

 GRADE 3 DAILY LESSON LOG	School:	SAPANG ELEMENTARY SCHOOL	Grade Level:	III-MELON
	Teacher:	EPIFANIA M. BOLANTE	Learning Area:	MAPEH
	Teaching Dates and Time:	JANUARY 8-12, 2024 (WEEK 8)	Quarter:	2ND QUARTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.OBJECTIVES					
A.Content Standards	Location ,Directions and Pathways		Concept of Health and Wellness		
B.Performance Standards	Performs movements accurately involving location, levels, pathways, and planes.		Demonstrate understanding of the nature of and the prevention of diseases.		
C.Learning Competencies/Objectives	Engage in fun and enjoyable physical activities.		Explain measures to prevent common diseases and proper hygiene.	Demonstrate good decision-making skills to avoid diseases.	
Write the LC Code for each	PE3PF – Ia –h -2		H3DD- Ileftg -6	H3DD – Ilij-8	
II.CONTENT	Indigenous Games (Karera ng Bao)	Throwing and Catching ball	Preventive Measure for Common Childhood Disease –proper hygiene	Healthy Lifestyles	Summative Test
III.LEARNING RESOURCES					
A.References					
1.Teacher’s Guides/Pages	285-286	279 -280	286	411	
2.Learner’s Materials Pages					
3.Textbook Pages					
4.Additional Materials from Learning Resources (LR) portal					
B.Other Learning Resources					
IV.PROCEDURES					
A.Reviewing previous lesson or presenting the new lesson			Sing the song “ Cleanup Your Body” to the tune of “ Clap your Hands.		
B.Establishing a purpose for the lesson	Warm–Up Activities		What is the song all about? How do we keep our teeth and face clean?	What can you do to be healthy? Why should you get away from bad habits?	
C.Presenting examples/instances of the new lesson	Show to the pupils an actual picture of Tiyakad Race.	Present a ball. Then role model the way how to throw and catch a ball. Bounce Catch	Game: Bring Me (comb, hair clip, headband, toothbrush)	See pictures of the man who uses cigarettes, kids eating fatty foods, and pregnant women exercising.	

D.Discussing new concepts and practicing new skills #1	Are you familiar with this picture? Can you describe what the game is all about?	What actions are shown in the picture? Can you identify the movement?	How do we use these things?	Do you think the pictures are healthy lifestyles of a man? What would you prefer to do to be healthy?	
E.Discussing new concepts and practicing new skills #2	How is Karera ng bao played? What materials are used in the game?				
F.Developing mastery (Leads to formative assessment)	Activity 1: Walking Relay		Answer Activity 1: Cleaning is Fun in LM.		
G.Finding practical/applications of concepts and skills in daily living	Activity 2: Karera ng Bao	Play: Catch and Pass Relay	Do Activity 2: Check for Health on LM. Let them identify whether the statement is hygienic or not.	Role play. Group the pupils. 1- proper hygiene (grooming before going to school 2- proper nutrition (eating properly) 3- rest and sleep 4- perform some exercises.	
H. Making generalizations and abstractions about the lesson	What indigenous game you played today?	How are games played?	Why is it important to practice proper hygiene? What are the effects of being unhygienic?	Let pupils sing. This is the way I wash my face, wash my face. etc.	
I.Evaluating Learning	Put a check mark (/) on the space provided if the statements describe the game. 1. Karera ng bao is a kind of indigenous game. 2. A ball is used as a material for the game?	Choose partners. Do the ff. 1. chest pass 2. bounce pass 3. two-hand over arms pass 4. roll pass 5. ball catching	Answer Let's Check on LM. Let them evaluate their health behaviors.	Answer Let's Check My Daily Record on LM.	
J.Additional activities for application or remediation	Look for the indigenous game being played in your place. Copy and make an album.	Do throwing and catching at home.	Do Let's Do this at home. Colage for Hygiene on LM.	Answer Checklist for the Parents and Activity 4 in the LM.	
V.REMARKS					
VI.REFLECTION					
A. No. of learners who earned 80% of the formative assessment					
B. No. of learners who require additional activities to 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 material did I use/discover which I wish to share with other teachers?					
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