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Worksheet for PE & Health

Quarter 1

Lesson

4

Worksheet for PE & Health Grade 5
Quarter 1: Week 4-8 – Lesson 4
SY 2023-2024

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LEARNING ACTIVITY SHEET

Learning Area:	PE & Health	Quarter:	1st Quarter
Lesson No.:	4	Date:	
Lesson Title/ Topic:	Physical Activity Participation: Striking/Fielding Games		
Name:		Grade & Section:	5

I. Activity No. 1: Think-Pair-Share**II. Objective(s):**

- Identify the movement skills involved in the warm-up exercise.
- Identify the movement concepts in performing the movement skills.
- Discuss the fitness skills needed in performing the movement skills.
- Identify the games that require the movement skills simulated in the warm-up exercise.

III. Materials Needed:

Paper and Pen

IV. Instructions:

- Read the posted questions on the board and discuss your answers with your partner.
- Write your answers on the table based on your discussion with your partner.

1. What movement skills are involved in the warm-up exercise?
2. What needs to be considered when performing the movement skills?
3. How should you perform the movement skills in order to avoid injury?
4. What games require the movement skills that you performed in the warm-up exercise?

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I. Activity No. 2: Finding Answers from the Word Bank

II. Objective(s):

- Identify the examples of striking and fielding games from the word bank.
- Enumerate the movement concepts involved in striking and fielding games.
- Identify the movement skills needed in striking and fielding games.
- Identify the fitness skills needed in striking and fielding games
- Discuss the game concepts involved in striking and fielding games

III. Materials Needed:

Paper and Pen

IV. Instructions:

- Read the questions posted on the board and discuss your answers with your group mates. Write your answers in the table below.

1. What are examples of striking and fielding games?
2. What are the movement concepts involved in striking and fielding games?

3. What are the movement skills needed in striking and fielding games?
4. What are the fitness skills needed in striking and fielding games?
5. What are the game concepts involved striking and fielding games?

I. Activity No. 3: Movement Analysis Workshop

II. Objective(s):

- Discuss the key elements of proper batting stance, proper catching stance, and proper throwing stance.
- Discuss how foot placement contributes to balance and power generation in throwing, batting, and catching.
- Discuss some techniques for absorbing the impact of a catch to minimize the risk of injury.
- Discuss the strategies that can be used to maintain focus and concentration when tracking a flying object (e.g., ball).

III. Materials Needed:

Paper and Pen

IV. Instructions:

- Read the questions posted on the board and discuss your answers with your group mates. Write your answers in the table below.

1. What are the key elements of a proper batting stance, proper catching stance, and proper throwing stance?
2. How does foot placement contribute to balance and power generation in throwing, batting, catching?
3. What are some techniques for absorbing the impact of a catch to minimize the risk of injury?
4. What strategies can we use to maintain focus and concentration when tracking a flying object (e.g., ball)?

I. Activity No. 4: Collective Discourse

II. Objective(s):

- Discuss how the drill activities contribute to the enhancement of the skills needed in striking and fielding games.
- Reflect on the strategies or adjustments that you can make to improve your performance in striking and fielding games based on the skills you practiced.
- Reflect on the most important factors that you need to consider when developing proficiency in striking and fielding games

III. Materials Needed:

Paper and Pen

IV. Instructions:

- Discuss with your group mates your answers to the questions posted on the board.

- List down your answers on the provided matrix.

✓ How do the drill activities contribute to the enhancement of the skills needed in striking and fielding games?	
✓ What strategies or adjustments could you make to improve your performance in striking and fielding games based on the skills you practiced?	
✓ What do you think are the most important factors to consider when developing proficiency in striking and fielding games?	

I. Activity No. 5: Skill Assessment- Tumbang Preso

II. Objective(s):

- Identify the skills that are needed and not needed in playing Tumbang Preso.

III. Materials Needed:

Paper and Pen

IV. Instructions:

- Based on your experience, what are the skills that you need and do not need in playing the game, Tumbang Preso?
- Put a checkmark on the skills identified in the matrix.

Fitness Components	Needed	Not Needed
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1. Agility		
2. Coordination		
3. Speed		
4. Flexibility		
5. Body Composition		
6. Balance		
7. Reaction Time		
8. Communication		
9. Collaboration		

I. Activity No. 6: Skill Assessment- Kickball

II. Objective(s):

- Identify the skills that are needed and not needed in playing Kickball.

III. Materials Needed:

Paper and Pen

IV. Instructions:

- Based on your experience, what are the skills that you need and do not need in playing the game, Kickball?
- Put a checkmark on the skills identified in the matrix.

Fitness Components	Needed	Not Needed
1. Agility		
2. Coordination		
3. Speed		
4. Flexibility		
5. Body Composition		
6. Balance		
7. Reaction Time		
8. Communication		
9. Collaboration		

I. Activity No. 7: Skill Assessment- Hit the Zone

II. Objective(s):

- Identify the skills that are needed and not needed in playing Hit the Zone.

III. Materials Needed:

Paper and Pen

IV. Instructions:

- Based on your experience, what are the skills that you need and do not need in playing the game, Hit the Zone?
- Put a checkmark on the skills identified in the matrix.

Fitness Components	Needed	Not Needed
1. Agility		
2. Coordination		
3. Speed		
4. Flexibility		
5. Body Composition		
6. Balance		
7. Reaction Time		
8. Communication		
9. Collaboration		

I. Activity No. 8: Learners' Takeaways

II. Objective(s):

- Reflect on what you learned in this lesson by completing the sentences.

III. Materials Needed:

Paper and Pen

IV. Instructions:

- Complete the sentences based on your personal experiences in this part of the lesson.
- The skills that I need to enhance to play well in striking and fielding game include

_____.
- Striking and fielding games need
_____.
- Playing a striking and fielding game is
_____.
- I can show inclusivity when playing striking and fielding games by
_____.
- The 21st century skill that I learned in playing striking and fielding game is

_____.
- I plan to practice _____
to improve my performance in striking and fielding games.

I. Activity No. 8: Hit the Zone

II. Objective(s):

- Apply the movement concepts, movement skills, fitness skills, and game concepts of striking and fielding games in playing Hit the Zone.
- Actively engage in physical activity by playing Hit the Zone, demonstrating higher-order thinking skills such as strategic decision-making, while fostering collaboration and mutual respect with both teammates and opponents.

III. Materials Needed:

- Appropriate and comfortable clothes for outdoor games.
- Paper and pen

IV. Instructions:

- Observe the following when playing with your teammates and opponents:
 - sportsmanship,
 - fair play,
 - respect, and
 - safety precautions
- Check your group's scoresheet and reflect and evaluate your individual performance.
- Fill-out the Individual Plan of Action.

Individual Plan of Action

What did I miss doing during the game?	What I plan to do next time to improve my game performance?