MATATAG K to 10 Curriculum Weekly Lesson Log	School:	Visit DepEdResources.com for More	Grade Level:	7
	Teacher:		Learning Area:	PE AND HEALTH
	Teaching Dates and Time:	AUGUST 12 - 16, 2024 (WEEK 3)	Quarter:	1

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	The learners demonstrate understanding of mental health and target games in promoting personal wellness for active and healthy living.
B. Performance Standards	The learners participate in target games and other physical activities in promoting personal wellness for active and healthy living.
C. Learning Competencies and Objectives	***Learning Competency*** Recognize the positive effects of physical activity participation on mental health. ***Learning Objectives*** 1. Determine physical activities for promoting mental health. 2. Explore the benefits of engaging in physical exercise for one's mental well-being. 3. Recognize and articulate specific mental health benefits from engaging in physical activities.
D. Content	Various Physical Activities that Help Safeguard Mental Health ● Exercises, Games, Sports, Recreational Activities Benefits of Physical Activity Participation on Mental Health ● Examples: Improved Focus or Concentration and Improved Performance
E. Integration	SDG Target 3.4 | Noncommunicable diseases and mental health: By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being

II. LEARNING RESOURCES	
A. References	Six ways to take care of your mental health and well-being this World Mental Health Day. World Health Organization. https://www.who.int Physical activity and your mental health - HSE.ie. https://www2.hse.ie/mental-health/self-help/activities/physical-activity/#:~:text=Physical%20activity%20will%20help%20you,can%20help%20improve%20your%20mood. The Mental Health Benefits of Exercise. HelpGuide.org https://www.helpguide.org

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS
A. Activating Prior Knowledge	**(Day 1)** **1. Short Review** **Activity 1. Gratitude Journaling.** (7 minutes) ● Materials Needed: Pen or pencil, Notebook or journal ● Instructions: 1. Take a few deep breaths to relax your mind and body. 2. Write down the date at the top of the page. 3. Reflect on your day or week and think about the positive aspects, no matter how small they might seem. 4. Write down at least one thing you're grateful for. This can be a simple thing like a smile from a friend, a sunny day, or a compliment you received. 5. Briefly explain why you're grateful for it. This helps you dig deeper into the positive emotions associated with each one. 6. Take a moment to re-read your entries and let the feelings of gratitude sink in. 7. Close your journal, put away your writing tool, and take another deep breath. Carry the positive feelings with you as you continue your day.	Practicing gratitude journaling helps shift students focus from negative thoughts to positive ones. It trains their mind to seek out and appreciate the good things in your life, no matter how small. Over time, this activity can improve their overall outlook, boost your mood, and contribute to better mental well-being. Remember, this is just one of many activities that can help safeguard their mental health. It's important to combine various strategies, including regular exercise, socializing, getting enough

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<td>2. Feedback (Optional)</td>
<td>sleep, and seeking professional help when needed to maintain good mental health.</td>
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<td>2. Establishing Lesson Purpose</td>
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1. Lesson Purpose (2-3 minutes)
● Inform the students of the lesson objectives and ask what they think the benefit of these to them:
1. Determine physical activities for promoting mental health.
2. Explore the benefits of engaging in physical exercise for one's mental well-being.
3. Recognize and articulate specific mental health benefits from engaging in physical activities.

2. Unlocking Content Area Vocabulary
Activity 2: Oh, I can relate! (8 minutes)
● To complete the word or phrase, ask the students to fill in the blanks in the box with the appropriate letters.
● Then, ask them to calculate the score based on the specified criteria.

1. Refers to all those activities people choose to refresh their bodies and minds and make their leisure time more exciting and enjoyable. (According to the National Institutes of Health)
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<td>Always inform the learners of the purpose of the lesson and what success in learning the lesson look like.

The teacher may consider other words that they think needed to be unlocked.

Answer Key:
1. RECREATION
2. SPORT
3. PHYSICAL ACTIVITY
4. ACTIVE
5. PASSIVE</td>
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2. It is an activity with an emphasis on physical effort, skill, and/or hand- eye coordination, along with aspects of competitiveness, where the rules and behavioral patterns regulating the activity are explicitly established by organizations. (According to Clearing House for Sports)

S		O	R	

3. Any skeletal muscle-driven motion of the body that requires energy. (According To WHO)

	H	Y			C		L

A		T		V		T	

4. Engaging or ready to engage in physically energetic pursuits. (Definition from Oxford Languages)

A	C			V	

5. Accepting or allowing what happens or what others do without active response or resistance. (Definition from Oxford Languages)

P			S		V	E

- According to scientific research, people who actively engage in leisure activities are better adjusted. There are enormous advantages on both a physical and mental level.
- Being a part of a group activity makes us feel valuable and a part of something. Our interactions with our surroundings and relationships with other people frequently influence our conduct. Both the direct and indirect connections to our mental health are quite advantageous.

3. Developing and Deepening Understanding	**1. Explicitation** **Activity 3. Image review (10 minutes)** ● The teacher will post/show different pictures of recreational activities Picture 1: People playing Chess.  Picture 2: Playing Volleyball  Picture 3: Playing Badminton  Picture 4: Gardening  Picture 5: Biking  ● Ask the following questions: 1. *What did you notice in the images that were posted?* 2. *Are the actions passive or active?* 3. *What type of activity do you prefer? Active or passive? Why?* ● Discuss the importance of mental health and physical well-being. ● Brainstorm with students about their experiences with physical activities and how they feel afterward. **2. Worked Example** **Activity 4: Time to get moving and sweat it out!** (5-minutes) ● The class will perform GALAW PILIPINAS led by their teacher. ● Video link: https://www.youtube.com/watch?v=JoX7BEcBTc4	The teacher may search for other images. The teacher may opt to use other exercise videos.

	• Ask the following questions: 1. *How do you feel after the exercise?* 2. *What do you think are the benefits of exercise?* 3. *Will you do this daily?* 4. *Will you change anything with the exercise?* • Present information on the positive effects of exercise on mental well-being. • Discuss neurotransmitters (endorphins, serotonin) released during physical activity. • Share real-life examples of individuals who improved their mental health through exercise. • Guide questions: 1. *What are some effective exercises that contribute to maintaining good mental health?* 2. *How did you conclude that these exercises would effectively promote mental well-being?* **(Day 2)** **3. Lesson Activity** **Activity 5: Connect & Construct!** (Group Activity – 30 minutes) • Instructions: 1. Give each group a topic to discuss. Allow the students to express their thoughts on the specified topic. They will write the response on a piece of cartolina or manila paper and place it on the board. 2. Assign a topic to each group. Let the students give their opinion on the topic assigned to them. They will write the answer on a cartolina/manila paper and post it on the board. 3. Designate a group representative to deliver the output to the class. 4. When students express negative opinions, the teacher should correct them and provide positive feedback.	Always discuss the rubric before proceeding with the activity.

	Group 1: *1. Enumerate various examples of games known for their positive impact on mental well-being.* *2. What criteria guided your choice of games for fostering mental health benefits, and why were these specific games chosen?* *3. How does engagement in physically active games during adolescence contribute to preserving one's mental health?* Group 2: *1. Enumerate various physical activities known for enhancing mental well- being.* *2. What factors led you to choose these sports as effective tools for fostering mental health?* *3. Elaborate on the importance of participating in sports as a means of protecting and nurturing your mental well-being.* Group 3: *1. What are some examples of recreational activities that positively impact mental health?* *2. What criteria did you use to choose these specific leisure activities as beneficial for mental health enhancement?* *3. To maintain mental and physical well-being, compare active and passive leisure activities.* Group 4: *1. How does regular exercise positively impact academic performance and mental well-being?* *2. Can you elaborate on specific exercises or physical activities you've participated in and describe how each contributed to your academic success and emotional balance?*	

- "Exercise has so many benefits, and we keep discovering more. There's no part of a body that doesn't benefit from physical activity," says Melissa Santos, PhD, a pediatric psychologist at the University of Connecticut School of Medicine and clinical director of the obesity clinic at Connecticut Children's Hospital.

Criteria	3	2	1
Understanding and accuracy of the content	Clearly demonstrating a deep understanding of the subject	The information presented is accurate.	The information presented is incomplete and inaccurate.
Clarity and structure	Presented concepts in a logical and structured way.	Fairly presented ideas, but requires adequate organizing	Unorganized ideas were presented
Creativity and originality	Displayed outstanding originality and inventiveness	Displayed very good originality and inventiveness	Displayed good originality and inventiveness

- Process questions:

  1. *How does involvement in physical activities influence and promote positive mental health outcomes?*
  2. *Could you elaborate on the connection between physical activity engagement and the enhancement of mental health?*
  3. *Would you rather spend your free time in activities that involve movement and physical exertion, or do you prefer more laid-back and low-energy recreational options? Clarify your stance.*

4. Making Generalizations	**1. Learners' Takeaways** **Activity 6: Yes, I can!** (Individual activity-7 minutes) ● Ask the students to check the box next to the column that most accurately depicts their involvement in the activities. **2. Reflection on Learning** **Activity 7. Short Reflection Writing Task** (5 minutes) ● In their notebook, ask the students to answer the following question: 1. *From 1 being the lowest and 10 being the highest, how will you rate your learning of today's lesson?* *2. What are your strengths and weaknesses in the lesson?* *3. What do I need to improve my understanding of the lesson?*	

Activities	Always	Seldom	Never
I take part in community service regularly.			

I like taking part in our school's events.			
I enjoy taking my family on picnics.			
I like to play chess with my classmates when we have spare time.			
I enjoy participating in local sporting events, including basketball, volleyball, badminton, etc.			

IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION		NOTES TO TEACHERS
A. Evaluating Learning	**1. Formative Assessment** **Activity 8: Like versus Dislike** (8 minutes) ● The teacher will present a situation and statement that assisted the students in achieving good mental health. ● The group will display the playing card with the Like icon if they believe the activity will aid in developing good mental health and the Dislike icon if they do not. _____1. Gabriel is a seventh-grade student who feels self-conscious about his body size. He decided to join the school's basketball team and practice after school. _____2. Yuno rides his bicycle to school because it is close to his house. _____3. Yuna joined the dance club at her school. _____4. Nash spends all his free time in front of the computer. _____5. Andrea attends a Zumba dance every Saturday and Sunday in their subdivision to keep herself physically fit. **2. Homework (Optional)**	1. Like Icon: Yes, participating in team sports like basketball can aid in developing good mental health. It promotes physical activity, social interaction, and a sense of belonging. Dislike Icon: No, joining the basketball team may not be helpful if Gabriel experiences excessive pressure or stress related to performance. 2. Like Icon: Yes, cycling is a physical activity that contributes to mental well- being. It improves cardiovascular health and reduces stress. 3. Like Icon: Yes, participating in dance activities positively impacts mental health. It combines physical exercise with creativity and self-expression. 4. Dislike Icon: Yes, reducing screen time and engaging in other activities would be better for Nash's mental well-being. 5. Like Icon: Yes, participating in Zumba classes promotes

				physical fitness and releases endorphins, benefiting mental health. Remember that context matters, and individual experiences may vary.
B. Teacher's Remarks	Note observations on any of the following areas:	***Effective Practices***	***Problems Encountered***	The teacher may take note of some observations related to the effective practices and problems encountered after utilizing the different strategies, materials used, learner engagement and other related stuff. Teachers may also suggest ways to improve the different activities explored/ lesson exemplar.
	Strategies explored			
	Materials used			
	Learner engagement/ interaction			
	Others			

C. Teacher's Reflection	Reflection guide or prompt can be on: A. Principles behind the teaching 1. What principles and beliefs informed my lesson? 2. Why did I teach the lesson the way I did?	Teacher's reflection in every lesson conducted/ facilitated is essential and necessary to improve practice. You may also
	B. Students 1. What roles did my students play in my lesson? 2. What did my students learn? How did they learn? C. Ways forward 1. What could I have done differently? 2. What can I explore in the next lesson?	consider this as an input for the LAC/Collab sessions.