



MATATAG

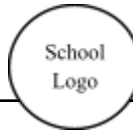
Bansang Makabata



Batang Makabansa



BAGONG PILIPINAS



School
Logo

Name of School:		Quarter:	4 th Quarter
Grade Level & Section:	Grade 7	Week:	Week 3 Day 5
Subject:	MAPEH	Date and Time:	
Topic:		Teacher:	

I. CONTENT, STANDARDS AND LEARNING COMPETENCIES		ANNOTATIONS
A. CONTENT STANDARDS	The learners demonstrate understanding of first aid, road and water safety, and dances in promoting societal wellness for active and healthy living.	
B. PERFORMANCE STANDARDS	The learners participate in first aid and injury prevention practices and dances in promoting societal wellness for active and healthy living.	
C. LEARNING COMPETENCIES	Learning Competency: 1. Apply self-management skills and practices for road and water safety.	
D. LEARNING OBJECTIVES	Learning Objectives: 1. Understand and follow open water and pool rules. 2. Identify potential dangers and incidents in the water. 3. Learn how to respond in emergency situations.	
I. CONTENT		
Self-management Skills for Road and Water Safety		
II. LEARNING RESOURCES		

<p><i>A. REFERENCES</i></p>	<p>Open Water Swimming Safety: Rules and Gear. (n.d.). FORM Swim. https://www.formswim.com/blogs/all/open-water-swimming-safety-rules-and-gear</p> <p>Kids Health Information. (n.d.). Royal Children’s Hospital Melbourne. https://www.rch.org.au/kidsinfo/fact_sheets/Safety_In_and_around_water/</p> <p>National Safety Council. (n.d.). Drowning. https://www.nsc.org/community-safety/safety-topics/seasonal-safety/drowning</p> <p>U.S. National Park Service. (n.d.). Water Hazards. https://www.nps.gov/subjects/healthandsafety/water-hazards.htm</p> <p>World Health Organization. (n.d.). Water Safety and Quality. https://www.who.int/teams/environment-climate-change-and-health/water-sanitation-and-health/water-safety-and-quality</p> <p>RNLI. (2021, July 22). The RNLI’s Seaside Safety Song. YouTube. https://www.youtube.com/watch?v=HmSM_Caw7yw</p> <p>Pexels. (2020, August 17). Sea Water. https://www.pexels.com/video/sea-water-5114856/</p> <p>brgfx. (n.d.). Red Car Cartoon [Vector illustration]. Freepik. https://www.freepik.com/free-vector/red-car-cartoon-style_27186974.htm#fromView=search&page=1&position=4&uuid=d26fc324-b482-43c5-a875-74746922d43b</p> <p>brgfx. (n.d.). Duck swimming ring in water, isolated [Vector illustration]. Freepik. https://www.freepik.com/free-vector/duck-swimming-ring-water-isolated_16507619.htm#&position=0&from_view=search&track=ais&uuid=adaa4fa6-73f4-45cc-8715-50ed4de71522</p>
<p><i>B. OTHER LEARNING RESOURCES</i></p>	

III. TEACHING AND LEARNING PROCEDURE

BEFORE/PRE-LESSON PROPER

<i>ACTIVATING PRIOR KNOWLEDGE</i>		
<i>LESSON PURPOSE/INTENTION</i>		
<i>LESSON LANGUAGE PRACTICE</i>		

DURING/LESSON PROPER

<i>READING THE KEY IDEA/STEM</i>		
<i>DEVELOPING and DEEPENING UNDERSTANDING OF THE KEY IDEA/STEM</i>		

AFTER AFTER/POST-LESSON

<i>MAKING GENERALIZATIONS AND ABSTRACTIONS</i>	<p>1. Learners' Takeaways</p> <p>"You Complete Me"</p> <p>Complete the following statement below to sum up the lesson.</p> <p>I have learned that Swimming in open water:</p> <hr/> <hr/> <p>–</p> <hr/> <hr/> <p>–</p> <p>I have learned that dangers and possible incidents in the water:</p> <hr/> <hr/> <p>–</p> <hr/> <hr/> <p>–</p>	<p>For Learners' Takeaways:</p> <p>Explain to the students to complete the statements based on what they have learned On the topics that have been discussed.</p>
--	---	---

	<p>I have learned that Self-management Skills for Road and Water Safety:</p> <hr/> <hr/> <hr/> <p>2. Reflection on Learning</p> <p>“Let’s Talk About it!”</p> <p>RECALL - What have you remembered on the lesson that have been discussed?</p> <p>REACT - Give your reaction and/or insight about the lesson.</p> <p>UNDERSTAND - What have you understand on our lesson as a whole?</p>	<p>For Reflection on Learning:</p> <p>The teacher will encourage learners to contemplate their recollections, consider their reactions, and deepen their understanding of the lesson. This pedagogical approach emphasizes metacognition, guiding learners to reflect on their own learning process.</p>
<p><i>EVALUATING LEARNING</i></p>	<p>1. Formative Assessment</p> <p>Part 1. Multiple Choice: Carefully read each question and circle the letter corresponding to the best answer.</p> <p>1. What should you consider regarding water quality when swimming in open water?</p> <p>A. Ignore water quality; it doesn’t matter. B. Check for swimmer’s itch and infections. C. Only swim after significant rainfall. D. Use earplugs, nose plugs, and goggles to protect yourself.</p> <p>2. Why is drowning a significant danger in open water?</p> <p>A. Lifeguards are always present. B. Swimmers rarely experience fatigue. C. 79% of all drownings occur in open water. D. The water temperature is warmer than in pools.</p> <p>3. What should you be cautious of when swimming in natural settings?</p> <p>A. Floating objects and debris.</p>	<p>Answer Key:</p> <p>Part 1.</p> <p>1. B. 2. C. 3. D. 4. B. 5. B.</p>

- B. Distance across water.
 - C. Strong currents.
 - D. All of the above.
4. Why is cold water a risk in open water?
- A. It makes swimming more challenging.
 - B. It can cause hypothermia.
 - C. Cold-water shock is common.
 - D. Lifeguards are absent.
5. How can you prevent infection while swimming in open water?
- A. Swim during significant rainfall.
 - B. Wash thoroughly after swimming.
 - C. Avoid swallowing water.
 - D. Wear a wetsuit.

Part 2. Identification: Identify the Self-Management Skills and determine whether they apply to road safety or water safety. Write the Self-Management Skills related to road safety in the box provided in the car image and write the Self-Management Skills related to water safety in the box provided in the inflatable duck pool float image.

Carrying a spare tire in your vehicle.	Verifying tire pressure before embarking on a lengthy drive.
Donning a life jacket while out on a boat.	Using turn signals when changing lanes.
Applying sunscreen when at the beach.	Fine-tuning side mirrors for optimal visibility.
Minimizing distractions while driving.	Acquiring knowledge of CPR techniques.
Familiarizing yourself with emergency exit locations on a boat.	Maintaining hydration during scorching weather.



Part 2.

Self-Management Skills for Road Safety:

- Carrying a spare tire in your vehicle.
- Minimizing distractions while driving.
- Verifying tire pressure before embarking on a lengthy drive.
- Using turn signals when changing lanes.
- Fine-tuning side mirrors for optimal visibility.

Self-Management Skills for Water Safety:

- Donning a life jacket while out on a boat.
- Applying sunscreen when at the beach.
- Familiarizing yourself with emergency exit locations on a boat.
- Acquiring knowledge of CPR techniques.
- Maintaining hydration during scorching weather.

ADDITIONAL ACTIVITIES FOR APPLICATION OR

<i>REMEDICATION (IF APPLICABLE)</i>		
<i>REMARKS</i>		
<i>REFLECTION</i>		

Prepared by:

*Subject Teacher
Teacher*

Reviewed by:

Master Teacher/Head