

 GRADES 1 to 12 DAILY LESSON LOG	School:		Grade Level:	11
	Teacher:	depedtrend.com	Learning Area:	Physical Education and Health
	Teaching Dates and Time:		Quarter:	3rd Quarter

I. OBJECTIVES	
A. Content Standards	Demonstrates understanding of sports in optimizing one's health as a habit; as requisite for physical activity assessment performance, and as a career opportunity
B. Performance Standards	Leads sports events with proficiency and confidence resulting in independent pursuit and in influencing others positively
C. Learning Competencies Write the LC code for each	Describes the role of physical activity assessments in managing one's stress PEH11FH-II-f-5
D. Learning Objectives	Describe the role of physical activity assessments in managing one's stress.
II. CONTENT	Role of physical activity assessments in managing one's stress.
III. LEARNING RESOURCES	
A. References	
1. Teacher's Guide pages	
2. Learner's Materials pages	
3. Textbook pages	
4. Additional Materials from Learning Resource (LR) portal	
B. Other Learning Resources	https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469#:~:text=Regular%20exercise%20can%20increase%20self,by%20stress%2C%20depression%20and%20anxiety.
IV. PROCEDURES	
A. Reviewing previous lesson or presenting the new lesson (2 mins.) Elicit	- What are the steps in organizing a fitness event for a target health issue or concern? - Why is it important to organize a fitness event?
B. Establishing a purpose for the lesson (1 min.) Engage	Read the objective for today's lesson. Describe the role of physical activity assessments in managing one's stress.
C. Presenting examples/ instances of the new lesson Explore (2-5 mins.)	Watch a video clip on how to manage "stress for safety" https://www.youtube.com/watch?v=K7G6MTbHHzY Assess the student prior knowledge on "stress management"

D. Discussing new concepts and practicing new skills #1
Explain
(15 mins.)

Have the students form groups of three. Let the members of each group collaborate in answering the activity. Have some group representatives share their answers with the class afterward.

List down five different stressful situations that caused you concern, anxiety or distress and explain how you handled each situation.

Stressful Situation	How I handled it
1.	
2.	
3.	
4.	
5.	

E. Discussing new concepts and practicing new skills#2
(10 mins.)

1. what situation in your life were you most stressed?
2. Based on your answer in no. 1, identify the signs of stress you have
3. experienced for each category:
 - a. Physical stress
 - b. Emotional stress
 - c. Behavioral stress
 - d. Psychosocial stress

F. Developing mastery
(Leads to Formative Assessment 3)
(12 mins.)
Elaborate

What coping strategies did you do? Explain your answer.
 What is the role of physical activity assessments in managing one's stress?

***Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety.**

G. Finding practical applications of concepts and skills in daily living
(3 mins.)

How can you prevent or handle stress?

Fitness tips:

5x30 jog, walk, bike or dance three to five times a week for 30 minutes

Set small daily goals and aim for daily consistency rather than perfect workouts.

Find forms of exercise that are fun or enjoyable.

Distract yourself with an iPod or other portable media player to download audiobooks, podcasts, or music.

	<i>Recruit an “exercise buddy.”</i> <i>Be patient when you start exercising program.</i>																				
H. Making generalizations and abstractions about the lesson (3 mins)	Complete the following: I have learned that _____ I have realized that _____ I will apply _____																				
I. Evaluating learning (8 mins)																					
J. Additional activities for application or remediation (1 min)	Create a poster about “Stress Management” and explain what your poster means. Be guided with the criteria below. <table border="1"> <thead> <tr> <th>Rubrics</th><th>5 Excellent</th><th>4 Good</th><th>3 Poor</th></tr> </thead> <tbody> <tr> <td>Color and creativity</td><td>The use of 5-color combination or more with a remarkable result of creativity.</td><td>The use of at least 3-color combination with an acceptable work of creativity</td><td>The use of one-color activity with poor creativity</td></tr> <tr> <td>Craftsmanship</td><td>Output is exceptionally unique with much attention to details.</td><td>Output is fair with less attention to details.</td><td>Output is poorly made with no attention to details at all.</td></tr> <tr> <td>Effort</td><td>Work shows extra effort exerted to make the output extraordinary</td><td>Work shows basic effort exerted to make the output.</td><td>Work shows little to less effort exerted to make the output.</td></tr> <tr> <td>Punctuality</td><td>The student submitted the output on time.</td><td>The student submitted the output a few weeks after the submission period.</td><td>The student submitted as a “removal”.</td></tr> </tbody> </table>	Rubrics	5 Excellent	4 Good	3 Poor	Color and creativity	The use of 5-color combination or more with a remarkable result of creativity.	The use of at least 3-color combination with an acceptable work of creativity	The use of one-color activity with poor creativity	Craftsmanship	Output is exceptionally unique with much attention to details.	Output is fair with less attention to details.	Output is poorly made with no attention to details at all.	Effort	Work shows extra effort exerted to make the output extraordinary	Work shows basic effort exerted to make the output.	Work shows little to less effort exerted to make the output.	Punctuality	The student submitted the output on time.	The student submitted the output a few weeks after the submission period.	The student submitted as a “removal”.
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V. REMARKS																					
VI. REFLECTION																					
A. No. of learners who earned 80% on the formative assessment																					
B. No. of learners who require additional activities for remediation.																					
C. Did the remedial lessons work? No. of learners who have caught up with the lesson.																					
D. No. of learners who continue to require remediation																					
E. Which of my teaching strategies worked well? Why did these work?																					
F. What difficulties did I encounter which my principal or supervisor can help me solve?																					
G. What innovation or localized materials did I use/discover which I wish to share with other teachers?																					

Prepared by:

Checked by

Teacher

School Head

Observed by: _____