MATATAG K to 10 Curriculum Weekly Lesson Log	School:	Visit DepEdResources.com for More	Grade Level:	4
	Name of Teacher		Learning Area:	PE and Health
	Teaching Dates and Time:	SEPT. 30 – OCT. 4, 2024 (WEEK 1)	Quarter:	Second

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	The learners demonstrate understanding of healthy family, roles and responsibilities of family members, and invasion games in promoting family wellness for active and healthy living.
B. Performance Standards	The learners participate in daily life activities and invasion games to promote family wellness for active and healthy living.
C. Learning Competencies and Objectives	***Learning Competency*** Explain the characteristics and importance of promoting a healthy family. Demonstrate one's roles and responsibilities in promoting family health. ***Learning Objectives*** 1. identify the characteristics of a healthy family; 2. assess their own relationship with their family; 3. identify the roles and responsibilities of family members in promoting a healthy family; and 4. understand the importance of promoting a healthy family.
C. Content	Characteristics of a Healthy Family Importance of Promoting a Healthy Family Roles And Responsibilities of Family Members In Promoting Family Health
D. Integration	Healthy Family, Healthy Lifestyle: SGD 3;

II. LEARNING RESOURCES
10 Important Things Every Older Sibling Is Responsible For. (2015, April 20). Thought Catalog; Thought Catalog. https://thoughtcatalog.com/anonymous/2015/04/10-important-things-every-older-sibling-is-responsible-for/

Linder, A. (2020, August 3). *5 Roles of a Father You Must Learn to Do Well*. All pro Dad. https://www.allprodad.com/5-roles-father-must-learn- well/
Gutierrez, G. L. (2022). *Simple ways to spend time with family*. PIA. https://mirror.pia.gov.ph/features/2022/09/22/simple-ways-to-spend-time-with-family
Mother - Definition, Meaning & Synonyms. (n.d.). Vocabulary.com. https://www.vocabulary.com/dictionary/mother#:~:text=A%20mother%20is%20a%20female
Muse Wellbeing. (2022). *Families and family relationships for kids [Positive family relationships]* [Video]. YouTube. https://www.youtube.com/watch?v=2SkuK8j54UE
Muyot, F. R., Zamora, C., Baarde, M. C. G., & San Jose-Mathews, J. (2017). *Exploring the world of MAPEH*. The Inteligente Publishing House.
Sibling. (2020, April 8). Wikipedia. https://en.wikipedia.org/wiki/Sibling
The 5 roles of a Mother. (2022, June 19). The Simple Mamma. https://thesimplemamma.com/the-5-roles-of-a-mother/#:~:text=To%20care%20as%20a%20mother
The true definition of a Father... (2021c, June 20). PAIGELAUREN. https://paigelauren.com/blogs/news/the-true-definition-of-a-father#:~:text=protector%2C%20teacher%20and%20encourager%3B%20a

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS
A. Activating Prior Knowledge	**WEEK 1: DAY 1** **1. Short Review - "Target Me"** The students will be divided into 2 groups which consist of 10 to 15 members. Students will form a line, hold a ball of clay, and face the target, which is located on the bulletin board 3-5 meters away from the starting line. When the teacher whistled, the first student in each line needed to throw the clay and strike the center of the target board one by one until all the members had done throwing the clay. The team with the most successful throws of the clay ball towards the center of the board will be declared the winner. **2. Feedback (Optional)** Based on the activity students practiced targeting the objects.	Materials Needed: 1. Soft clay (If not available, improvise it with crumpled paper mold like a ball). 2. Meter stick for measuring 3. A printed copy of a target is to be posted on the whiteboard. Example:

		Image source: https://corporate.target.com/media/collection/b-roll-and-press-materials/target-logos
B. Establishing Lesson Purpose	**1. Lesson Purpose - Picture Analysis: A Happy Family** In this part of the lesson, the teacher may ask the following questions: 1. What did you notice with the picture? 2. How are they related to each other? 3. Can you name them one by one? **2. Unlocking Content Area Vocabulary** ● **Family -** a group of one or more parents and their children living together as a unit. (Dictionary) ● **Health -** the state of being free from illness or injury. (Oxford Dictionary) ● **Healthy Family -** relationships where people trust and rely on each other for support, love, affection, and warmth. (San Jose-Muyot et al., 2017) Image source: https://www.123rf.com/photo_121617430_extended-family-sitting-on-couch-smiling-happy-together.html	The teacher may choose their own activity on this part of the lesson as long as the picture or the activity answers the given question. It is important for the student to know who the members of the family are.

C. Developing and Deepening Understanding	**SUBTOPIC 1: Characteristics of Healthy Family** **1. Explicitation** Students may answer the following question based on the first and second activity: a. What did you notice about the Target Me Activity? b. What are Target Games? c. What emotions can you see in the second activity? d. Is it possible for the Family to play with Target Games together? The next activity will answer the following question: a. What is a Family? b. What are the characteristics of a Healthy Family?	In this part of the lesson, the teacher processes the first activity by executing the previous lesson, while the second activity processes what will be the topic for today's lesson.

	2. Worked Example To understand the discussion, students will watch the video. The video "Families and family relationships for kids [Positive family relationships]" which can be retrieved at this link: https://www.youtube.com/watch?v=2SkuK8j54UE Follow-up discussion: Our family relationships are hugely important throughout our entire lives. It might not always be easy to have positive family relationships, but they can be amazing support givers when times are hard. They can make us laugh and sometimes cry. But our family relationships are some of the most important relationships we will have and are important for all children and kids. Our family gives us support and care when we need it most, through the good times and the bad. This can have a huge impact on our overall wellbeing. **3. Lesson Activity** Maintaining good relationships is a necessary part of healthy living. Relationships within your family, your school, and your community have the potential to enrich your life. However, there is no such thing as a perfect relationship. There are factors that affect one's relationship that can either bring you joy or harm. A healthy relationship should start at home, the family plays an important part in all aspects of a person's health. Being in a healthy relationship with all the members of the family contributes to a healthy society. The following are the signs of a healthy family relationship. 1. A healthy family makes positive choices in all aspects of their individual and family life. 2. A healthy family consists of parents or guardians encouraging their children to communicate openly and express their feelings. They also teach their family members to value themselves and the feelings of others. 3. A healthy family engages in healthy activities.	The video is about Family and relationships with kids and others. It is easy for the teacher to process the lesson by watching the video.

	4. A healthy family consists of members who share household chores and participate in positive decision-making. 5. A healthy family practices positive communication every day. 6. A healthy family provides ongoing support and stays involved in each other's lives to meet each other's physical, emotional, mental, and social health needs. **DAY 2** **SUBTOPIC 2: Importance of Healthy Family** **1. Explicitation** What is the importance of a Healthy Family? **2. Worked Example** Ask students to give different perspectives about the tagline “Family is Forever”. **3. Lesson Activity** The foundation of society is the family. Filipinos have a strong attachment to their families since they value their families' presence above everything else. The Filipino family is considered exemplary because of the values of close family ties, solidarity, respect, religiosity, and affection for the aged. A sense of pride is also often instilled in them each time they talk about their own respective families. For these reasons, every last week of September has been declared in the Philippines as "National Family Week." The Philippine Government and various churches celebrate the week-long celebration, which calls for making a conscious effort to spend time with family and strengthen connections. Here are some simple ways you can spend quality time with your family: 1. Eat at least one meal together. When you have a meal together as a family, you get to know how each family member's day went, or they may tell you their concerns or problems they may have had while you were away.	The next topic of the lesson is about Family helping each other in any form, so that students may understand the value of being closer to their family, that family is someone who will help them if anything happens in each situation. The teacher may ask the students for some follow-up

	2. Put mobile phones aside. Spending quality time is the goal when you are with your loved ones. Set aside your mobile phones or gadgets first, and refrain from answering calls from work. 3. Help your children with their assignments. You will discover their weaknesses and strengths by helping them with their assignments. Spending time with your children can help them feel more confident as well. They will be more willing to confront their weaknesses and school-related anxieties if you are at their side. 4. Do house chores together. Doing house chores may not sound enjoyable, but it can be fun when done as a family. You may redesign your home or clear out the waste. You'll be happy to learn that you worked hard and enjoyed time with your loved ones. 5. Take trips together. They say traveling teaches children the importance of making memories and enjoying experiences, rather than wanting material possessions. Family adventures also promote independence, self-confidence, and interpersonal skills. Family travel may include many types of traveling parties, including but not limited to spouses traveling with children, married couples traveling together, grandparents traveling with grandchildren, single parents with children, reunion-goers, siblings with relatives, and more. **WEEK 2: DAY 1** **SUBTOPIC 3: Roles And Responsibilities of Family Members In Promoting Family Health** **1. Explicitation** What are the Roles and Responsibilities of Family Members in Promoting Family Health? **2. Worked Example** **IN THE GIANT'S HOUSE**	questions based on how they spend quality time with their family and/or have an interaction and give some ideas based on their experiences.

Directions: The class will be divided into 5 groups. Then, each group will be given a puzzle picture to be solved by each group in 3 minutes. After solving the picture, they will recreate (imitate) the object in the picture using their bodies in the form of Tableau. The groups will be asked to say, "In the giant's house, tell me what you see?" Then the group will shout the object that they recreated.

Below are pictures they will recreate (imitate):

Image source: https://healthier.stanfordchildrens.org/en/how-to-encourage-your-children-to-have-healthy-eating-habits/

Image source: https://www.dreamstime.com/stock-photo-parents-helping-children-doing-homework-home-image68220263

Image source: https://www.ttgasia.com/2018/08/28/asian-travellers-lead-the-family-travel-surge-agoda/

Image source: http://www.theenglishstudent.com/blog/household-chores

Image source: https://www.pressreader.com/jamaica/daily-observer-jamaica/20210128/282849373652594

This activity is a combination of Review and Motivation. Below are the suggested questions to process the lesson.

1. What are the activities found in the picture assigned to you? (for each group)
2. Do you find it helpful to become healthy?
3. Please identify the person or people shown in each image.

DAY 2

3. Lesson Activity

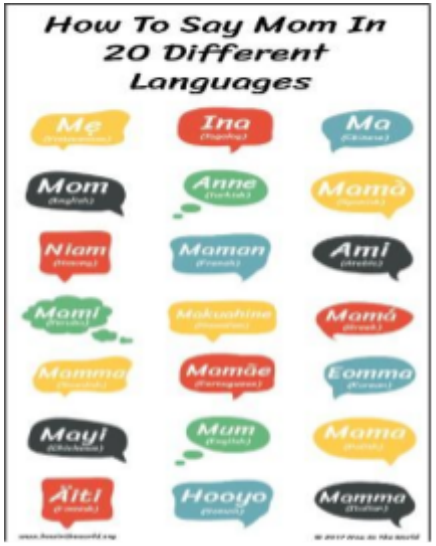
Identify the following characteristics of members of the family. Write **M** for mother, **F** for father, and **S** for siblings. Put your answer in the space provided for each number.

_____1. The one who corrects, disciplines, and trains children.
_____2. The one who gave birth to you.
_____3. Often referred to as a son's first hero and daughter's first love.
_____4. At times, a helper, a coach, and a friend.
_____ 5. Need to balance out acting immature and acting like a serious adult.
_____6. Willing to listen, learn, and most of all, proud of them.
_____7. Trains children to be good at life.
_____8. To care physically and emotionally.
_____9. The one who learns to be aggressive.
_____10. The main enforcer of family rules and sets boundaries at home.

Answer key:

1. M
2. M
3. F
4. F
5. S
6. S
7. F
8. M
9. S
10. F

For Discussion:



A. **Mother**. A mother is a female parent: mothers nurture and mother children. It's also a term for an elderly woman or mother superior. Your mother is the woman who gave birth to you: mothers are parents, the female equivalent of a father.

Roles and responsibilities of a mother:

1. To Love (unconditionally)
2. To care (physically and emotionally)
3. To correct (to discipline and train)
4. To build (to encourage and teach)

Image source: https://empoweryourknowledgeandhappytrivia.wordpress.com/2018/06/19/ how-to-say-mom-in-20-languages/

5. To connect (to learn about your children and grow with them)

Image source: https://fineartamerica.com/featured/father-written-in-different-languages-anita-van-den-broek.html?product=metal-print

B. **Father**. Protector, teacher, and encourager; a person who picks you up when you fall, brushes you off, and lets you try again; admired and much loved; often referred to as a son's first hero and daughter's first love.

Roles and responsibilities of a father:

1. **Motivator**. As a dad, you are at times a helper, a coach, and a friend. One of your jobs is to motivate your children toward daily productivity and healthy growth. I find that my kids are not always self-motivated to reach their full potential in character, discipline, and spiritual growth. So when I see that potential, this is where I often find the need to come in, sometimes creatively and other times firmly, to motivate them. Sometimes this is with ideas, incentives, schedules, or simply clear expectations.
2. **Enforcer**. Fatherlessness is a great concern in our society today. One of the greatest disadvantages many kids in fatherless homes face is the lack of male presence and leadership they need. A huge part of having a father in the home is having an enforcer in the home. Like it or not, kids naturally respond differently to male leadership, especially in the family. Dad being the main enforcer of family rules and boundaries at home also makes a mother's job so much easier.
3. **Encourager**. Because children are born with a desire for their father's approval and attention, one of the best ways to encourage them is to be their biggest cheerleader and their greatest fan. Giving them regular compliments and positive reinforcement in the areas of their strengths can go a long way. I personally have seen the demeanor of my children change when I say encouraging things like, "You're doing a great job"

or "I'm so glad you're mine." Every child loves positive fatherly encouragement.

4. **Trainer**. There are lessons and life skills your child will never learn apart from being taught. Part of the role of fatherhood is training our children to be good at life. From learning how to ride a bike to knowing how to manage good relationships with the opposite sex, and everything in between, your child needs your intentional investment. Yes, it takes time and a bit of inconvenience, but it's so worth it in the long run.
5. **Counselor**. Kids struggle too. Sometimes, as adults, it's easy to forget this because their problems seem so small. Do you remember how *small* things were *big* things as a kid? Children don't naturally know how to navigate the issues of life that are thrown at them. That's because they're kids—they're adults in training. They regularly need direction, answers, and advice. Dad, strive to be your children's chief counselor, their go-to for advice. Because they will get it from somewhere, so why not from you?

C. **Sibling**. A sibling is a relative that shares at least one parent with the subject. A male sibling is a brother and a female sibling is a sister. A person with no siblings is an only child.

Image source: https://www.pinterest.ph/pin/6694 17932088374313/

Roles and Responsibilities of Siblings

1. You need to balance out acting immature and acting like a serious adult.
2. You should be on top of your game at all times.
3. Stop yourself from being controlling and shoving your philosophies down their throat.
4. You should be able to connect them to any, if not all, the resources you have.
5. You should be able to hide your ego and do your best not to compare your life with your siblings.

6. Don’t request that you get praised for being a great older sibling.
7. Learn to be aggressive.

	8. You should always be on-call. 9. You must be patient and trust that they will do the right thing. 10. You will be a better older sibling if you are willing to listen to them, learn from them, and most of all, be proud of them.	
D. Making Generalizations	**1. Learners' Takeaways** Students will be divided into 5 groups. For 3 minutes, each group will create a scenario of a healthy family. Students will choose from the topic discussed. **2. Reflection on Learning** Each group will explain and give a reflection about the scene they portrayed and give reasons why they chose to act on that topic. The students will be graded based on the following criteria: Cooperation = 5 points Participation = 5 points Equal work = 5 points Performance = 5 points **Total = 20 points**	Teachers may use other tools for assessment here.

IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION	NOTES TO TEACHERS

A. Evaluating Learning	**1. Formative Assessment Short Quiz: True or False:** **Write the word True if the sentence is correct and False if the sentence is not correct.** _____1. A healthy relationship should start at home. _____2. Being in a healthy relationship with all the members of the family contributes	Answer key: 1. True 2. True 3. False 4. True

	to a healthy society. _____ 3. Only the eldest members will do household chores and participate in positive decision-making. _____4. The family engages in healthy activities. _____5. A healthy family ignores healthy activities. _____6. Each member of the family did not share their secrets. _____7. The family chooses to go out with friends. _____8. A healthy family always fights with each other. _____9. Family members feel safe and connected to one another. _____10. Members of the family always care for each other. **2. Assignment:** a. Interview family members and ask what tasks they have inside and outside your house. b. Use the column below for their answer: The students will be graded using the following criteria: Timeliness = 5 points Netaness = 5 points Content = 5 points	5. False 6. False 7. False 8. False 9. True 10. True

Members of the Family	Task Inside the House	Task when outside the house
Mother		
Father		
Ate (if available)		
Kuya (if available)		
You		
Relatives who live in your house		

	Total =	**15 points**		
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.
	strategies explored			
	materials used			

	learner engagement/ interaction			Teachers may also suggest ways to improve the different activities explored/ lesson exemplar.
	others			
C. Teacher's Reflection	*Reflection guide or prompt can be on:* ▪ *<u>principles behind the teaching</u>* *What principles and beliefs informed my lesson? Why did I teach the lesson the way I did?* *Did I attain all my lesson objectives?* *How did I encourage my students to participate in the class discussions and activities?* ▪ *<u>students</u>* *What roles did my students play in my lesson? What did my students learn? How did they learn?* *Did my pupils actively participate in all the class activities that I prepared? Were the instructions in the class activities clear to the pupils?* ▪ *<u>ways forward</u>* *What could I have done differently? What can I explore in the next lesson?* *What challenges did I encounter in implementing the class activities?*			Teacher's reflection in every lesson conducted/ facilitated is essential and necessary to improve practice. You may also consider this as an input for the LAC/Collab sessions.