

5

# Worksheet for PE & Health

Quarter 1

Lesson

1

**Worksheet for PE & Health Grade 5**  
**Quarter 1: Lesson 1**  
**SY 2023-2024**

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**LEARNING ACTIVITY SHEET**

<b>Learning Area:</b>	PE & Health	<b>Quarter:</b>	1st Quarter
<b>Lesson No.:</b>	1	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	Stress and Stressors Physical Responses of the Body to Stress		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

**I. Activity No.1: Pair-Gallery Walk: Identifying the stressors****II. Objective(s):**

- Identify the stressors.
- Rank the stressors based on how often they experience them.

**III. Materials Needed: Paper and Pen****IV. Instructions:**

- Write down your name and the name of your partner.
- Together with your partner, list down the stressors represented by the photos.
- Discuss the stressors with your partner. How often do you feel stressed by the stressors that you identified?
- After visiting the different stations, discuss the stressors that you listed.
- After discussing with your partner, rank the stressors based on how frequently you experience them. (*Rank 1 means the most frequent*)
- Share with the whole class the stressors that you identified and their rank. Why did you rank the stressor first or last?
- How will knowing one's stressor help promote your well-being?

Name of your Partner: \_\_\_\_\_

**Complete the table below based from the given instructions.**

	<b>Stressor</b>	<b>Rank</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

6		
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## I. Activity No.2 : Jumping Puzzle Race

### II. Objective(s):

- Identify the body's reactions to stress by solving the word puzzle.

### III. Materials Needed: Paper and Pen

### IV. Instructions:

- Line up with your group mates at the starting line, and ensure that you have enough space to jump forward.
- On the signal to start, each participant should jump to get the photo from the chair and back to the starting line.
- Your whole group shall solve the word puzzle on body reactions to stress by writing the missing letters. Submit your solved puzzle to your teacher after solving the puzzle correctly.
- After solving the puzzle, the next jumper from your group shall go and get another photo with a word puzzle for your group to solve.
- The group that will form first all the puzzles wins the game.

### Body Stressors:

#### Body Reactions to Stress

a. Exhaustion. – E\_H \_S T \_ \_ N



<https://pixabay.com/photos/search/tired%20kid/>

b. Muscle tension. M U \_ \_L \_ \_ T E \_ S \_ O \_



c. Difficulty in breathing. D \_ F F \_ C \_ \_ T Y I N \_ R E \_ T \_ \_ N G



<https://www.istockphoto.com/search/search-by-asset?searchbyasset=true&assettype=image&phrase=difficulty%20in%20breathing&assetid=1158481726>

d. Difficulty in concentrating. D \_ F F \_ C \_ \_ T Y I N C O \_ C \_ N \_ R \_ T \_ \_ N G



<https://www.istockphoto.com/search/search-by-asset?searchbyasset=true&assettype=image&phrase=difficulty%20concentrating&assetid=1158481726>

e. Illness – I \_ \_ N \_ S S



<https://www.istockphoto.com/search/search-by-asset?searchbyasset=true&assettype=image&phrase=illness%20hospital&assetid=1158481726>

f. Anger – A \_ \_ E R



<https://www.istockphoto.com/search/search-by-asset?searchbyasset=true&assettype=image&phrase=anger&assetid=1158481726>

g. Stomachache: S \_ O \_ A \_ H A \_ \_ E

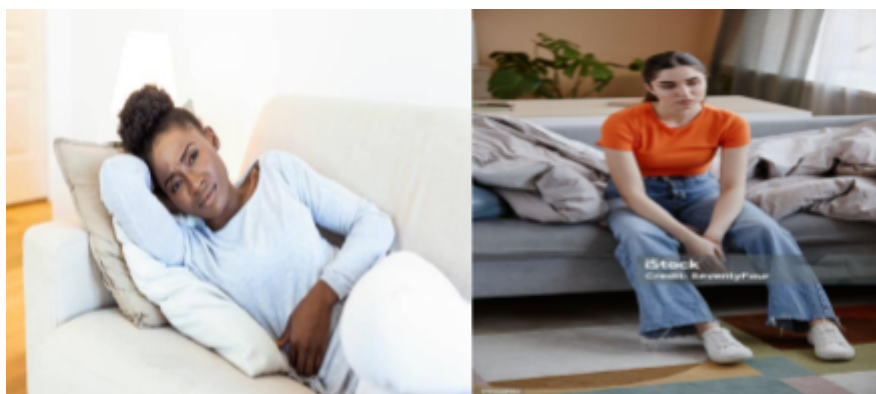


<https://www.istockphoto.com/search/search-by-asset?searchbyasset=true&assettype=image&phrase=stomachache&assetid=1158481726>

h. Sadness - \_ A \_ N \_ S \_



i. Troubled sleeping – T R \_ U \_ B \_ E D \_ L \_ E \_ P \_ N G



<https://www.istockphoto.com/search/search-by-asset?searchbyasset=true&assettype=image&phrase=troubled%20sleeping&assetid=1158481726>

### I. Activity No.3 : 1-1.5 Min. Jingle

#### II. Objective(s):

- Compose and sing a 1 to 1.5 min. jingle applying the concepts of stress, stressors, and body reactions to stress as the lyrics of your composition.

#### III. Materials Needed: Paper and Pen, Guitar, Music Accompaniment

#### IV. Instructions:

Group Members:

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- Discuss with your group mates the concepts of stress, stressors, and body reactions to stress will you use in your song.
- Choose what song melody will you use in your jingle.

#### Rubric:

- Creativity – 5
- Clarity of Message – 10
- Musicality – 5

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**20 pts**