LEARNING AS ONE NATION

Expanded Project

PE and Health 12_1

S H S L E A R N I N G A C T I V I T Y

Name: _____ **Score/Mark:** _____

Grade and Section: _____ **Date:** _____

Strand: ☐ STEM ☐ ABM ☐ HUMSS ☐ ICT (*TVL Track*)

Subject: ***Physical Education and Health***

Type of Activity: ✓☐ Concept Notes ☐ Skills: Exercise/Drill ☐ Illustration ☐ Performance Task ☐ Essay/Report ☐ Others: _____

Activity Title: Introduction to HOPE 3

Learning Targets: To define health.
To describe HOPE 3.

References: *(Author, Title, Pages)*
(1) http://www.who.int/about/
(2) K to 12 S.H.S. Core Curriculum – Physical Education and Health 2016
(3) J. A. Galagala, CVIF Learning Activities

As defined by the World Health Organization, **health** is "*a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.*"

The COVID-19 pandemic has pushed many of us to self-isolate and practice social distancing but this should not prevent us from staying active. Exercising at home and maintaining an active lifestyle is an important part in keeping both of your body and mind healthy.

Health-Optimizing Physical Education (H.O.P.E.) 3

This course on physical education includes rhythmical movement patterns, the appreciation of Philippine folk dance, indigenous and traditional dances as well as other dance forms. At the end of this course, you will be able to lead dance events in your household or community, while strictly following pandemic safety protocols. You will do this with proficiency and confidence and thus influence others positively while boosting your own health and wellness.

Vocabulary: Underline the term closest in meaning to the given word.

1. Infirmity (weakness; hospital)
2. Contemporary (at the same period of time; old-fashioned)
3. Folk (ethnic; foreigners)

Task: "Healthy Me"

On a long bond paper, draw a representation of your healthy self. You may cut out a picture of your face and use it for the head part of your illustration. At the bottom, write your answer to the question: For you, what does being healthy mean?