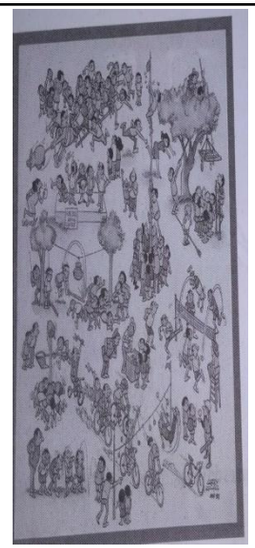
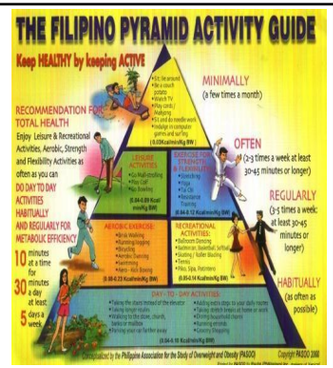
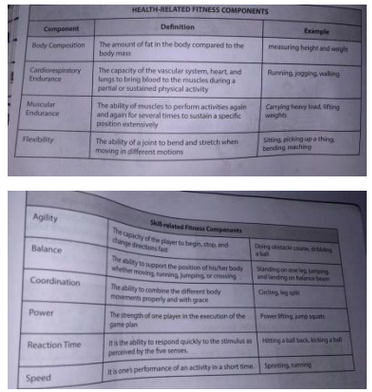
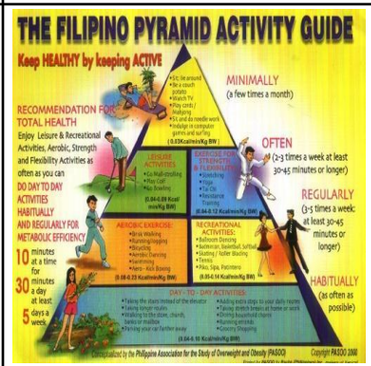
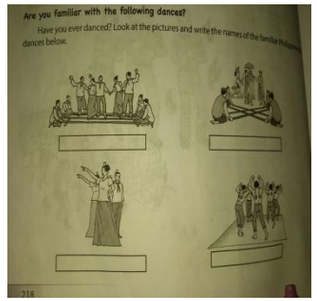
GRADES 1 to 12 DAILY LESSON LOG	School:	Visit DepEdResources.com for More	Grade Level:	VI
	Teacher:	File created by Ma'am MONA LIZZA S. BARCELO	Learning Area:	MAPEH
	Teaching Dates and Time:	FEBRUARY 19 – 23, 2024 (WEEK 4)	Quarter:	3RD QUARTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I. OBJECTIVES					
A.(Content Standards)	Demonstrates understanding of participation and assessment of physical activity and physical fitness	Demonstrates understanding of participation and assessment of physical activity and physical fitness	Demonstrates understanding of participation and assessment of physical activity and physical fitness	Demonstrates understanding of participation and assessment of physical activity and physical fitness	Weekly test
B. (Performance Standards)	Participates and assess performance in physical activities	Participates and assess performance in physical activities	Participates and assess performance in physical activities	Participates and assess performance in physical activities	
C. (Learning Competencies)	Describes the physical activity pyramid **PW6PF-IIIAQ-16**	Explains the indicators for fitness **PE6PF-IIIA-17**	Assesses regularly participation in physical activities based on the Philippine Physical activity pyramid. **PE6PF-IIIB-H-18**	Explains the nature of dance **PE6RD-IVB-1**	Be able to answer the given questions with accuracy.
II. (Content)	Physical Activity Pyramid	Fitness Indicators	Physical Activity Pyramid	Dance	
A. (References)					
1. (Teacher's Guide Pages)					
2. (Learner's Materials pages)					
3. (Textbook Pages)	21st Century Mapeh in Action 6 pp.184-185	21st Century Mapeh in Action 6 pp.180-181	21st Century Mapeh in Action 6 pp.184-185	21st Century Mapeh in Action 6 pp.218-220	
4. (Additional Materials from LR Portal)					
B. (Other Learning Resources)				Laptop, speaker	Test Questionnaires, test notebooks, e-class record, pens.
A. (Review previous Lesson)		What is the physical activity pyramid?	What is the different health related fitness?		Recall their past lessons. Preparation of test materials
B. (Establishing purpose for the lesson/ Motivation)	Give examples of unhealthy living among children now a day? 1. Eating junk foods 2. Drinking soft drinks	Identify the following activities in the picture. Why do we need to be active?	Do you remember our lesson about the Philippine Physical Activity Pyramid? What are the activities it recommends?	What is our national dance?	Why should you get a high score in any given test?

	3. Not exercising What are the ways that we can stop these unhealthy practices that we do everyday?		How can we classify them?		
C. (Presenting examples or presentation/ instances of the new lesson)				Identify the following dances. 	Setting of standards in taking the test Original File Submitted and Formatted by DepEd Club Member - visit depedclub.com for more
D. (Discussing new concepts and practicing new skills)	What are the activities that we should do regularly? What are the activities that we should do minimally? Why?	What are the health related components? Give its importance.	What are the activities in the pyramid you do in your daily life as recommended by the chart?	Name some Philippine folkdance that you are familiar with.	Distributes test materials to the pupils.

E. (Discussing new concepts & practicing new skills #2)	Why do you think these pyramid do recommend activities that requires a lot of body movement?	What are the things that we do that prevents these health related skills? What is the different health related fitness? Enumerate them.	Why do we need to do as what the chart recommends us? Can you perform those activities? Group activity. Divide the group into 4. Assign each group with different classification of activities in the Philippine Physical Activity Pyramid. Ask them to act out all activities that are included in their respective name of groups. Give them time to plan for their presentation	How do you describe Maglalatik folk dance? Itik-Itik? Is it difficult to dance Maglalatik? Who among you knows the steps? (Watching of the video of maglalatik and Itik-Itik.)	Answering of test items
F. Developing Mastery (Leads to Formative Assessment 3)	Identify the following activities that we should do **Minimally, Often, Regularly, Habitually.** 1. Watching television (M) 2. Swimming (O) 3. Doing house chores (R) 4. Running errands(R) 5. Playing computer games (M)				
G. (Finding to Practical Application of concepts and skills in daily living/ Valuing)	What activities that we should change or minimize in the physical activity pyramid? Why?	If you are asked to buy something at the nearby store would you ride a jeepney or just walk? Why? What are the benefits of walking?	Why do we need to keep our body active during the day? What activities should be avoided based on the pyramid?		
H. (Making Generalization & Abstraction about the lessons)	What are activities that we should do minimally? Regularly? Often? Habitually? What is the Physical Activity Pyramid?	What health related skills do you possess as of now? What should you do to acquire the skills you can't do?	What is the importance of the Philippine Physical Activity pyramid in our day to day living?	What are the Philippine folkdances?	
I. (Evaluating Learning)	Enumerate the activities that you should do (5 activities each) a. Minimally b. Often c. Regularly d. Habitually	What are the health related fitness?	Let each group present their planned activity Rubrics: 5-4 each member of the group participated actively. They clearly act out the activities to be guessed by the other group. 2-3 one or two of members of the group did not fully participate in the activity, some acts were not clearly presented 0-1 only one member present the activity/the group did not participate at all	Dancing of Maglalatik for the Boys and Itik-Itik for the Girls.	Checking and recording of test results

J. (Additional activities for application or remediation)	List down your daily activities in your notebook and identify them according to the Philippine physical activity pyramid.	Identify the health related fitness performed in the following exercise. 1. 1-minute step test(Cardio) 2. Curl-ups(abdominal) 3. Sit and Reach (flexibility) 4. 50-meter sprint (Speed) 5. Paper juggling(Coordination)			
V. (Remarks)					
VI. (Reflection)					
A.(No. of learners who earned 80% in the evaluation)					
B.(No. of learners who requires additional acts for remediation who scored below 80%)					
C.(Did the remedial instruction really work? No of learners who caught up with the lesson)					
D.(No. of learners who continue to require remediation)					
E. (Which of the strategies work well? Why did this work?					
F. (What difficulties did I encounter which my principal/ supervisor can help me solve?)					
G. (What innovations or localized materials did I used/ discover which I wish to share with other teacher?)					