <td>33%</td> </tr> <tr> <td>Fruit</td> <td>17%</td> </tr> </tbody> </table> </div>	Food Group	Percentage	Rice and alternatives	33%	Fish and alternatives	17%	Vegetables	33%	Fruit	17%	
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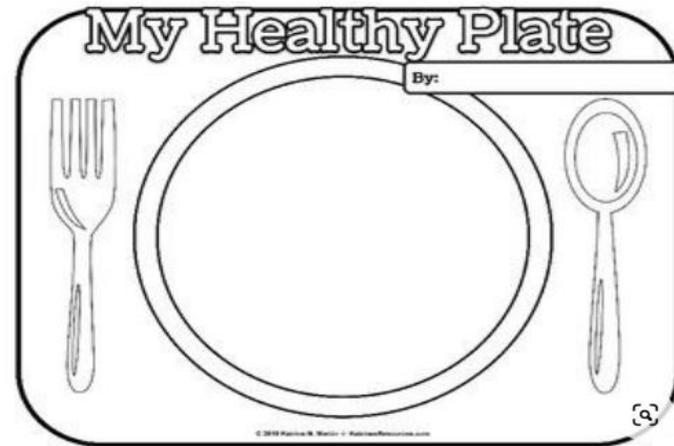
Activity 2. My 3G Pinggang Pinoy

Direction: Illustrate your healthy breakfast, lunch, and dinner plates. Use the Filipino food pyramid as your guide in creating your meal plates. Indicate the go, grow, glow foods in each plate.

A. Breakfast

B. Lunch

C. Dinner



2. Worked Example

What are dietary needs?

Dietary needs implies that the diet as a whole contains a mix of nutrients for physical and mental growth, development and maintenance, and physical activity that are in compliance with human physiological needs at all stages throughout the life cycle and according to gender and occupation

Why are dietary needs important?

Vitamin and mineral malnutrition impact our health and economy. Low levels of vitamins and minerals can result in mental impairment and central nervous system defects in infants. Poor nutrition contributes to many costly diseases, including obesity, heart disease, and some cancers.

Eating Tips and Practices

The 10 “**Kumainments**” are simple and easy-to-remember guidelines that can be easily followed by ordinary citizens to improve their nutritional status. With messages like “*Kumain ng iba’t ibang pagkain*”, “*Kumain ng gulay at prutas araw-araw*”, and “*Panatilihin ang tamang timbang*”, individuals are encouraged to eat the right food, exercise regularly and pursue a healthy lifestyle in 10 easy rules.



**Food Selection Based on Adolescents’
Nutritional Needs**

Good nutrition is very important in enhancing your quality of life and in preventing diseases. It provides you with the needed calories and nutrients for your maximum energy and wellness. Calories or kilocalories are units of heat that measure the energy used by the body and the energy that foods supply to the body. You need energy to fuel everything you do-- from playing, making assignments, talking to your friends, watching television, sleeping, and all your activities.

Nutrients, on the other hand, are substances in food that your body needs to grow, repair itself, and to supply you with energy. If you choose the right foods to eat, these will provide your body with the nutrients it needs to help you look and perform at your best. Nutritional needs vary for each stage of life, so it is important to eat a healthy diet through all life stages.

Adolescence is one of the fastest growth periods in a person’s life. The physical changes during this stage affect the body’s nutritional needs. Changes in your lifestyle as an adolescent may also affect your food choices and eating habits. With your active social life and busy schedules, you might often skip meals and just take snacks throughout the day. You might also often skip breakfast, not knowing that this important meal will give you the energy to make it through the day and to perform well in school. When you skip meals, you might resort to eating snacks in fast foods or “carinderias,” or not eating at all. When you eat outside, your choice of foods is often high in fats and sugar that provide less nutritional value. These practices are unhealthful and are major risk factors in developing chronic diseases, such as heart diseases, diabetes and even some types of cancer.

To achieve your full growth potential, proper food selection and eating are very essential. You must know your physical need for food and follow the dietary guidelines appropriate for your age. You sometimes won’t eat a dish --- even if you know it is healthful because you don’t like its taste. Most often the desire for food or is stronger than the need to eat. Always remember that you need to eat foods that your body needs to support your growing body and to prevent future health problems.

Following certain guidelines will help you choose a balanced and healthful diet.

1. Eat a variety of foods every day. Choosing and eating a variety of foods each day is important in building a healthy body.
2. Consume fish, lean meat, poultry, or dried beans. Eating these will give you protein, vitamin B, iron, and zinc. These foods may contain high levels of fats but choosing lean meat and poultry without skin and limiting the egg yolks, nuts, and seeds can help limit fat intake.
3. Eat more vegetables, fruits, and root crops. Vegetables and fruits are rich in vitamins and minerals, and some are high in fiber. Eating a variety of food from this group will help you prevent chronic diseases and will keep you healthy.
4. Eat foods cooked in edible/cooking oil in your daily meals. Eating foods cooked in edible/cooking oil daily prevents chronic energy deficiency. Fats and oils are also essential for absorption and utilization of fat-soluble vitamins, such as vitamin A. Olive oil is the best and healthiest oil and it's good for your health. Consume milk, milk products and other calcium-rich foods, such as small fish and dark leafy vegetables. These are good sources of protein and calcium.
5. Use iodized salt but avoid excessive intake of salty foods. Consuming less salt can reduce your chance of developing high blood pressure or can decrease your risk of cardiovascular disease.
6. Eat clean and safe food. It is important to handle and prepare food safely by observing cleanliness. Wash hands and use clean utensils in preparing and cooking food.
7. For a healthy lifestyle and good nutrition, exercise regularly, do not smoke, and avoid drinking alcoholic beverages.

Now, knowing some facts about the importance of nutrition, think about these questions:

1. Do you eat the right food you need for good health?
2. Are you getting the nutrients you need from the food you choose for your meals?
It is important to be aware of the food you eat every day. The next activity will help you analyze the food you have taken in a day. It will give you a clear picture of your daily food diet.

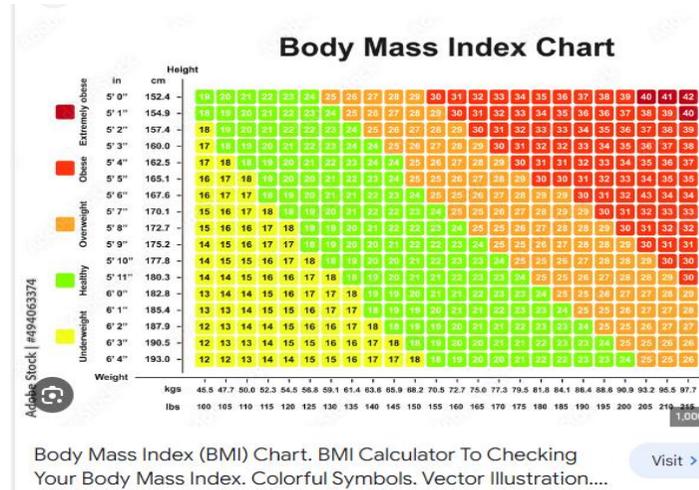
	<p>Part 2. Group Performance (Nutritional Issues) Divide the class into 5 groups. Each group will pick from the “ Statements” extracted from different published articles. Instruct the students to brainstorm and prepare a creative presentation showing the message of the statement they have picked. Control the time for preparation and presentation.</p> <p>DAY 3 2. Worked Example Staying at a Healthy Weight The keys to reaching or staying at a healthy weight are regular exercise and good eating habits. Some people think exercise and good eating require lots of effort or planning. But that's not true. In fact, the best way to work them into our lives is by making small changes that gradually become part of our routine. We've all succeeded in making changes that are now ingrained in our lifestyles — learning to brush our teeth, for example. Here's the information you need to make these other healthy habits just as easy. Regular Exercise Teens should get 60 minutes or more of physical activity a day. Note the word "activity": As long as you're getting your body moving, it doesn't have to mean doing complicated exercises or hitting the gym every day. All that matters is that each week you get the right balance of activity, including aerobic, strength building, and flexibility exercise. Make exercise a habit by scheduling some every day. On days when you have soccer practice or an aerobics class, you may have no trouble exercising for an hour or more. But most of us are busy, and 60 minutes a day of activity seems like a lot of time. The good news is that it's OK to divide it into shorter "exercise breaks" throughout the day.</p> <p>Just as you might have a healthy snack to stop yourself getting hungry, exercise snacks can keep energy levels high. So get up 15 minutes early and do some yoga or other stretching activity. Fast walk or jog for 15 minutes at lunch. Do the same thing after school — or walk or bike home. Add to that taking the stairs, gym class, and walking between classes during the day, and you've probably reached your 60 minutes.</p>	<p>The Teacher may use other article that are more suited to the level of the students.</p>
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15 Exercise Tips

Here are 15 simple ways to make an exercise lifestyle change:

1. Start today. Go outside for a walk.
2. Take the stairs instead of the elevator.
3. Instead of driving, walk or bike to places like school or a friend's house.
4. If you have to drive, park farther away than you need to and walk the extra distance, if it's safe to do so.
5. Vacuum your room, wash the car, or mow the lawn. It's not a chore — it's an exercise opportunity!
6. Limit your time watching TV; using your smartphone, computer, or other devices; or playing video games (and when you do play, try interactive games that get you moving). Try to keep screen time to no more than 2 hours a day, not including time spent doing homework.
7. Dance. Even in the privacy of your room, letting loose to your favorite tunes could help you burn more than 300 calories an hour!
8. Figure out what type of exercise interests you, then give it a try! Take it slow if you've never done it before. And if you're nervous at first, find an exercise buddy to join you. It's usually easier to stay motivated about exercise if you do something you're interested in.
9. If you get bored or lose interest easily, alternate the kinds of activities you do so they always feel fresh.
10. Be sure to include some activity that gets your heart beating faster, quickens your breathing, and makes you sweat.
11. avoid the vending machine or convenience store. Try carrot sticks, a piece of fruit, or your own homemade trail mix instead of cookies, chips, or processed foods that tend to be loaded with fat and calories.
12. Eat when you're hungry. If you're tempted to eat because you're bored, that's your mind telling you to find something else to do.
13. Eat a healthy breakfast every day.
14. Don't eat meals or snacks while watching TV because you'll probably end up eating more than you intend to.
15. Pay attention to **portion sizes**. If a portion is large, cut it in half and put half aside for later — or split it with a friend.

Check your Body Mass Index in the Chart



3. Lesson Activity

Activity 5. BMI Check!

Solve for your Body Mass Index and Know your Health Classification

SUB-TOPIC 3: Improve Physical and Mental Performance

1. Explicitation

Mental and physical health are equally important components of overall health. Although the mind and body are often viewed as being separate, mental, and physical health are actually closely related. Good mental health can positively affect your physical health. In return, poor mental health can negatively affect your physical health.

How to Take Care of Your Mental and Physical Health

If you want to improve your general well-being, you should take care of both your physical and mental health.

See the worksheet for the activity that students will accomplish.

Here are some ways to take care of yourself physically and mentally:

- Get regular exercise. Exercise is important for keeping physically fit, but it can also help improve your mood. A daily 10-minute walk may increase your mental alertness leaving you energetic and in a good mood.
- Eat a proper diet. A diet high in fruits and vegetables and low in processed sugars or fats can make you feel better physically and mentally. Consider working with a qualified nutritionist to help you create a diet plan customized according to your needs.
- Avoid alcohol and drugs. Although drinking and smoking may make you feel better in the short term, they can have a negative effect on both your physical and mental health.
- Get enough sleep. A good night's sleep is around seven to nine hours for adults. You can also take a 30-minute nap during the day to feel more alert.
- Try relaxation techniques. Meditation, deep breathing, and focusing your thoughts can all help when you are feeling stressed.
- Develop good mental practices. Try to focus on positive emotions and events rather than negative ones.
- Seek help from others. Talking with friends or family members can help you feel less stressed. Getting others to help with difficult situations can also reduce the burden you feel.

Activity 6. Charades. Divide the class into groups of four or five people. Each group is given 1 minute to think and act a certain given scenario/event. The group to portray the best and clear picture of event gets a point.

Examples of events / scenario:

1. Back to school
2. New year
3. Valentine's Day
4. Holy Week
5. Christmas

2. Worked Example

People who exercise regularly have better mental health and emotional well being, and lower rates of mental illness. Exercise is important for people with mental illness – it

not only boosts our mood, concentration, and alertness, but improves our cardiovascular and overall physical health.

5 Simple Ways to Improve Your Physical and Mental Wellness

There's a misconception that if you are not struggling with a mental health disorder, you don't need to worry about your mental health. It's important to remember that being well is not the absence of illness or stress. Rather, wellness is the active process of being aware of living a healthy and fulfilling life. Just as you develop habits to keep yourself physically healthy, you can develop habits that improve your mental wellness. Mental and physical wellness are linked to each other in many important ways and should be viewed as skills that need to be developed and repeated in a balanced way.

However, for rural communities achieving this balance can be difficult due to isolation or challenges in accessing mental health providers and health care. In addition, the many uncertainties of farming can create added stress and financial difficulties. There also can be a perception that working 16 hours a day is necessary to demonstrate a strong work ethic. This can lead to stress, burnout, and not living a healthy and balanced life. So how can you begin taking time to bring balance to your physical and mental wellness?

The following are five steps to help you become both physically and mentally healthy while bringing more balance into your life.

1. Exercise

The key is to find the right type of exercise for you – whether that means joining a casual sports team, going for walks with a friend or a pet, or doing yoga from the comfort of your own home. Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings.

2. Sleep

We once thought that poor sleeping habits were caused by mental health disorders, but more recent research suggests poor sleep can be the cause of mental health problems or make them worse. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

3. Nutrition

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats such as avocados. These habits have been shown to reduce depressive symptoms in adults.

You can learn more about the recommended guidelines for physical activity for different age levels at this Centers for Disease Control and Prevention website - <https://www.cdc.gov/physicalactivity/basics/index.htm>.

Learn more in Tips and Tricks for Better Sleep - <https://extension.unl.edu/statewide/kearney/Sleepless%20handout%20w%20explanations.pdf>.

4. Community and Relationships

Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life. Identify ways to create community.

5. Relaxation and Recreation

In our busy lives it can be easy to forget about the hobbies you used to love, or to make time to sit down and enjoy a book. Building in time to do the things you enjoy will give you a happier frame of mind and give you more energy to deal with difficult emotions when they arise.

Ultimately, it's important to remember that mental health is closely tied to physical health. Treating them both with care and working on your overall wellness will make you feel better in a number of ways.

DAYS 4 and 5

Yoga is more than just a physical workout but a holistic approach to sustaining physical and mental well-being. Yoga is distinct in the area of physical education in that it incorporates non-manipulative motions and promotes physical and mental well-being .

YOGA: Historical context

Yoga originated in ancient India and has been practiced for thousands of years. It has evolved into a broad group of practices including numerous styles and traditions, but the fundamental concepts remain anchored in non-manipulative motions.

The Principles of Yoga

Mind-Body Connection: Yoga is all about the harmonious connection between the mind and body. It encourages you to be fully present in each movement, creating an awareness of the body's capabilities and limitations.

Gentleness and Non-Force: Yoga is not about forcing your body into positions. Instead, it's about gently coaxing your body to stretch, strengthen, and relax.

Breath Control: The breath is a vital component of yoga. It helps in maintaining composure, oxygenating the body, and enhancing flexibility.

Non-Judgment and Acceptance: Yoga teaches us to accept our bodies as they are and not to be harsh on ourselves. It is about self-compassion and accepting that everyone's journey is unique.

Benefits of Yoga:

Flexibility: Regular yoga practice enhances flexibility by stretching and lengthening muscles and improving joint mobility.

Strength: Many yoga poses involve holding and supporting your body weight, which contributes to muscle strength.

Stress Reduction: The emphasis on mindful breathing and relaxation techniques in yoga helps reduce stress and anxiety.

Balance and Posture: Yoga poses promote better balance and posture, which can prevent injuries and musculoskeletal problems.

Mental Clarity: Yoga fosters mental clarity and focus, which can help in academic and everyday life.

Emotional Well-Being: It improves emotional regulation and helps manage mood swings.

Improved Circulation: The various poses and stretches encourage better circulation, enhancing overall cardiovascular health.

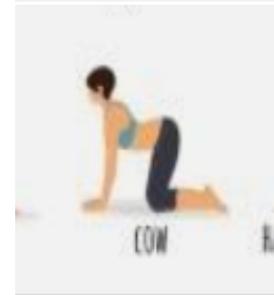
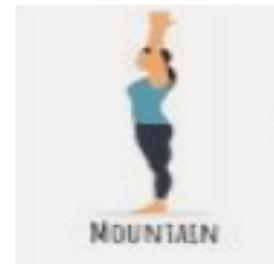
7 Basic Yoga Pose (Yoga Asanas)

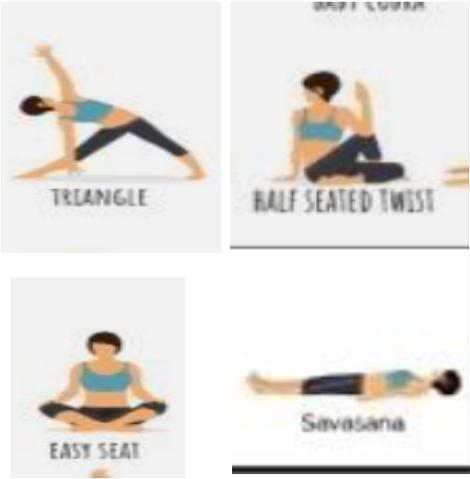
Mountain Pose (Tadasana): Stand tall with your feet together, arms at your sides, and palms facing forward. This pose promotes good posture and balance.

Cat/Cow Pose (Marjaryasana to Bitilasana) is a gentle yoga sequence that combines two complementary poses. This sequence is often used as a warm-up or part of a flow to promote spinal flexibility and release tension. It's a great way to stretch and awaken the spine.

Tree Pose (Vrikshasana): Start in Mountain Pose and shift your weight to one leg. Bend the other leg and place the sole of your foot against your inner thigh or calf. Bring your hands together in a prayer position at your chest. This pose improves balance and focus.

Triangle Pose (Trikonasana) is a classic yoga asana that combines strength, balance, and flexibility. It is a standing pose that stretches and strengthens various parts of the body, including the legs, hips, and spine.



	<p>Seated Twist Pose (Parivritta Sukhasana) is a seated yoga pose that involves a gentle spinal twist. It is a great pose for enhancing spinal flexibility, aiding digestion, and promoting relaxation.</p> <p>Butterfly Pose (Badhakonasana) is a seated yoga pose that primarily focuses on opening and stretching the hips, groins, and thighs. It's a great pose for improving flexibility in these areas and is often used as a warm-up or cool-down in yoga practice.</p> <p>Corpse Pose (Shavasana): Lie flat on your back, with your arms and legs relaxed at your sides. Close your eyes and focus on your breath. This is a pose for deep relaxation and meditation.</p> <p>3. Lesson Activity Activity 6. Inhale, Exhale, Breathe, Pose! The Teacher may use other yoga routine that is more suited to the level of the students.</p>	 <p>See the worksheet for the activity that students will accomplish.</p>
<p>7 Making Generalizations</p>	<p>1. Learners' Takeaways After the activity, facilitate a discussion about benefits of exercise. Encourage students to reflect on what they've learned and how they can apply this knowledge in real-life situations. Provide feedback to students on their graphic organizers, praising creativity, accuracy, and presentation. Offer constructive criticism to help them improve their future work.</p> <p>2. Reflection on Learning "Let's Talk About it!" RECALL - What have you remembered on the lesson that have been discussed? REACT - Give your reaction and/or insight about the lesson. UNDERSTAND - What have you understand on our lesson as a whole?</p>	

IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION				NOTES TO TEACHERS
A. Evaluating Learning	1. Formative Assessment The class may plan and perform together a yoga routine on a safe and wider space inside the school as a form of promoting well-being in the school community.			
B. Teacher's Remarks	<i>Note observations on any of the following areas:</i>	Effective Practices	Problems Encountered	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. Teachers may also suggest ways to improve the different activities explored/ lesson exemplar.
	strategies explored			
	materials used			
	learner engagement/ interaction			
	others			
C. Teacher's Reflection	<i>Reflection guide or prompt can be on:</i> <ul style="list-style-type: none"> ▪ <u>principles behind the teaching</u> What principles and beliefs informed my lesson? Why did I teach the lesson the way I did? ▪ <u>students</u> What roles did my students play in my lesson? What did my students learn? How did they learn? ▪ <u>ways forward</u> What could I have done differently? What can I explore in the next lesson? 			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.