

REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION

GRADES 1 to 12 DAILY LESSON LOG	School:		Grade Level:	7
	Teacher:		Learning Area:	MAPEH/ Health
	Teaching Dates and Time:		Quarter:	3 RD QUARTER

I. OBJECTIVES	SESSION 5
A. Content Standards:	The learner demonstrates understanding of mental health as a dimension of holistic health for a healthy life.
B. Performance Standards:	The learner consistently demonstrates skills that promote mental health.
C. Learning Competencies/Objectives: Write the LC Code for each	Identifies people who can provide support in stressful situations H7PH- IIIc-34 Differentiates healthful from unhealthful strategies in coping with stress H7PH- IIId-e-35

II. CONTENT	
	Coping with stress

III. LEARNING RESOURCES	
A. References	
1. Teacher’s Guide Pages	PAGE 400 (Physical Education & Health 7: TG)
2. Learner’s Materials Pages	PAGE 357 (Physical Education & Health 7: LM)
3. Textbook Pages	
4. Additional Materials from Learning Resource (LR) portal	Curriculum Guide Grade 7 (August 2016, version)
B. Other Learning Resources	Slideshare

IV. PROCEDURES	Session 5
A. Reviewing Previous Lesson or Presenting the New Lesson	Review previous lesson by asking HOTS questions about the common stressors affecting adolescents.
B. Establishing a Purpose for the Lesson	Students must be able identify people who can provide support in stressful situations and differentiates healthful from unhealthful strategies in coping with stress.
C. Presenting Examples/	Show some pictures of stressful situations.

Instances of the Lesson																															
D. Discussing New Concepts and Practicing New Skills	Identifies people who can provide support in stressful situations. Differentiates healthful from unhealthful strategies in coping with stress.																														
E. Discussing new concepts & practicing new skills #2	Pair-share: - Identify people around you who can provide support in your stressful situations. - What are the healthful strategies in coping with stress? - What are the unhealthful strategies in coping with stress? - What are you going to do in coping with stressful situations?																														
F. Developing Mastery Leads to Formative Assessment 3	<i>Give students time to interview people (peers, schoolmates, & teacher) who can provide support in their stressful situations and healthful strategies in coping with stress.</i>																														
G. Finding practical application of concepts and skills in daily living	<i>Group Reporting about the results of their interview.</i> <table><tr><th>Criteria</th><th>Level 4</th><th>Level 3</th><th>Level 2</th><th>Level 1</th></tr><tr><td>Mastery of the topic</td><td>The reporters demonstrate total mastery of the contents of their report</td><td>The reporters demonstrate knowledge of the important contents of their report</td><td>The reporters demonstrate knowledge of some contents of their report</td><td>The reporters demonstrate mastery of some contents of their report</td></tr><tr><td>Delivery and Presentation of the topic</td><td>The group delivers a very creative presentation of the topic</td><td>The group delivers a creative presentation of the topic</td><td>The group delivers the topic orally with visual aids</td><td>The group delivers the topic orally without any visual aids</td></tr><tr><td>Instructional materials</td><td>The instructional materials used are very innovative</td><td>The instructional materials used are innovative</td><td>The instructional materials used are not so extraordinary</td><td>The instructional materials used exhibit no effort or preparation</td></tr><tr><td>Cooperation</td><td>All members participate actively</td><td>One or two members become inactive in the preparation and presentation</td><td>Three or four members become inactive in the preparation and presentation</td><td>Five or more members become inactive in the preparation and presentation</td></tr><tr><td colspan="5">AVERAGE LEVEL:</td></tr></table>	Criteria	Level 4	Level 3	Level 2	Level 1	Mastery of the topic	The reporters demonstrate total mastery of the contents of their report	The reporters demonstrate knowledge of the important contents of their report	The reporters demonstrate knowledge of some contents of their report	The reporters demonstrate mastery of some contents of their report	Delivery and Presentation of the topic	The group delivers a very creative presentation of the topic	The group delivers a creative presentation of the topic	The group delivers the topic orally with visual aids	The group delivers the topic orally without any visual aids	Instructional materials	The instructional materials used are very innovative	The instructional materials used are innovative	The instructional materials used are not so extraordinary	The instructional materials used exhibit no effort or preparation	Cooperation	All members participate actively	One or two members become inactive in the preparation and presentation	Three or four members become inactive in the preparation and presentation	Five or more members become inactive in the preparation and presentation	AVERAGE LEVEL:				
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H. Making Generalization and Abstraction about the lesson	Sum up the concepts discussed in the session.																														
I. Evaluating Learning	Pen & Paper Test																														
J. Additional activities for application or remediation	Individual Output: Let the students do Activity 5: My Support Web, p. 363																														
V. REMARKS																															
VI. REFLECTION																															

