

**MATATAG**

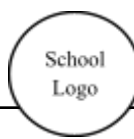
Bansang Makabata



Batang Makabansa



BAGONG PILIPINAS

School
Logo

Name of School:		Quarter:	4th Quarter
Grade Level & Section:	Grade 7	Week:	Week 2 Day 2
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 what self-management and road safety is. 2. Identify the three types of driving distractions. 3. Discuss the factors that results increase both the risk of road traffic crashes and the risk of death or injury. 4. Explain the 6 essential driving laws in the Philippines that every driver and passenger should know.	
I. CONTENT		
Dangers of Distracted Driving		

II. LEARNING RESOURCES

A. REFERENCES

Centers for Disease Control and Prevention. (2022, April 26). Transportation Safety, Distracted Driving. Retrieved from https://www.cdc.gov/transportationsafety/Distracted_Driving/index.html

National Institute on Drug Abuse. (n.d.). Simple Advice for Driving Whilst Under the Influence. Retrieved from <https://www.shell.com/business-customers/shell-fleet-solutions/health-security-safety-and-the-environment/simple-advice-for-driving-whilst-under-the-influence.html>

Lumina. (2022, November 19). Road Traffic Rules and Regulations in the Philippines. Retrieved from <https://www.lumina.com.ph/news-and-blogs/blogs/road-traffic-rules-and-regulations-in-the-philippines/>

Arrive Alive. (2018, July 18). Driver Tiredness, Fatigue and Road Safety [Video file]. YouTube. <https://www.youtube.com/watch?v=fVI88Q5DJ2w>

B. OTHER LEARNING RESOURCES

III. TEACHING AND LEARNING PROCEDURE

BEFORE/PRE-LESSON PROPER

ACTIVATING PRIOR KNOWLEDGE

1. Short Review

Road safety is essential for protecting all road users, including pedestrians, cyclists, and drivers. Understanding and following basic road safety rules can prevent accidents and save lives.

LESSON PURPOSE/INTENTION	Lesson Purpose The purpose of this lesson is to raise awareness about the risks and consequences of distracted driving. Understand how distractions—such as texting, using mobile phones, eating, or adjusting the radio—can significantly impair a driver’s ability to focus on the road, leading to accidents and fatalities. The lesson aims to help students recognize the importance of staying focused while driving, promoting responsible behaviors to ensure safety for all road users. By the end of this lesson, students will: • Understand the different types of distractions while driving (visual, manual, cognitive). • Learn the potential consequences of distracted driving (injury, death, legal consequences). • Be able to identify ways to avoid distractions and practice safe driving habits. • Develop a sense of responsibility as future drivers or passengers. This lesson empowers to make informed decisions about road safety and encourages them to adopt behaviors that prevent distractions and protect lives.	
LESSON LANGUAGE PRACTICE	Unlocking Content Vocabulary 1. Distracted Driving • <i>Definition:</i> Any activity that diverts attention	

from driving, such as texting, talking on the phone, eating, or adjusting the radio.

2. Cognitive Distraction

- *Definition:* When a driver's mind is focused on something other than driving, like thinking about personal issues, conversations, or activities unrelated to the road.

3. Manual Distraction

- *Definition:* Activities that require a driver to take their hands off the wheel, such as texting, eating, or using a mobile device.

4. Visual Distraction

- *Definition:* When a driver takes their eyes off the road to focus on something else, like looking at a phone screen or checking a GPS.

5. Texting While Driving

- *Definition:* A specific form of distracted driving where a driver reads or sends text messages on their

mobile phone while driving.

6. Reckless Driving

- *Definition:* Driving in a way that shows disregard for the safety of others, often as a result of distractions or poor judgment.

7. Driving Under the Influence (DUI)

- *Definition:* Driving a vehicle while impaired by alcohol, drugs, or other substances, often contributing to distracted driving.

8. Accident/Collision

- *Definition:* A crash involving one or more vehicles, often caused by driver distraction, which can result in injuries or fatalities.

9. Fatality

- *Definition:* A death that occurs as a result of an accident, often linked to distracted driving incidents.

10. Reaction Time

- *Definition:* The time it takes for a driver to respond to a sudden change in the road or

traffic conditions, which is often slower when distracted.

11. **Seatbelt**

- *Definition:* A safety device designed to secure passengers in a vehicle, reducing the risk of injury or death in the event of a crash.

12. **Texting and Driving Laws**

- *Definition:* Legal regulations prohibiting texting or using a mobile phone while driving in many places, aimed at reducing accidents caused by distractions.

13. **Safe Driving Practices**

- *Definition:* Behaviors and habits that contribute to road safety, such as focusing on the road, wearing a seatbelt, and avoiding distractions.

14. **Distraction-Free Zone**

- *Definition:* A practice of keeping the vehicle free of distractions (e.g., putting phones away, adjusting mirrors before driving) to ensure safe driving.

15. **Crash Prevention**

- *Definition:* Efforts and strategies aimed at reducing the likelihood of accidents, including avoiding

	distractions and following traffic safety rules. These terms will help students understand the specific aspects of distracted driving and its dangers, enabling them to make more informed choices about road safety.	
DURING/LESSON PROPER		
READING THE KEY IDEA/STEM	Dangers of Distracted Driving What is distracted Driving? According to Distraction.gov, distracted driving is defined as: <i>"any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing."</i> Driving is a skill that requires your full attention to safely control your vehicle and respond to events happening around you. Distractions are anything that takes your	

attention off the primary task of driving.



WHAT DOES THE LAW SAY?

- 4511.204 Driving while texting.
- (A) No person shall drive a motor vehicle, trackless trolley, or streetcar on any street, highway, or property open to the public for vehicular traffic while using a handheld electronic wireless communications device to write, send, or read a text-based communication.

Types of Distractions:

There are 3 types of distractions:



Visual Distractions:
Anything that takes your eyes off the road.



Manual Distractions:
Anything that takes your hands off the steering wheel.



Cognitive Distractions:
Anything that takes your mind off driving.

Distractions:

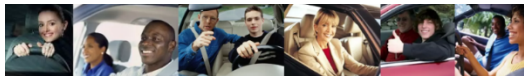
All distractions can be **dangerous and life threatening** but texting is one of the most dangerous distractions because it involves all three types of distractions.



Other distractive activities include:

- ☐ Using a cell phone
- ☐ Eating and drinking
- ☐ Talking to passengers
- ☐ Grooming
- ☐ Reading, including map
- ☐ Using PDA or navigation system
- ☐ Watching a video
- ☐ Changing the radio station, CD, Mp3 player or another device

What can I do to reduce my risk of distraction?

	Being a Undistracted Driver is the safest way to drive!!! When drivers are undistracted, they are able to stay focused in the roadway and are aware of behaviors of other drivers on the road. These drivers stay focused, pay attention, and expect the unexpected. 	
<i>DEVELOPING and DEEPENING UNDERSTANDING OF THE KEY IDEA/STEM</i>	SUB-TOPIC 1: Dangers of Distracted Driving 1. Explication Activity 3: Avoiding Distractions While Driving Instruction: 1. The learners will be divided into four (4) groups. 2. The teacher will provide scenarios related to distracted driving. 3. Each group will discuss risks and ways to avoid distractions on the assigned scenarios related to distracted driving. Scenarios related to distracted driving: Texting While Driving: Imagine you're driving down the highway, and your phone buzzes with a new message.	In this activity, learners will be introduced to the different distractions while driving. They will then be encouraged to think about and identify the risks associated with distracted driving, as well as proposed solutions to avoid it. Teachers have the flexibility to adapt the scenarios and localize them based on current events or specific occurrences within their locality.

	You glance down to read it and start typing a reply. In those few seconds, your attention is off the road, and you fail to notice the slowing traffic ahead. Suddenly, you're too close to the car in front of you, and a collision occurs. Eating Behind the Wheel: Picture yourself driving to work during rush hour. You're running late, so you decide to grab breakfast on the go. As you unwrap that breakfast sandwich, your focus shifts from the road to your meal. Without realizing it, you drift into the adjacent lane, narrowly avoiding a collision with another vehicle. Adjusting the Radio or GPS: You're driving on a winding road, enjoying your favorite song on the radio. Suddenly, you remember you need to change the station. You take your eyes off the road to find the right button, and in that split second, you veer off course and hit the curb. Talking to Passengers: Imagine you're driving with friends, engaged in a lively conversation. Your attention shifts from the road to your passengers as you laugh and gesture. During this distraction, you miss a stop sign, and the car behind you honks loudly to avoid a collision. 2. Worked Example Activity 4: Text Detectives: Read, Analyze, Answer! When you're driving, anything that takes your focus away from the road is dangerous. Whether it's texting, chatting on the phone, or even just daydreaming, distractions come in three main types:	These processing questions are designed to engage learners in a discussion about the dangers of driving distractions. The goal is to encourage them to think critically about strategies for staying safe on the road. Additionally, consider incorporating other examples of distractions specific to your locality to enhance the learners' understanding. Feel free
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	1. Visual: When you take your eyes off the road. 2. Manual: When you take your hands off the wheel. 3. Cognitive: When your mind loses concentration from driving. Each distraction is risky on its own, but when they happen together, it's a recipe for trouble. So, let's stay focused on driving to keep ourselves and others safe on the road. Processing Questions: 1. What are the three main types of distractions mentioned in the information? 2. Why do you think it's important to know about these distractions when you're learning to drive? 3. What are some strategies you can use to avoid visual distractions while driving? 3. Lesson Activity Activity No. 5: Road Distractions and Safe Driving 1. Reference Worksheet: You may refer to or use the worksheet. Provide learners with a copy of this worksheet or allow them to copy and answer the questions directly. 2. Resource Adaptation: Depending on the availability of resources, choose the most suitable approach for your classroom. The objective is to engage students in thoughtful discussions about road distractions and safe driving practices.	to refer to the provided link for further discussion on the topic of distracted driving. Centers for Disease Control and Prevention. (2022, April 26). Transportation Safety, Distracted Driving. Retrieved from https://www.cdc.gov/transportationsafety/Distracted_Driving/index.html
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Encourage critical thinking and real-world application.

RUBRIC:

Criteria	Excellent (4 points)	Good (3 points)	Satisfactory (2 points)	Needs Improvement (1 point)
Visual Distractions	Identifies three common visual distractions and provides strategies to minimize them.	Lists visual distractions but may lack detailed strategies.	Provides incomplete examples or minimal strategies.	Inaccurate or insufficient information.
Manual Distractions	Lists three examples of manual distractions and explains the	Identifies manual distractions but may miss some or lacks	Provides incomplete examples or minimal explanation.	Inaccurate or insufficient information.

		importance of keeping hands on the wheel.	explanation.			
	Cognitive Distractions	Nam es three situat ions leadi ng to cogni tive distrac tion s and offers strate gies.	Identi fies situat ions but may lack detail ed strate gies.	Parti ally identi fies situat ions witho ut clear strate gies.	Inco mplet e or vagu e respo nses.	
	Com bined Distractions	Expla ins why comb ined distrac tion s are dang erous and offers an exam ple	Expla ins the conc ept but lacks depth or clarit y.	Briefl y menti ons comb ined distrac tion s.	Mini mal or uncle ar respo nse.	

		scen ario.				
	Safet y Tips	Shar es two well- defin ed safet y tips to mini mize distrac tion s while drivin g.	Provi des safet y tips but lacks speci ficity.	Offer s gener al advic e witho ut detail s.	Inade quate safet y reco mme ndati ons.	
AFTER AFTER/POST-LESSON						
MAKING GENERALIZATIONS AND ABSTRACTIONS	Worksheet Synthesis/Extended What you have learned In a one sheet of paper write something you understand about the lesson we discussed today.					
EVALUATING LEARNING	Directions: Choose the correct answer for each of the following questions about road safety.					Answers: 1. c) Texting on a mobile phone

	1. Which of the following is considered a visual distraction while driving? a) Listening to music b) Eating food c) Texting on a mobile phone d) Looking at the road signs 2. What is the primary danger of cognitive distractions while driving? a) Taking your hands off the wheel b) Taking your eyes off the road c) Losing focus and not being aware of road conditions d) Changing the radio station 3. Texting while driving is dangerous because it involves: a) Only manual distraction b) Only cognitive distraction c) Only visual distraction d) All of the above (manual, visual, and cognitive) 4. Which of the following is a safe driving practice to avoid distractions? a) Eating while driving b) Using a mobile phone for navigation while driving c) Pulling over to the side of the road to make a call d) Adjusting the radio while driving 5. What can happen if a driver gets distracted by their phone for just a few seconds? a) Nothing significant will happen b) It can lead to a delayed reaction and cause an accident c) It will make the driving experience more enjoyable d) It will only affect the driver, not others on the road	2. c) Losing focus and not being aware of road conditions 3. d) All of the above (manual, visual, and cognitive) 4. c) Pulling over to the side of the road to make a call 5. b) It can lead to a delayed reaction and cause an accident
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ADDITIONAL ACTIVITIES FOR APPLICATION OR REMEDiation (IF APPLICABLE)		
REMARKS		
REFLECTION		

Prepared by:

Subject Teacher
Teacher

Reviewed by:

Master Teacher/Head