



GRADES 1 to 12  
DAILY LESSON LOG

School:		Grade Level:	II
Teacher:		Learning Area:	MAPEH
Teaching Dates and Time:	Week 3	Quarter:	1ST QUARTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I. OBJECTIVES	MUSIC	ARTS	PE	HEALTH	
A. Content Standards	A. Content Standards demonstrates basic understanding of sound, silence and rhythmic patterns and develops musical awareness while performing the fundamental processes in music	A. Content Standards demonstrates understanding on lines, shapes and colors as elements of art, and variety, proportion and contrast as principles of art through drawing	A. Content Standards demonstrates understanding of body shapes and body actions in preparation for various movement activities	A. Content Standards understands the importance of eating a balanced diet.	
B. Performance Standards	Performance Standards responds appropriately to the pulse of sounds heard and performs with accuracy the rhythmic patterns in expressing oneself	Performance Standards creates a composition/design by translating one's imagination or ideas that others can see and appreciates	Performance Standards performs body shapes and actions properly.	Performance Standards demonstrates good decision-making skills in choosing food to eat to have a balanced diet.	
C. Learning Competencies/ Objectives	C. Learning Competencies/ Objectives Objectives: replicates a simple series of rhythmic sounds (i.e. echo clapping) MU2RH-Ib-3	C. Learning Competencies/ Objectives composes the different fruits or plants to show overlapping of shapes and the contrast of colors and shapes in his colored drawing A2EL-Ic Objectives: Skill: Composes the different fruits or plants to show overlapping of shapes in his colored drawing. Knowledge: Understands the meaning of overlap. Attitude / Appreciation: Appreciates drawing that	C. Learning Competencies/ Objectives: creates body shapes and actions PE2BM-Ie-f-2 A. Describe body shapes and actions. B. Explore body shapes and actions. C. Create body shapes and actions. Correct walking Correct sitting Correct standing	C. Learning Competencies/ Objectives discusses the important functions of food H2N-Icd-7	Pagkatapos ng aralin ang mga mag-aaral ay inaasahang: nakakakuha ng 85% antas ng pagkatuto nakasagot sa mga tanong sa pagsusulit

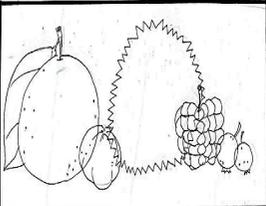
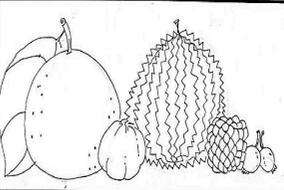
		show overlapping of materials.			
II. CONTENT	Content: Rhythm – the regular recurrence of sounds Reference: K-12 Curriculum Guide –Grade 2 Materials	Content: Aralin 3 –MGA BAGAY IGUHIT SA LIKOD NG ISA PANG BAGAY	Content: Body Shapes and Actions	Content: Healthy Food and the Body 1. Provides energy 1.1 Carbohydrates and Fats 2. Promotes growth and body-building 2.1 Protein 3. Regulates body functions 3.1 Vitamins and Mineral	
III. LEARNING RESOURCES	K to12 Curriculum Guide 2016 Grade 2 – Music page 15	K to12 Curriculum Guide 2016 Grade 2 –Arts page 16	K to12 Curriculum Guide 2016 Grade 2 – Physical Education page 16	K to12 Curriculum Guide 2016 Grade 2 – MAPEH pages 20	
A. References					
1. Teacher’s Guide Pages	(softcopy)	(softcopy)121-122	(softcopy)163-166	(soft-copy)	
2. Learner’s Materials pages	LM in MAPEH pages 21-24	LM in MAPEH pages 174-177			Test paper at lapis
3. Text book pages					
4. Additional Materials from Learning Resources	Music, Arts, Physical Education and Health 2.Illagan, Amelia M. et.al, 2013 pp.21-24	Music, Art, Physical Education and Health 2. Ramilo, Ronaldo V. et al, 2013. pp.174-176, 181-182	Music, Art, Physical Education and Health 2.(Tagalog) DepEd. Falculita, Rogelio F. et.al.2013. pp. 300-301	Science for Everyone 2 Textbook for Grade 2 Ruth G. de Lara pp. 27-28,30 Science and Health for Better Life 3,pp.6-10	
B. Other Learning Resources	laptop	bond paper, crayons, pictures or real fruits and plants	laptop K to 12 Curriculum Guide Materials : Pictures, Checklist	<a href="http://www.preservearticles.com/201105156691/what-are-the-most-essential-functions-of-food.html">http://www.preservearticles.com/201105156691/what-are-the-most-essential-functions-of-food.html</a>	
IV. PROCEDURES					
A. Reviewing previous lesson or presenting the new lesson	INSTRUCTIONAL PROCEDURE Preparatory Activities Greet with the usual SO – SO – MI – SO – MI greeting. SO - SO - MI - SO - MI Teacher: Good Mor - ning Child - ren Pupils: Good Mor - ning Teach - er	INSTRUCTIONAL PROCEDURE Preparatory Activities Provide exercises in recalling the different shapes by showing cut-out pictures of fruits and plants or actual objects.	INSTRUCTIONAL PROCEDURE Preparatory Activities 1. Warm-Up Exercises Let the pupils perform the following movements with 8 counts each.	INSTRUCTIONAL PROCEDURE Preliminary Activity Preparatory Activities 1.Ipaawit sa mga bata ang “Bahay-Kubo”  2.Review	1.Pagpapaliwanag ng panuto

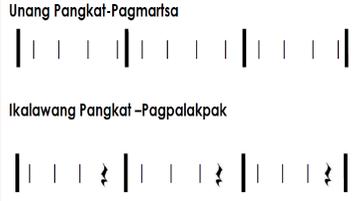
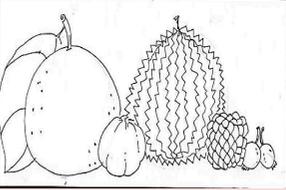
	Pupils: Good Mor - ning class - mates Teacher: How are you to - day? Pupils: I am fine, thank you.		March in place, forward and backward or in any direction. Swinging of arms forward and backward alternately. Standing and sitting alternately. Note: Have an alternative activity for outdoor setting.	Ano-ano ang mga pagkaing nabanggit sa awitin ? Original File Submitted and Formatted by DepEd Club Member - visit depedclub.com for more	
B. Establishing a purpose for the lesson ( Motivation)	B. Establishing a purpose for the lesson	B. Establishing a purpose for the lesson	B. Establishing a purpose for the lesson 1.Motivation What are your means of transportation in going to school? Who among you take a ride? How many just walk?	B. Establishing a purpose for the lesson 1.Motivation Bakit mahalaga ang pagkain sa ating katawan? Ano ang kahalagahan nito sa pisikal aspeto ng ating pagkatao?	2. Pagbibigay ng Panuto
C. Presenting Examples / instances of new lesson ( Presentation)	C. Presenting Examples / instances of new lesson ( Presentation) Nakarinig ka na ba ng echo? Kailan tayo nakakarinig nito? Kaya mo bang gumawa ng echo? Ikilos mo at ulitin ang sasabihin ko. Handa ka na ba? Gawain 1 Gayahin Mo Ako Ano Po ang Gagawin Igalaw ang daliri (Igalaw ang daliri) At ikampay (At ikampay) Itaas ang kamay (Itaas ang kamay) At ibaba( At ibaba) Kamay pagsanibin( Kamay pagsanibin) At umupo (At umupo) Gawing parang unan (gawing parang unan) At humilig (at humilig) Ano po ang gagawin, sabihin lamang Ano po ang gagawin, sabihin lang.	C. Presenting Examples / instances of new lesson( Presentation)  GAWAIN 1 ALAMIN NATIN Tingnan mong mabuti ang mga larawan sa kahon A at kahon B. Anong mga prutas ang iyong nakikita? Anong mga hugis ang iyong nakikita? Ano ang pagkakaiba ng pagkakaayos sa mga prutas sa larawan A at sa larawan B? 	C. Presenting Examples / instances of new lesson( Presentation) Let the children read the following. Then, ask the process questions after each activity. b) Show pictures of a boy sitting and a girl standing in correct posture. Tell them to observe and ask the following:  Processing: What actions of the body are shown in the pictures? Describe the actions performed by the boy and the girl.	C. Presenting Examples / instances of new lesson( Presentation) What are the most essential functions of Food? I. Physiological functions Firstly, our body performs several activities- Voluntary and involuntary. There is not a single moment in life when the body is completely at rest and does not require energy. Even when the body is taking rest (i.e. during sleep) energy is required to out the involuntary processes of the body like digestion, respiration, circulation, beating of the heart etc. Energy is also required to carry out professional, household and recreational activities. This energy is supplied from foods like carbohydrates and fats. Secondly, food provides materials for tissue building, growth and	



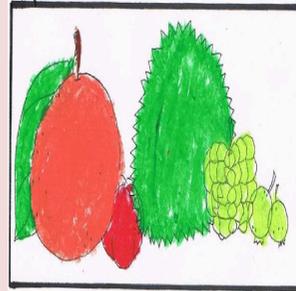
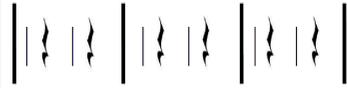
Ang pagguhit ng isang bagay sa likod ng isa pang bagay ay nakalilikha ng isang konsepto sa sining na kung tawagin ay overlap.

body repair, is mainly supplied through foods like proteins and minerals. The muscles, bones different parts of the body are built up and maintained by the proteins supplied by the food. Minerals like calcium, iron and phosphorus affect the formation of blood and skeleton tissue (bones). Thirdly, food protects the body against diseases. Here, vitamins play a vital in regulating body processes like growth, eyesight, health of the skin, formation of pr teeth and good digestion. Minerals also act as catalysts for many biological reactions within the body. They are required for building of bones, muscular contraction, and transmission of messages through the nervous system and the digestion and utilization of nutrients in food. Vitamins and minerals are needed for maintaining the general health of the body. Fourthly, water and roughage in foods act as regulatory foods that are needed for the normal functioning of the body. In importance and need, water is next to oxygen. It is required in large amount to regulate body processes such as digestion, excretion, maintenance of body temperature and the electrolyte balance. Roughage helps in good bowel movements.

<p>D. Discussing new concepts and practicing new skills #1 ( Modeling)</p>	<p>D. Discussing new concepts and practicing new skills #1 ( Modeling) Gawain 2: Papalampak ako at uulitin mo. Handa ka na ba? (Pagsasagawa ng echo clapping) Papalampak ako at isusulat ninyo sa hangin ang aking palampak. Handa na ba kayo?  Pak, pak, pak, pak – Isulat ang stick notation sa papel Isulat ang stick notation sa pisara</p>	<p>D. Discussing new concepts and practicing new skills #1 ( Modeling) Aling likhang sining na nasa mga kahon ang nagpapakita ng overlap ? Sundin ang sunod sunod na paraan ng paggawa ng isang likhang sining na nagpapakita ng overlapping</p>	<p>D. Discussing new concepts and practicing new skills #1 ( Modeling) a.Read the following: Lorna lives near her school. She walks in going to school. She looks forward and walks straight transferring her weight from one foot to another. She pushes off with the rear foot and swings her arms as she walks naturally. Who walks in going to school? What action of the body did Lorna do? Describe the actions she has made.</p>	<p>D. Discussing new concepts and practicing new skills #1 ( Modeling) Sagutan ang mga sumusunod na mga tanong? What are the important functions of food in our body?</p>	
<p>E. Discussing new concepts and practicing new skills #2 (Guided Practice)</p>	<p>E.Discussing new concepts and practicing new skills #2(Guided Practice) Tingnan sa loob ng silid aralan kung may mga bagay na makalilikha ng tunog. Anong mga bagay ang nakita mo? Nakita mo ba ang kutsara at tinidor ng guro? Anong uri ng tunog ang malilikha nito? Mataas ba? Mababa ba? Humanap pa ng ibang gamit na maaring makapagbigay ng tunog. Humingi ng pahintulot sa guro upang magamit ito. Gamitin ito sa pagsabay sa rhythmic pattern na nasa tsart. Makisabay sa mga kamag-aral sa pagtugtog gamit ang napiling bagay. Bumilang ng isa, dalawa, tatlo para sa pagpapangkat.</p>	<p>E.Discussing new concepts and practicing new skills #2(Guided Practice) Gumuhit ng mga larawan ng prutas na nagkakapatong –patong sa isa’t isa.  Gamit ang pambura ,burahin ang bahagi ng larawan na nakapatong sa isa pang larawan. </p>	<p>E.Discussing new concepts and practicing new skills #2(Guided Practice) b) Show pictures of a boy sitting and a girl standing in correct posture. Tell them to observe and ask the following:  Processing: What actions of the body are shown in the pictures? Describe the actions performed by the boy and the girl.</p>	<p>E.Discussing new concepts and practicing new skills #2(Guided Practice) Healthy Food and the Body The three basic food groups are go foods which provide us energy such as carbohydrates and fats, grow foods which promote growth and body building as protein and glow foods which regulates body functions such as vitamins and minerals. The Foods You Need and Its Importance: Grow Foods: The examples are chicken, beef, eggs, milk, fish, beans, peanuts, shrimps and white cheese. 1.These foods make you grow. 2.They keep your muscles and bones strong. 3.They help you do your work well. Go foods</p>	

				<p>The examples are rice , sugar, corn , rice cake, camote, bread and cup cake.</p> <ol style="list-style-type: none"> <li>1.They make you strong.</li> <li>2.They help you work and play.</li> <li>3.They help you do many things.</li> <li>4.Without them , you feel weak.</li> </ol> <p>Glow foods:</p> <p>The examples are malunggay, pineapple, saluyot, bananas, ampalaya, avocado, squash, carrot, cabbage, tomato ,orange and guavas.</p> <ol style="list-style-type: none"> <li>1.They make your eyes and skin healthy.</li> <li>2.They keep your body in good condition.</li> <li>3.They help you not get sick.</li> </ol> <p>The right foods help you grow. They help you become healthy. Get just enough of them. Too much may not be good.</p>	
<p>F. Developing mastery ( Leads to Formative Assessment 3)</p>	<p>F. Developing mastery ( Leads to Formative Assessment 3) Lahat ng magkakapareho ang bilang ay magsama-sama. Tingnan sa pisara ang gawain ng bawat pangkat. *Unang Pangkat- Pagmamartsa *Ikalawang Pangkat- Pagpalakpak *Ikatlong Pangkat-Pagtapik</p> 	<p>F. Developing mastery ( Independent Practice)</p>  <p>Pagmasdan mo ngayon ang mga larawang overlapped.</p>  <p>Ngayon naman ay pagmasdan mo kung paano kinulayan ang overlapping na bagay.</p>	<p>F. Developing mastery ( Independent Practice) Reinforcement Activity Let the pupils copy the body actions with the number of indicators on a sheet of paper. They will work by partner to create the shapes and actions of the body and to describe each other's body actions by writing E if excellent, G if good and P if poor under the guidance of the teacher. Let the pupils follow the given rubrics for description. Refer to page 5 of the LM.</p>	<p>F. Developing mastery ( Independent Practice) ) What are the three basic food groups? Give examples of each kind. Give the importance of three basic food groups to our physical health?</p>	

Ikalong Pangkat - Pagtapatik



Body Actions and Shapes	Rating
<b>Standing</b>	
1. Feet are parallel about five to seven cm apart. The body weight is equally carried on both feet.	
2. The knees are straight and relaxed.	
3. The chest is out and stomach in.	
4. The head and shoulders are aligned.	
5. The arms hang relaxed at the sides of the body with palms facing toward the body.	

<b>Sitting</b>	
1. Feet are close together, parallel or with one foot in front of the other.	
2. Hips and knees are flexed approximately 90 degrees to the trunk.	
3. The lower part of the back is supported by the back of the chair.	
4. Body is straight.	
<b>Walking</b>	
1. Walk in one line.	
2. Swing arms moderately forward and backward alternately with one arm moving forward while the other arm moving backward in coordination with the legs.	
3. Back is straight and eyes front.	

What actions of the body did you explore together with your partner?

How did you describe each item in the indicator?

Did you work with your partner?

<p>G. Finding Practical applications of Concepts and skills in daily living</p>	<p>G. Finding Practical applications of Concepts and skills in daily living Tingnan sa loob ng silid-aralan kung may mga bagay na lilikha ng tunog. Madali ka bang nakasunod sa sinasabi ng guro? Bakit? Nagaya mo ba ang kilos ng guro? Nakasunod ka ba sa awit? Anong dapat mong tandaan upang makasunod nang lubusan sa isang gawain?</p>	<p>G. Finding Practical applications of Concepts and skills in daily living (optional) Gumawa ka ng isang likhang sining. Maaari mong iguhit ang mga mga paborito mong bulaklak, halaman o prutas. Ipakita mo ang overlap sa iyong gagawin at kulayan mo ito. Gawin ito sa isang malinis na papel. Lagyan ng pamagat ang iyong ginuhit.</p>	<p>G. Finding Practical applications of concepts and skills in daily living ( Application ) Ask the pupils to form four lines. Tell them to practice walking in a straight line using the given directions. Please see page 2 of the LM for the activity. This action should be done in an open space or playground. 1) Go forward . . . . . 4 counts . . . . . 4 counts 2) Turn right, move forward. . . . . 4 counts . . . . . 4 counts 3) Another turn right and walk forward. . . . . 4 counts 4) Another turn right and walk forward. . . . . 4 counts After the pupils have finished working on the activity, ask the following: What actions of the body did you explore? Describe how you did the walking? What shape have you formed?</p>	<p>G. Finding Practical applications of concepts and skills in daily living ( Application) Ano ang nararapat gawin ng isang batang tulad mo kung ikaw ay nagugutom na ? Ano ang tatlong pangunahing pangkat ng pagkain? Ano ang tungkuling ginagampanan ng tatlong pangkat ng pagkain sa ating pangangatawan? Ang labis na pagkain ba ay nakakabuti sa ating katawan?</p>	<p>3. Pagsagot sa mga tanong sa Pagsusulit</p>
<p>H. Making generalizations and abstractions about the lesson ( Generalization)</p>	<p>H. Making generalizations and abstractions about the lesson ( Generalization) Tandaan: Upang makagaya at maisagawang muli ang mga kilos na nakita at napakinggan, kinakailangang lubos ang ating pakikinig at pagmamasid. Ang paglikha ng echo ay isang paraan upang magaya o maisagawang muli ang tunog.</p>	<p>H. Making generalizations and abstractions about the lesson (Generalization ) Ang pagguhit ng isang bagay sa likod ng isa pang bagay ay nakalilikha ng tinatawag na overlap.</p>	<p>H. Making generalizations and abstractions about the lesson (Generalization ) In order to have correct body shapes while doing some actions we should follow rules in correct sitting, standing and walking.</p>	<p>H. Making generalizations and abstractions about the lesson (Generalization) Food and Health Habits Food Groups Food is important in order to live . There are different kinds of food that the body needs. These are the grow foods, go foods, and glow foods. The grow foods help build the muscles and bones. They make us strong and healthy. Examples of</p>	<p>4.Pagwawasto ng Pagsusulit</p>

				<p>grow foods are eggs, milk , beans , chicken, meat, shrimps and sea shells.</p> <p>Bread , rice, corn, root crops, butter and coconuts are go foods. They give us energy so that we can move.</p> <p>Fruits and vegetables are glow foods. They are good for the eyes and the skin.</p> <p>Health Habits Eating different kinds of food makes our body strong and healthy.</p>	
--	--	--	--	--	--

I. Evaluating Learning

I.Evaluation

Kumuha ng kapareha . Magsasagawa kayo ng limang (5) kilos kasabay ang tunog at ito ay gagayahin ng iyong kapareha. Lagyan ng puntos ang bawat kilos na iyong nagawa nang maayos. Ngayon ay ang kapareha mo naman ang gagawa ng iyong ginawa .

I.Evaluation

Ang bawat isa ay magpapalitan ng kanilang likhang sining. Tingnang mabuti ang likhang sining at sagutan ang mga tanong:

- 1.Ano-anong hugis ang iyong nakikita sa likhang sining?
- 2.May overlap ba sa likhang sining?
- 3.Ano-anong bagay ang mga nag-overlap ?
- 4.Paano ginawa ang overlap ?

GAWAIN 3  
IPAGMALAKI MO

1.Ano-anong hugis ang iyong nakikita sa likhang sining?	
2.May overlap ba sa likhang sining?	
3.Ano-anong bagay ang mga nag-overlap ?	
4.Paano ginawa ang overlap ?	

IV. Evaluation

Let the pupils copy the letter of the given body actions with the number of indicators on a sheet of paper. They will describe each picture's body actions by writing E if excellent, G if good and P if poor. Please refer to page 7 of the LM.

Key to Corrections:  
Reinforcement Activities  
Descriptions may vary depending on the shapes and actions of the body of the pupil's partner.

Evaluation

Body Actions and Shapes	Description
<b>Standing (Picture A)</b>	
1. Feet are parallel about five to seven cm apart. The body weight is equally carried on the heels and balls of the feet.	?
2. The knees are straight and relaxed.	?
3. The chest is out and the stomach in.	?
4. The head and shoulders are aligned.	?
5. The arms hang relaxed at the sides of the body with palms facing toward the body.	?
<b>Sitting (Picture B)</b>	
6. Feet are close together, parallel or with one foot in front of the other.	E
7. Hips and knees are flexed approximately 90 degrees to the trunk.	E
8. The lower part of the back is supported by the back of the chair.	E
9. Feet flat on the floor.	E
<b>Walking (Picture C)</b>	
10. Walk in one line for both feet.	E
11. Back is straight and eyes front.	E
12. Swing arms moderately forward and backward alternately with one arm moving forward while other arm moving backward in coordination with the legs.	?

I.Evaluation

A.Write the letter of the correct answer on the space provided before each number.

- \_\_\_\_\_1.Which are grow foods?  
chicken and fish  
rice and bread  
fruits and vegetables  
juice and softdrinks
- \_\_\_\_\_2.Which are glow foods?  
a. chicken and fish  
b. rice and bread  
c. fruits and vegetables  
d. juice and softdrinks
- \_\_\_\_\_3.Which are go foods?  
a. chicken and fish  
b. rice and bread  
c. fruits and vegetables  
d. juice and softdrinks
- \_\_\_\_\_4.Which foods below will help you work and play?  
a. tomatoes and onions  
b. guavas and oranges  
c. corn and butter  
d. squash and pineapple

5.Pagtatala ng Nakuhang Puntos ng mga bata

\_\_\_\_\_ 5. Which foods below will make your eyes and skin healthy?

- a. chicken and fish
- b. rice and bread
- c. fruits and vegetables
- d. juice and softdrinks

Tell whether each food item is a grow , go or glow food.

1.



[www.pic2fly.com](http://www.pic2fly.com)

2.



<https://ymedicine.blogspot.com>

3.

				 <p>alfa.img.com</p> <p>4.</p>  <p><a href="http://www.dietminded.com">http://www.dietminded.com</a></p>	
J. Additional activities for application or remediation ( Assignment)	J. Additional activities for application or remediation ( Assignment) Pumili ng kapareha at lumikha ng limang tunog na maaaring ulitin o gayahin. Ipakita ito sa klase sa malikhaing paraan.	J. Additional activities for application or remediation ( Assignment)	J. Additional activities for application or remediation ( Assignment) Let the pupils ask his or her brother or sister to do the walking, sitting and standing. Describe the shapes and actions of his/her body using the checklist used. Refer to page 7 of the LM	J. Additional activities for application or remediation ( Assignment) Magsaliksik sa internet ng mga larawan ng masustansiyang pagkain o kaya'y iguhit ang mga ito sa inyong kuwaderno.	Item Analysis
V. REMARKS					
VI. REFLECTION					
A. No. of learners who earned 80% on the formative assessment					

B. No. of Learners who require additional activities for remediation					
C. Did the remedial lessons work? No. of learners who have caught up with the lesson.					
D. No. of learners who continue to require remediation					
E. Which of my teaching strategies worked well? Why did these work?					
F. What difficulties did I encounter which my principal or supervisor can help me solve?					
G. What innovation or localized materials did I use/discover which I wish to share with other teachers?					