



Republic of the Philippines  
Department of Education  
REGION IV-A CALABARZON  
SCHOOLS DIVISION OF RIZAL



**CAINTA SENIOR HIGH SCHOOL**

*Cainta, Rizal*

**Weekly Home Learning Plan (ODL/MDL)  
Grade 12 PHYSICAL EDUCATION AND HEALTH (HOPE)  
Quarter 3 Week 7**

**Date: March 28,30, April 1, 2022**

**Time: 11:00-12:00  
4:00-5:00pm**

CLASS SCHEDULE FOR THE THIRD QUARTER SY2021-22			
GRADE 11		GRADE 12	
Day 1 - Monday and Wednesday		Day 1 - Monday and Wednesday	
Regular Sched		Regular Sched	
Time	Subject	Time	Subject
6:30-7:00	Preparation	6:30-7:00	Preparation
7:00-11:00	Pagbasa at Pagsusuri	7:00-11:00	Media and Information Literacy
12:00-4:00	Statistics and Probability	12:00-4:00	3i's (Inquiries, Investigation and Immersion)
11:00-12:00/4:00-5:00	P.E.2	11:00-12:00/4:00-5:00	P.E.4
Day 2 - Tuesday and Thursday		Day 2 - Tuesday and Thursday	
Regular Sched		Regular Sched	
Time	Subject	Time	Subject
6:30-7:00	Preparation	6:30-7:00	Preparation
7:00-11:00	Reading and Writing	7:00-12:00	Filipino sa Piling Larang
12:00-4:00	Physical Science/DRRR	12:00-5:00	Personal Development

**Day 1 (Monday / March 28, 2022)**

**Content Standard:**

The learner demonstrates understanding of recreation in optimizing one's health as a habit; as requisite for physical activity assessment performance, and as a career opportunity.

**Performance Standard:**

The learner leads recreational events with proficiency and confidence resulting in independent pursuit and in influencing others positively.

**Learning Competencies: At the end of the lesson, the learners are expected to:**

1. Discuss the nature and background of different aquatic activities
2. Define snorkeling, kayaking, canoeing and scuba diving
3. Familiarize with the different equipment used in aquatic activities
4. Recognize the benefits of aquatic activities
5. Sets FITT goals based on training principles to achieve and/ or maintain

HRF

Time	TASK/ACTIVITY
4:00-4:05pm	Self-prayer, self-preparation, and preparation of learning materials.
4:05-4:10pm	Do a 5 minutes warm-up/stretching exercises
4:10-4:15pm	<b>What's In</b> Review lesson: Do Learning task 1 (p.20)
4:15-4:45pm	<b>What's New</b>

	Read and understand new lesson (pp. 20-21)
4:45-5:00pm	<b>What I Can Do</b> Draw a standard driving suit with breathing gadget that best describes sentences from the timeline outlines of the scuba diving. <b>Rubric:</b> Creativity- 35 Visual Appeal- 35 Work Quality-30 = 100%

## **Day 2 (Wednesday) March 30, 2022**

### **Content Standard:**

The learner demonstrates understanding of recreation in optimizing one's health as a habit; as requisite for physical activity assessment performance, and as a career opportunity.

### **Performance Standard:**

The learner leads recreational events with proficiency and confidence resulting in independent pursuit and in influencing others positively.

### **Learning Competencies: At the end of the lesson, the learners are expected to:**

1. Discuss the nature and background of different aquatic activities
2. Define snorkeling, kayaking, canoeing and scuba diving
3. Familiarize with the different equipment used in aquatic activities
4. Recognize the benefits of aquatic activities
5. Sets FITT goals based on training principles to achieve and/ or maintain HRF

<b>Time</b>	<b>TASK/ACTIVITY</b>
4:00-4:05pm	Self-prayer, self-preparation, and preparation of learning materials.
4:05-4:10pm	Do a 5 minutes warm-up/stretching exercises
4:10-4:20pm	<b>What Is It</b> Read and understand the lesson on pages 22-23
4:20-4:50pm	What's More Do Learning task 2 A and B pages 26-27
4:50-5:00pm	<b>Integrative Performance</b> Quarter 3: Performance no. 7

**Day 3 (Friday) April 1, 2022**

Day 3 -Friday		Day 3 -Friday	
Assessment ,Reflection		Assessment ,Reflection	
Time	Subject	Time	Subject
6:30-7:00	Preparation	6:30-7:00	Preparation
7:00-9:00	Pagbasa at Pagsusuri	7:00-9:00	Media and Information Literacy
9:00-11:00	Statistics and Probability	9:00-11:00	3i's(Inquiries, Investigation and Immersion)
11:00-11:30	P.E. 2	11:00-11:30	P.E. 4
12:00-2:00	Reading and Writing	12:00-2:00	Filipino sa Piling Larang
2:00-4:00	Physical Science/DRRR	2:00-4:00	Personal Development

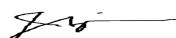
**Subject:** Physical Education and Health (HOPE 4)

	Self-prayer, self-preparation, review lessons for the week
11:00-11:30am	Answers 15 -item HOPE 4 Assessment week 7 in Google Form
	Finalized and submit Assessment in your Google Classroom

**Note:**

1. Subject teacher can be reached thru online (fb / messenger / email / google classroom ) for learners' questions, and clarification during class hour.
2. You can access and download the soft copy of the module in CSHS Portal

Prepared:



**Ma. Jet V. Hinanay**  
Teacher

Checked by:



**Jenny O. Darang**  
Subject Chairman

Noted by:

**VICTORINO V. BUTRON, Ph.D**  
**PRINCIPAL II**