

6
Grade



(GCED)
**Global
Citizenship
Education**
Lesson Exemplar
**PHYSICAL
EDUCATION**

Copyright © 2021 Asia-Pacific Centre of Education for International Understanding,
Philippine Normal University, and Department of Education-Philippines

All rights reserved. No part of this book may be reproduced or used in any manner without
written permission of the copyright owner except for the use of quotations in a book review.

Published by

Asia-Pacific Centre of Education for International Understanding
and
Philippine Normal University
Manila, Philippines

Learning Area: Physical Education
Grade Level: 6

Title: Assessment of Physical Activities and Physical Fitness (Physical Activity Pyramid)
Project: Global Citizenship Education Curriculum Development and Integration in the
Philippines

Editorial Board

Writer: Anna Lou M. Carreon

Layout Artists: John Ray D. Barcena and Ariel C. Malate

Language Editor: Ali G. Anudin

Content Editor: Madonna C. Gonzales

Developmental Editor: Madonna C. Gonzales

Associate Editors: Serafin A. Arviola Jr., Carl O. Dellomos, Zyalie L. Bedural,
Rowena R. Hibanada, and Gerry C. Areta

Managing Editors: Carl O. Dellomos and II Timothy D. Salegumba

Chief Editor: Carl O. Dellomos

Reviewers

Joana Marie Carina M. Gabunilas, Russell John M. Ronquillo, Wesly M. Tayag, Mary Grace O.
Awkit, Welbert D. Borlado, and Emerson O. Sabadlab

Consultants

Bert J. Tuga, Jocelyn DR Andaya, and Rita B. Ruscoe

Project Management Team

Project Director: Serafin A. Arviola Jr.

Deputy Project Director: Carl O. Dellomos

Core Team Members: Zyalie L. Bedural, Rowena R. Hibanada, and Gerry C. Areta

Faculty Assistant: Iona Ofelia B. Zanoria

Technical Assistants: II Timothy D. Salegumba and Jean Pauline E. Maur

ISBN: 979-11-87819-28-8

APCEIU Publication Number: BE-RND-2021-080

Learning Area: Physical Education

Grade Level: 6

Quarter: 1st

GCED Domain/s: Cognitive, Socio-Emotional, Behavioral

GCED Indicator/s:

D1.1.b Explain communicative contexts and respectful dialogue
D2.1.b Communicate various perspectives through discourses and dialogues
D3.1.e Design initiatives to advance common good

GCED Theme and Topic:

T2.2 Cultural Expressions and Intercultural Exchanges and Communication
T2.3 Diversity, Coexistence, Indigenization, and Global Communities
T2.4 Discrimination based on Gender, Ethnicity, Disabilities, and Religious Beliefs

Enhanced Content Standard/s:

The learner demonstrates understanding of participation and assessment of physical activities and physical fitness for personal, family, and community fitness and health.

Enhanced Performance Standard/s:

The learner participates actively and assesses performance in target, striking, and fielding games physical activities. (e.g Target games- Tumbang preso, tamaang-tao/batuhang, bola, tatsing), striking/fielding games (syato, basagang palayok, kickball)

Note: Games are not limited to the above listed activities.

Time Allotment:

40 minutes



TABLE OF CONTENTS

Lesson Title

Lesson Introduction

Lesson Objectives (What I Need to Know/ Alamin) 4-5

Pretest (What I Know / Subukin) 6

Lesson Proper

Review (What's in / Balikan) 7

Activity (What's New / Tuklasin) 8

Discussion (What is It / Talakayin) 9-13

Enrichment Activities (What's More / Pagyamanin) 13-16

Generalization (What I Have Learned/ Isaisip) 17

Reflection (Why is it meaningful and relevant / Isapuso) 18

Application (What I Can Do / Isagawa) 19

Assessment / Tayahin 20-23

Answer Key / Susi sa Pagwawasto 24

References / Sanggunian 25

ASSESSMENT OF PHYSICAL ACTIVITIES AND PHYSICAL FITNESS (**PHYSICAL ACTIVITY PYRAMID**)



LESSON INTRODUCTION

Engaging in Physical Education provides you with a holistic benefit in all aspects of life. It improves physical competence with values-based learning that helps you acquire the skills needed for success in the 21st Century. It develops you as a student who is concerned with social responsibility through active participation in a variety of individual, team, and lifelong physical activities as well as understanding and embodying the value of engaging for healthy, enjoyable, challenge, self-expression, and/or social interactions.

Moreover, regular participation in quality physical education and physical activity will decrease the risk of non-communicable diseases.

However, the requirement in participating in physical education is a dilemma across the world. Due to this, physical inactivity together with increase of associated disease risk have been described as a pandemic by World Health of Organization (WHO).

People who are inactive or lethargic potentially have increased risk of death compared to people who are physically active. As a result, calls for action to increase physical activity across the lifespan is crucial.

In response to the necessity to find ways to make physical activity a health priority for all ages, different government agencies, non-government organizations, and other private sectors work together to fight this global dilemma. Physical Education is the way to go to remedy this global health problem. But this could only be fully achieved with the help of the different sectors in society.

In this lesson, you are going to understand the importance of quality physical education and physical activity to be active citizens of our society.

LET'S START



Exploring Philippine Physical Activity Pyramid will guide you on how much time you should allot to your physical activities, and what different activities you can choose and include in your daily lifestyle.

LESSON OBJECTIVES

(WHAT I NEED TO KNOW / ALAMIN)

After going through this lesson, you are expected to:

Cognitive

- Describe and identify physical activity illustrated in the PHILIPPINE PHYSICAL ACTIVITY PYRAMID;
- Enumerate activities and explain benefits derived;
- Engage in various physical activities mindful of safety precautions;

Socio-emotional

- Display interest and satisfaction through active participation; and

Behavioral

- Exhibits consciousness and willingness to engage in socio-civic plan of action.

PRETEST

(WHAT I NEED TO KNOW / SUBUKIN)

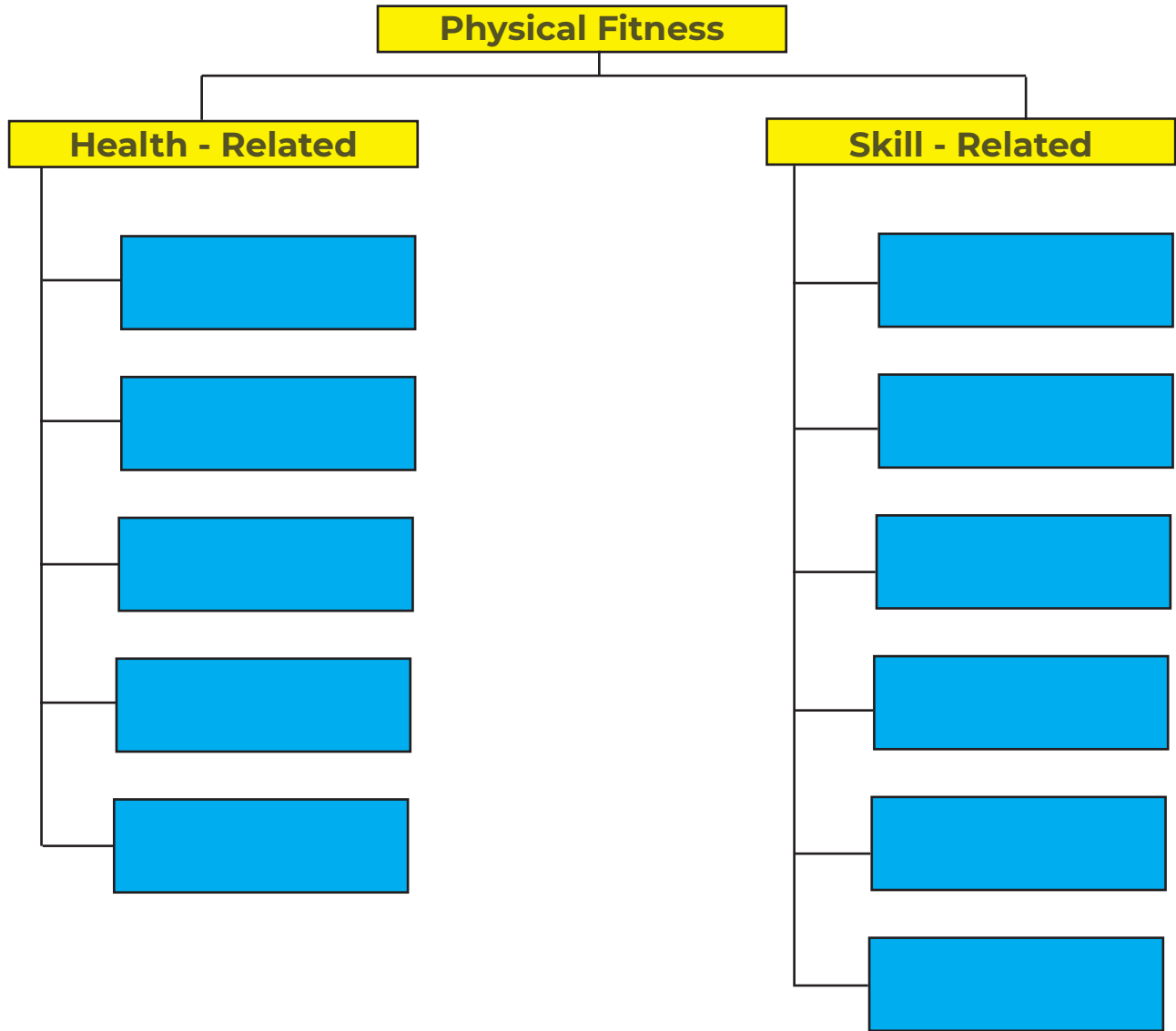
Directions: Read each question carefully and choose the letter of the correct answer. Use a separate sheet.

- Which physical activity promotes cardiovascular endurance?
A. Cycling
B. Jump Roping
C. Running
D. All of the above
- Which among the following activities describes muscular endurance?
A. Push Up
B. Curl Ups
C. Weightlifting
D. A and B only
- What activity best represents flexibility?
A. Jumping
B. Laying down
C. Stretching
D. Running
- What is the best guideline or diagram to be followed in your everyday activity?
A. Food Pyramid
B. Physical Activity Pyramid
C. Daily Exercise Pyramid
D. Daily Habit Pyramid
- Which among the following activities is considered as an EVERYDAY activity?
A. Playing Games
B. Bowling
C. Household chores
D. Dancing
- Which of the following is an example of Aerobic Exercise?
A. Running
B. Playing Computer Games
C. Weightlifting
D. Golf
- Which is an example of CUT DOWN on activity?
A. Swimming
B. Watching TV
C. Playing Sports
D. Gardening
- Which among the following is NOT a benefit in doing physical activities?
A. Become Physically Fit
B. Maintain your ideal weight
C. Aggravate Cardiovascular Diseases
D. Reduce anxiety, depression, and stress
- What does the acronym WHO stand for?
A. World Health Operation
B. World Health Organization
C. World Health Office
D. World Health Optimum
- What type of activities are Push-ups, Planking, and Sit-ups?
A. Aerobic Activity
B. Inactivity
C. Lifestyle Activity
D. Muscle Strengthening

LESSON PROPER

REVIEW (WHAT'S IN / BALIKAN)

Directions: Classify the health-related and skill-related physical fitness components in the word bank below, and place them in the graphic organizer.



PHYSICAL FITNESS COMPONENTS		
Agility	Power	Reaction Time
Muscular Endurance	Speed	Body Composition
Flexibility	Coordination	Balance
Cardiovascular Endurance	Muscular Strength	

Guide Questions:

1. Why do you think is physical fitness important?
2. How do you measure one's physical fitness?
3. How do you maintain or improve your physical fitness level?
4. How would you apply the physical fitness components in your daily activities?

LESSON PROPER

ACTIVITY (WHAT'S NEW / TUKLASIN)

The Great Pyramid of Giza

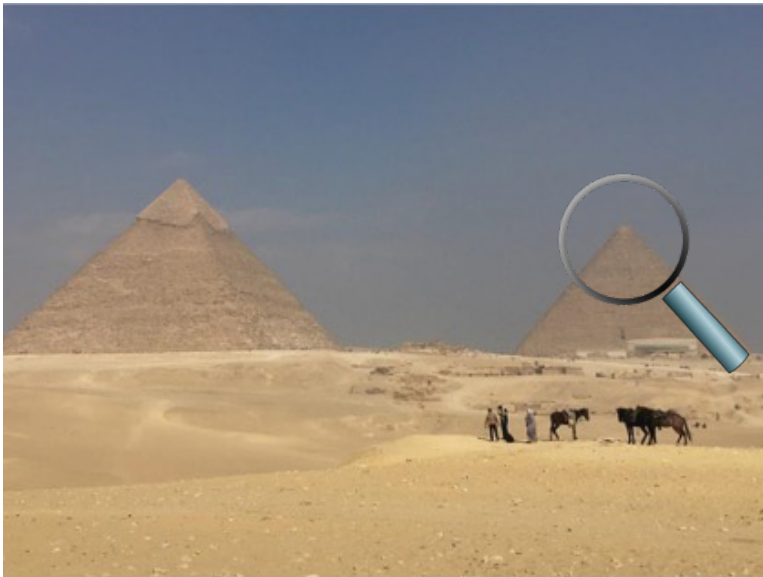


Photo credits to Anna Lou M. Carreon

Did you know?

The pyramid's smooth, angled sides symbolized the rays of the sun and were designed to help the king's soul ascend to heaven and join the gods, particularly the sun god Ra.



Photo credits: Anna Lou M. Carreon

Can you name this famous landmark in Egypt that has triangular shape and considered as one of the Seven (7) Wonders of the Ancient World?



Essential Questions:

1. As a student, how will you help to preserve and promote The Pyramid of Giza and their beliefs as a cultural heritage?
2. What are your thoughts about their belief that "A HEALTHY CHILDHOOD WAS THOUGHT TO LEAD TO A HEALTHY AND PRODUCTIVE ADULT MEMBER OF THE COMMUNITY"?
3. Do you know any concepts in Physical Education that represents a pyramid?

LESSON PROPER

DISCUSSION (WHAT IS IT / TALAKAYIN)

A pyramid is a monumental structure constructed with stone or brick and having a rectangular base and four sloping triangular (or sometimes trapezoidal) sides meeting at an apex (or truncated to form a platform).

<https://www.britannica.com/technology/pyramid-architecture>

If the pyramid in Egypt depicts honor to Pharaohs and serves as a tomb or burial site to the royal family, we have a pyramid in Physical Education that helps you stay active and live a healthy lifestyle that may offer you eternal youth and long life.

This pyramid can be used as an illustration on how to become a physically active individual to achieve lifelong fitness and wellness. It is divided into different parts from wide base, middle, and top portions which activities can be done moderately to vigorously. However, there are some activities which can only be done occasionally.



But before we proceed to the Physical Activity Pyramid, let us talk about what is Physical Activity is and its benefits.

PHYSICAL ACTIVITY

The World Health Organization (WHO) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. It refers to all movements including those done during, leisure time, for transport to get to and from places, or as part of a person's work. Both moderate- and vigorous-intensity physical activity improve health.

Regular physical activity is proven to help prevent and manage non-communicable diseases such as heart disease, stroke, diabetes, and several types of cancer related illnesses. It also helps prevent hypertension, maintains healthy body weight, and improves mental health, quality of life and well-being.

RECOMMENDED PHYSICAL ACTIVITY

WHO guidelines and recommendations provide details for different age groups and specific population groups on how much physical activity is needed for good health.

Children and adolescents aged 5-17 years old

- should do at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity, across the week.
- should incorporate vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, at least 3 days a week.
- should limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity can:

- Improve muscular and cardiorespiratory fitness;
- Improve bone and functional health;
- Reduce the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer (including breast cancer and colon cancer), and depression;
- Reduce the risk of falls as well as hip or vertebral fractures; and
- Help maintain a healthy body weight.

Countries and communities must take action to provide everyone with more opportunities to be active and to increase physical activity. This requires a collective effort, both national and local, across different sectors and disciplines to implement policy and solutions appropriate to a country's cultural and social environment to promote, enable and encourage physical activity.

IN THE PHILIPPINE SETTING...

In response to this global problem, the Philippine Association for the Study of Overweight and Obesity conceptualized the *Filipino Pyramid Activity Guide*.

The **Philippine Physical Activity Pyramid** is a plan that is prepared for someone to be guided in having an active lifestyle. It is the division of how much time you should allot to your physical activity. People just perform activities they want to do and need to do but not what they should perform. Being involved in regular physical activities will give you extreme benefit on top of being physically fit.

The Physical Activity Pyramid presents four levels of physical activity:

- **Level 1: Lifestyle Activities-** composed of activities or habitual tasks that most of us do every day. These activities can improve your overall health. Examples are walking to school or work, climbing stairs, cleaning the backyard, and doing household chores.

- **Level 2: Active Aerobics and Sports and Recreational Activities-** this shows the activities that you should do regularly, at least three times a week or as much as five times a week. This includes activities such as walking, jogging, biking, swimming, and hiking.

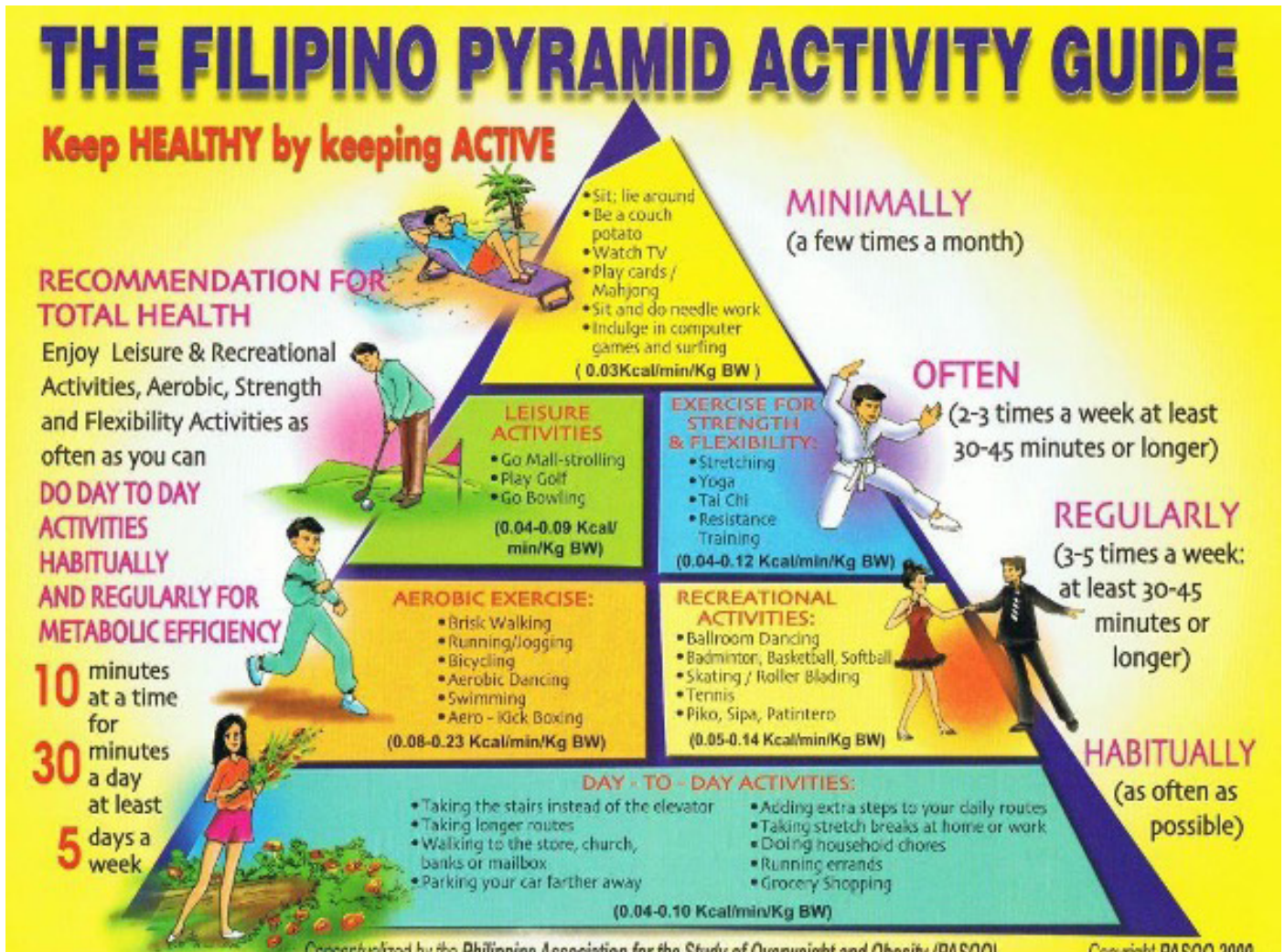
While the other portion of Level 2 is all about Sports and Recreational Activities namely Ballroom Dancing, Football, Basketball, Badminton, Tennis, and Laro ng Lahi (Indigenous Games).

- **Level 3: Flexibility Exercises and Strength/Muscular Development exercises-** composed of leisure activities and exercises. These activities and exercises are less demanding compared to those in the second level of the pyramid. This includes activities that help to increase coordination, improve balance, and reduce risk of injury. Examples are Stretching, Kicking, Yoga, Martial Arts, and the like.

On the other side, leisure activities are the focus in this Level 3. Muscular Endurance exercises include Resistance Training. However, it is not recommended for youngest children.

• **Level 4: Rest and Inactivity**- composed of the activities you should do least. The people who follow these lifestyles do not participate in any physical activity.

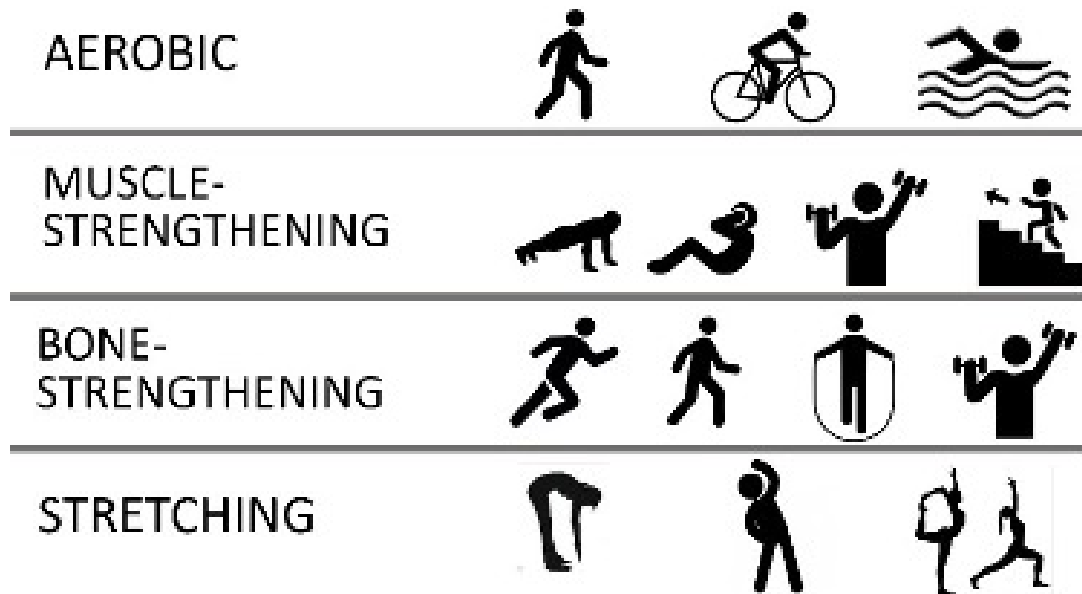
Lastly, the Level 4 is about Rest & Inactivity. This level includes sedentary activities such as Watching Television, playing computer games, Reading, and Sleeping.



Guide Questions:

- **Aerobic** - Also called endurance activity, involves the use of large muscles such as those in the legs and arms. This activity benefits one’s heart and lungs the most.
- 2. What are examples of lifestyle physical activities that can be done at home or work?
 - **Muscle-strengthening** - improves strength, power, and endurance of muscles.
 - **Bone-strengthening** - makes bones strong. In this activity, the feet, legs, or arms support the body’s weight, and the muscles push against the bones. Weight-bearing physical activity causes new bone tissue to form, and this makes bones stronger. Examples of bone-strengthening activities are running, walking, jumping rope, and lifting weights.

According to the United States Department of Health & Human Services, there are four (4) types of physical activity:



1. What are the six (6) parts of the Physical Activity pyramid?
2. What are examples of lifestyle physical activities that can be done at home or work?
3. Can some sporting events be classified as lifetime physical activities? Why or why not?
4. Where are lifestyle physical activities placed on the Physical Activity Pyramid? Why do you think are they categorized in that particular group?
5. What distinguishes aerobic activity from lifestyle activities?
6. What kind of activities would you suggest to people who sit on the couch or play computer games most of the time?
7. If you are active for fifteen (15) minutes a day, at least how many more minutes of daily physical activities do you think you need?
8. Active and aerobic play makes you sweat and increases your heart rate. What is an example of this kind of activity?
9. What is your favorite physical activity? In what pyramid group does it belong?
10. Do you think it is necessary to follow this Physical Activity Pyramid? Why or why not?

NOTE- Muscle-strengthening and bone-strengthening activities also can be aerobic, depending on whether they make your heart and lungs work harder than usual. For example, running is both an aerobic activity and a bone-strengthening activity..

·Stretching- helps improve your flexibility and your ability to fully move your joints. Touching your toes, doing side stretches, and doing yoga exercises are examples of stretching.

If You Rarely Do Physical Activity	If You Do Physical Activity Sometimes	If You Do Physical Activity Often
Begin with activities at the base of the pyramid	Be more consistent with activities in the middle of the pyramid	Choose a mix of aerobic, flexibility, and strengthening activities
• Walk whenever you can	• Walk whenever you can	• Mix up your routine to keep it fun
• Make physical activity a part of your leisure time	• Set weekly and monthly goals	• Try new physical activities
• Set realistic goals, and work your way up toward the middle of the pyramid	• Partner with a friend or family member to do physical activity together	• Challenge yourself with new goals

Source: Adapted from The Activity Pyramid. Pyramids of Health, Park Nicollet HealthSource 2002.

LESSON PROPER

ENRICHMENT ACTIVITIES (WHAT'S MORE / PAGYAMANIN)



Enrichment Activity 1: Physical Activity Checklist

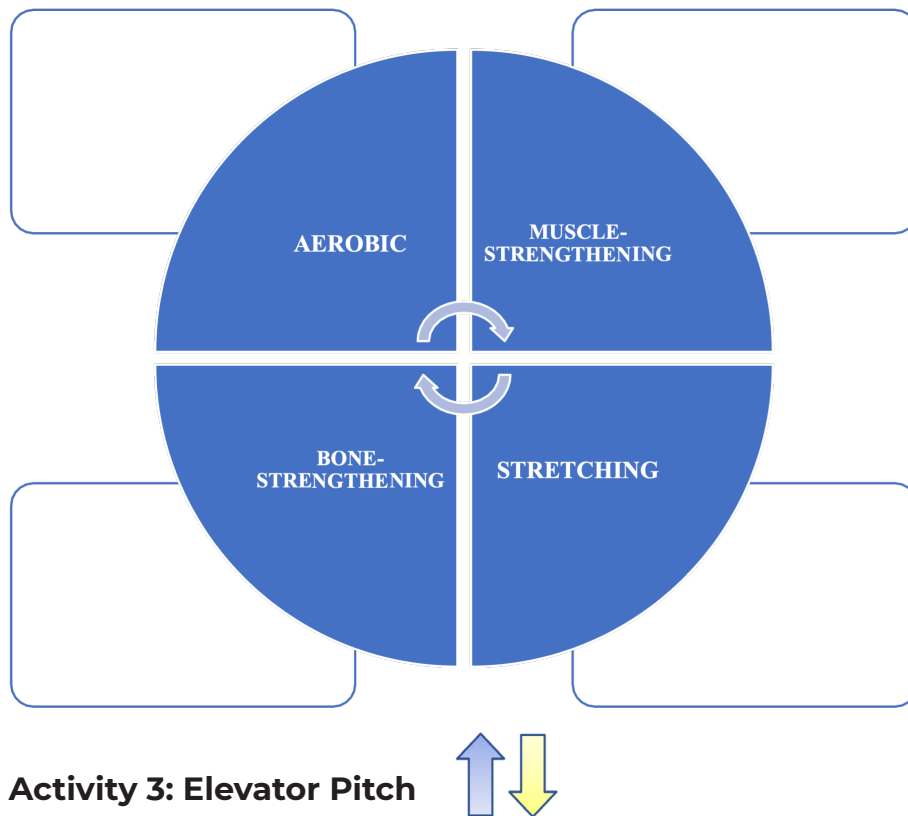
Direction: Check the column that shows how often do you perform the following activities.

Physical Activity	Habitually Everyday	Regularly	Often	Minimally
1. Playing Sports				
2. Do household chores				
3. Playing computer games				
4. Playing "Laro ng Lahi"				
5. Playing sports				
6. Taking stairs				
7. Watching TV				
8. Surfing on the internet				
9. Dancing				
10. Exercising				
11. Stretching				
12. Biking				
13. Mall Strolling				
14. Yoga				
15. Resistance Training				
Total:				

Based on your answers in the checklist above, how will you evaluate your participation in physical activities? Can you consider yourself a physically active individual? Why or why not?

Enrichment Activity 2: Types of Physical Activity

Direction: List down the different examples of physical activities in Aerobic, Muscle-Strengthening, Bone-Strengthening, and Stretching. (e.g Exercises, Laro ng Lahi, Games, etc.)



Enrichment Activity 3: Elevator Pitch

Direction: List down the different examples of physical activities in Aerobic, Muscle- Strengthening, Bone-Strengthening, and Stretching. (e.g Exercises, Laro ng Lahi, Games, etc.)



Enrichment Activity 3: Elevator Pitch

This activity helps you think fast and get your point across. It is all about choosing and using words carefully and persuasively to achieve your goals in any conversation.

You must convincingly “pitch” an idea, concept, product/service or proposal in the time it takes to ride an elevator (about 30 to 60 seconds) so this is a timed exercise. Make some notes about what you want to say; some topic ideas and note space are provided below. Enjoy the ride!

• If you were given a chance to talk to the president and you only have 30-60 seconds to pitch your idea on How to Promote Physical Activity to Filipino Citizens.

• It can be a product or service you are offering, special project you need to fund, a campaign, an advertisement, etc.

Title: _____

PROJECT PROPOSAL

ELEVATOR PITCH RUBRIC

CRITERIA	Poor (1-2 pts)	Fair (3 pts)	Good (4 pts)	Great (5 pts)	
Intro/Hook	Minimal relevance, 3+ pieces of info. missing.	Minimal relevance, 1-2 pieces of info. missing.	Demonstrated relevance and includes all information.	Outstanding relevance and creativity. It includes all information.	
Aspirations/Goals	Aspirations are not described at all, or if they are they are unclear and/or obviously unrealistic.	Description of aspirations is moderately clear; goals could be unrealistic.	Describes aspirations in a clear manner; they seem realistic but are downplayed, apologetic, or unnecessarily wordy.	Describes aspirations in a clear and concise manner; they seem realistic and are targeted to a specific position.	
Because/Why	No clear goals.	Presented some information and relevance of the idea.	Presented most information and relevance of the idea to everybody.	Presented complete information and relevance of the idea to everybody.	
Realistic	Unrealistic at all.	Your goals seems either too specific, ambitious, or related to fame	Mostly realistic expectations, but no evidence presented.	Realistic in the difficulty and complexity of the challenge.	
Closing/Invitation	No mention of ending the conversation or follow-up steps.	Ending the conversation and follow-up steps could be enhanced.	Has a strategy for ending the conversation.	Has a clear strategy for ending the conversation. Follow-up steps indicate action; exchange of information has occurred.	
Grammar/Clarity	5 or more errors in grammar and/or verb tense	3-4 errors in grammar and/or verb tense.	1-2 errors in grammar and/or verb tense.	No errors in grammar and/or verb tense.	
Length	Pitch length is too short (less than 5 sentences).	Pitch length is too long (14+sentences).	Pitch length could be improved. Is either too short (5-6sentences/ under 50 sec), or too long (11-13 sentences)	Pitch length is appropriate. (Typically, 7-10 sentences, or under 90 seconds)	
Total					

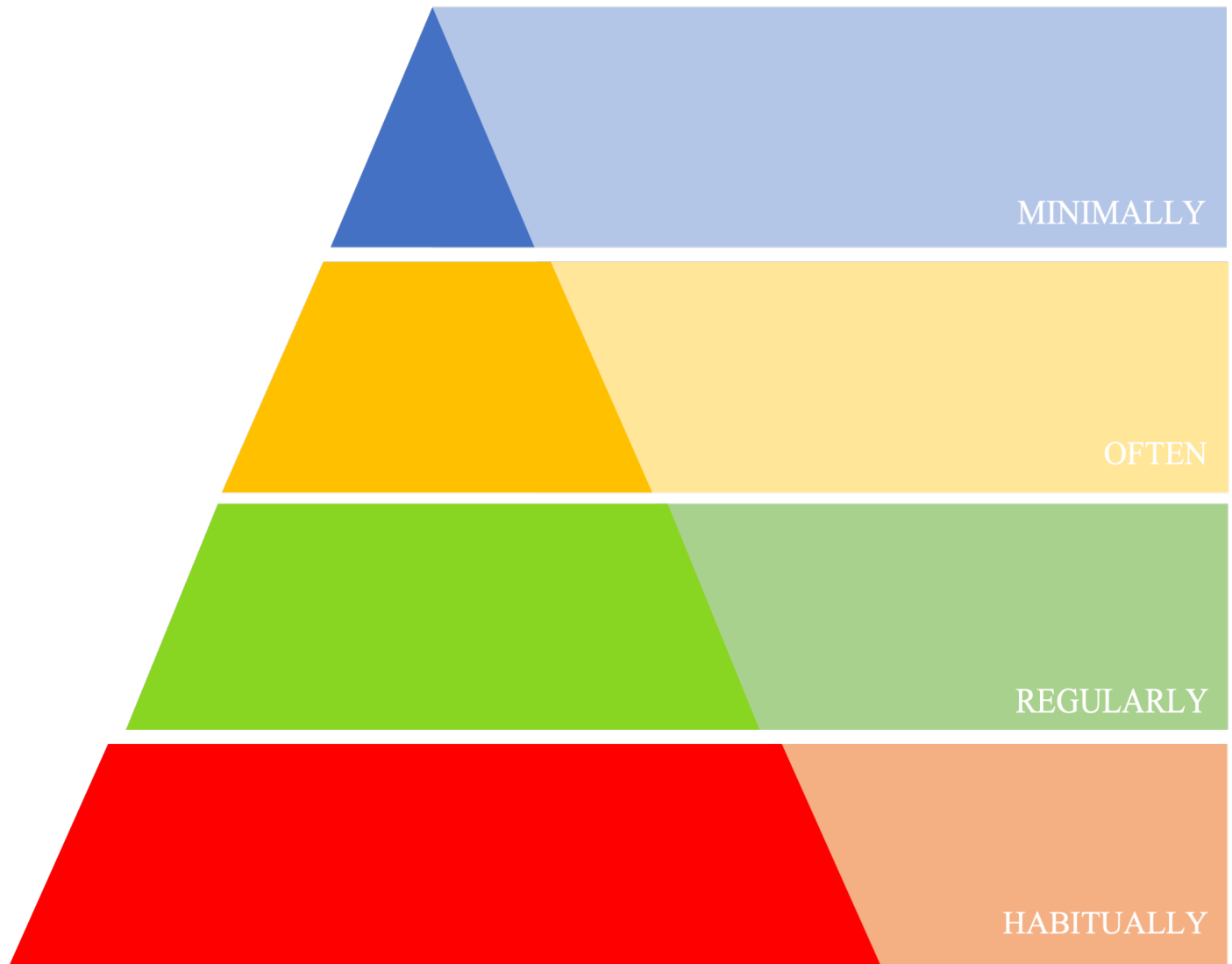
(Note: These are only suggested activities and it is not required to do all the enrichment activities.)

LESSON PROPER

GENERALIZATION (WHAT I HAVE LEARNED / ISAISIP)

My Own Physical Activity Pyramid

Direction: List your activities for a week. Draw or post your picture with your family or friends in the space provided.



Essential Questions:

1. Which activities listed in your pyramid can you do with your friends or family?
2. Why is it important to have your own physical activity pyramid?
3. What are the benefits you will gain in engaging yourself in physical activities?
4. How will you encourage your friends and family to do their own physical activity pyramid?

LESSON PROPER

REFLECTION (WHY IS IT MEANINGFUL AND RELEVANT / ISAPUSO)



SUSTAINABLE DEVELOPMENT GOALS

3 GOOD HEALTH AND WELL-BEING

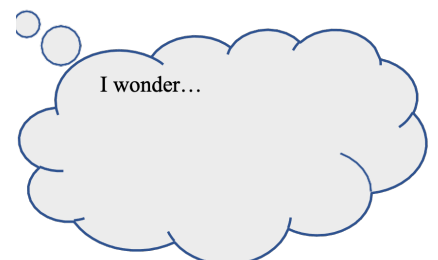
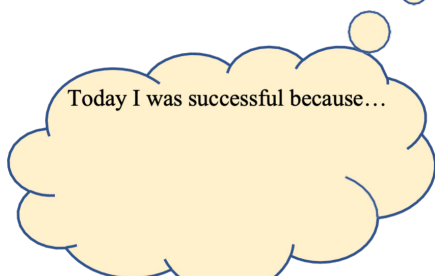
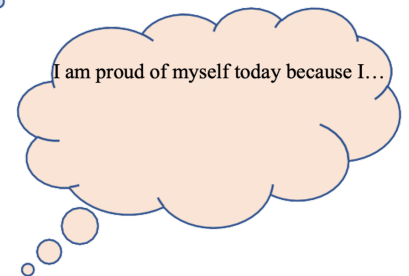
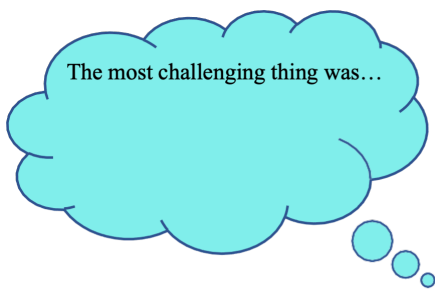
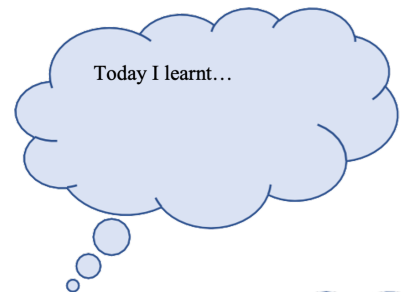
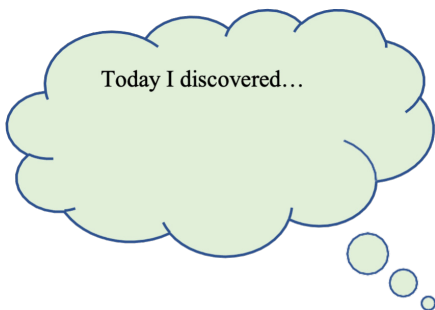


In our lesson today, it is emphasized that physical activity has a direct association in promoting physical and mental health and well-being, prolong life as well as reducing obesity and the risk of non-communicable diseases.

Promoting active lifestyle supports Sustainable Development Goal 3 Good Health and Well-being. Ensuring healthy lives and promoting well-being at all ages is essential for stabilizing the global economy.

REFLECTIVE THINKING

Directions: Complete the sentence inside the bubble thought. Cut out your picture and paste it into the human shape figure located at the center.



LESSON PROPER

APPLICATION (WHAT I CAN DO / ISAGAWA)



Directions: Using the Physical Activity Log, you can easily monitor and measure your commitment and progress in engaging in different Physical Activities. Record in the remarks column all the things you learned and experienced. Also, indicate any changes you would like to make for the following week, if necessary. Also, you can include what is not working and what might help you be active more regularly.

PHYSICAL ACTIVITY LOG

DATE	TYPE OF ACTIVITY (Aerobic, Muscle-Strengthening, Bone-Strengthening, Stretching)	LEVEL OF PHYSICAL ACTIVITY (Low, Moderate, Vigorous)	GOAL	MINUTES OF ACTIVITY OR NUMBER OF STEPS	REMARKS
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

NOTE:

ASSESSMENT

TAYAHIN



Activity 1: Fact or Myth:

This activity is about differentiating between fact and opinion. A fact may be proven either true or false. An opinion is an expression of feeling or point-of-view and may be proven true or false.

Directions: Statements listed below are either fact or opinion. If it is a fact, check on F and then briefly explain how it can be proven.

If it is myth, check on M and briefly explain why you feel it cannot be proven. Compare answers with your friends and share your views with each other.

STATEMENT	F	M	PHYSICAL
1. If you are not sweating, you are not working.			
2. No Pain, No Gain			
3. Physical Activity includes daily household chores.			
4. Stretch Before You Exercise			
5. More is Always Better			
6. You are too old to exercise			
7. Aerobic exercises boost your metabolism.			
8. Lifting weights will make you bulky.			
9. Exercise improves brain performance.			
10. Crunches Get Rid of Belly Fat.			

WHAT TO DO



Through the advent of technology, research shows that children spend more time sitting down while surfing the internet, playing computer games, and watching online.

It is very important for people of all ages and abilities to be as active as possible. WHO's Be Active campaign aims to help you maintain your fitness level and to have some fun at the same time.

Looking back at the Philippine Physical Activity Pyramid as your guide, it is now easy to choose and sort exercises or activities which are more appropriate to you and to your family.

Activity 2: #HealthyAtHome

- Create an infographic or short video clip that advocates WHO's Be Active Campaign using different online tools or applications.
- Do this activity together with the members of your family.
- Follow safety protocols and observe exercise precautionary measures.
 - Wear comfortable clothing and well-padded shoes that can protect the heels and arches of the feet;
 - Put on appropriate gear for the activity, such as helmets and protective pads for cycling;
 - Always warm up before doing exercise and cool down afterwards to lower the risk of strains and sprains;
 - Take appropriate breaks during the activity;
 - Do not exercise with an empty stomach. Eat something light to give you some stamina. Do not exercise immediately after a full meal because this will affect digestion;
 - Replenish extra fluids before, during and after physical activity, especially for prolonged exercise;
 - Beware of the weather and environmental conditions. Avoid doing outdoor vigorous exercises in hot or humid weather;
 - Listen to the body. Do not exercise when unwell. If there is dizziness, shortness of breath, chest pain, nausea or vomiting, or muscle and joint pain during exercise, stop the activity and seek medical advice as soon as possible; and
 - Observe social distancing and wear your mask.
- Post your work in your different social media accounts and use the hashtags #HealthyAtHome and #Team (create your own hashtag like use your family name or words that describe your family. e.g #TeamCarreon, #TeamActive, #TeamPalakas)
- You will be graded using the rubric provided. Make sure to read and use as your guide in creating your videos or infographics.

Sample Infographics:



INFOGRAPHICS



CRITERIA	Advanced (5 pts)	Proficient (4 pts)	Progressing (3 pts)	Basic (1-2 pts)	Points
Content	The infographic includes all of the required information as outlined on the assignment sheet in an exceptional manner.	The infographic includes all of the required information as outlined on the assignment sheet in an exceptional manner.	The infographic is missing some of the required information as outlined on the assignment sheet.	The infographic is missing several pieces of the required information as outlined on the assignment sheet.	
Graphics	Graphic elements support and enhance the message in an exceptional manner.	Graphic elements support and enhance the message	Graphic elements somewhat support and enhance the message.	raphic elements somewhat support and enhance the message.	
Presentation/ Formatting	Infographic is formatted to enhance maximum readability and audience understanding. Consistency in formatting is clearly evident. Exceptional use of typeface, text effects, type size, and assigned color.	Infographic is formatted to enhance readability and audience understanding. Consistent in formatting is evident. Appropriate typeface, text effects, type size, and assigned color are used.	Infographic is somewhat formatted to enhance readability and audience understanding. Consistency in formatting is somewhat evident. Semi-appropriate typeface, text effects, type size, and assigned color are used.	Infographic is not formatted to enhance readability and audience understanding. Consistency in formatting is not evident. Appropriate typeface, text effects, type size, and assigned color are not used.	
Work Quality	Quality of infographic exceeds expectations. Contains no grammar errors. The infographic is clear, and concise.	The work was done with satisfactory effort. Criteria was met. Contains 1-2 grammar errors. The infographic is fairly clear and concise.	Final product shows little effort, quality is not what the learner is capable of. It is evident that the work was rushed. Work is incomplete. Contains 2-3 grammar errors. The infographic is somewhat clear or concise.	Final product does not show effort, quality is not acceptable. It is evident that the work was rushed. Work is sloppy and incomplete. Contains more than 4 grammar errors. The infographic is not very clear or concise.	
TOTAL					

<https://www.rcampus.com/rubricshowc.cfm?code=MX6987W&sp=yes&>

SHORT VIDEO CLIP RUBRIC

Criteria	Needs Improvement (1-2 pts.)	Partially Proficient (3 pts.)	Proficient (4 pts)	Exemplary (5 pts)	Points
Concept	The video does not demonstrate a clear concept.	The video demonstrates a previous concept.	The video demonstrates key concepts..	The video clearly demonstrates a key concept.	
Design	The quality and materials in the video are not organized and lack clarity.	The quality and materials in the video lacked some organization and 50% clear.	The quality and materials in the video adequately organized and somewhat clear.	The quality and materials in the video are very well organized and understandable.	
Final Product	Final product looks unrefined and the concepts were not demonstrated.	Final product I required more revisions and the concepts were not clearly demonstrated.	Final product looks decent and the concepts were somewhat demonstrated.	Final product looks professional and the concepts were visibly demonstrated.	
Total					

http://veralisteporfolio.weebly.com/uploads/5/5/2/8/55283737/video_integraton_project.pdf
(Note: These are only suggested activities and it is not required to do all the activities in Assessment.)

Activity 3: Modified True or False

Directions: Write the word TRUE if the statement is correct and if not, underline the word or statement that makes the sentence incorrect and write the correct answer on the space provided.

_____1. There are four levels in the Philippine Physical Activity Pyramid.

_____2. Sedentary activities such as watching television, playing computer games, reading, and sleeping are activities you should do frequently.

_____3. Flexibility activities are especially beneficial for your heart, lungs, and circulatory system.

_____4. An aerobic physical activity, such as running or biking, requires the same effort from everyone.

_____5. Lifestyle activities are at the bottom of the physical activity pyramid.

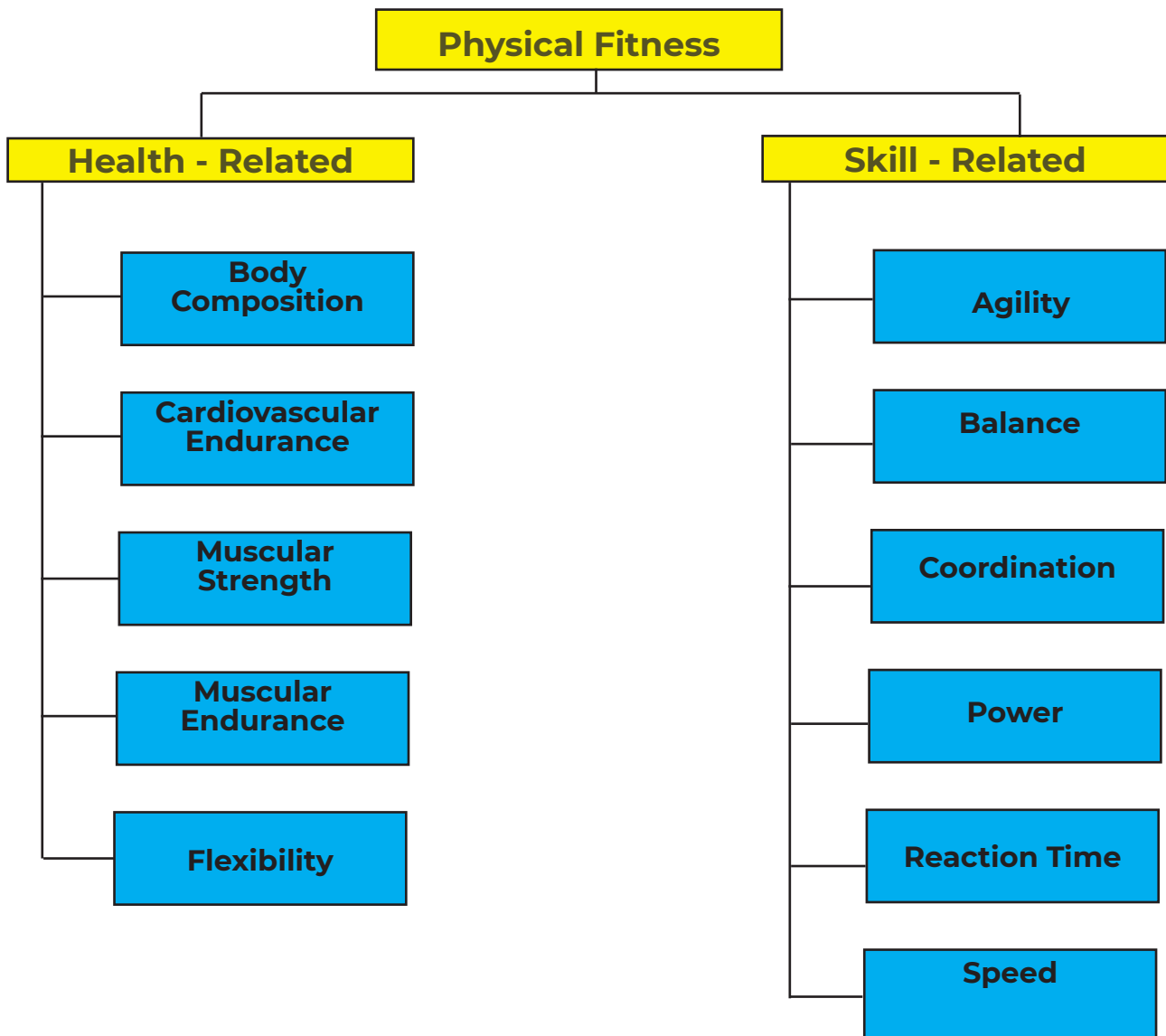
ANSWER KEY

SUSI SA PAGWAWASTO



PRETEST

1. D.
2. D.
3. C.
4. B.
5. C.
6. A.
7. B.
8. C.
9. B.
10. D.



REFERENCES

SANGGUNIAN

Text Sources:

"Separating Mixtures - Lesson." 2013. www.teachengineering.org. 2013. https://www.teachengineering.org/lessons/view/uoh_sep_mixtures_lesson1

United Nations. 2018. "The Global Goals." The Global Goals. September 10, 2018. <https://www.globalgoals.org/>

Domingo, Nestor Burgos Jr, Ronnel. 2020. "Guimaras Folk Stop Fishing as Oil Spill Reaches Their Shores." INQUIRER.net. July 7, 2020. <https://newsinfo.inquirer.net/1302820/guimaras-folk-stop-fishing-as-oil-spill-reaches-their-shores#ixzz6z7aAfC3R>

Here's Where the Ocean's Trash Comes From Society, National Geographic. 2019. "Here's Where the Ocean's Trash Comes From." National Geographic Society. July 3, 2019. <https://www.nationalgeographic.org/article/heres-where-oceans-trash-comes/>

Image Sources:

Admin. "Filtration - Filtration MEANING, Process, Method, Examples." BYJUS. BYJU'S, September 28, 2020. <https://byjus.com/chemistry/filtration/>

Katiegatercondonsciencerevision, View All Posts By. "Mixtures and Methods of Separating Them." Science Revision, 14 Feb. 2017, katiegatercondonsciencerevision.wordpress.com/2017/02/07/mixtures-and-methods-of-separating-them

Cartoon Girl Boy Picking up Trash, Cartoon Clipart, Boy Clipart, Cartoon PNG Transparent Clipart Image and PSD File for Free Download." n.d. Pngtree. Accessed August 24, 2021. https://pngtree.com/freepng/cartoon-girl-boy-picking-up-trash_3165702.html

"Decantation | Mixtures | Definition, Examples & Applications." n.d. BYJUS. <https://byjus.com/chemistry/decantation/>

Magnetic separation, "Open Textbooks." Siyavula, intl.siyavula.com/read/science/grade-7/separating-mixtures/07-separating-mixtures?id=toc-id-10

"Sieving , Magnetic Separation | Class 6, Separation of Substances." 2018. Class Notes. May 27, 2018. <https://classnotes.org.in/class-6/science/separation-of-substances/sieving-magnetic-separation/>

"Editorial Cartoon: Trash in the Sea - the Boston Globe." BostonGlobe.com. Accessed August 24, 2021. <https://www.bostonglobe.com/opinion/2015/02/18/editorial-cartoon-trash-sea/0BfrsZlqFtahaR81yNTvyH/story.html>

Martin. n.d. "Student Resources." United Nations Sustainable Development. <https://www.un.org/sustainabledevelopment/student-resources/>

Video Sources:

"GMA Regional TV Weekend News: Iloilo-Guimaras Oil Spill." n.d. www.youtube.com. Accessed July, 2021. <https://youtu.be/TIO8cCJp33M>



9 791187 819288

ISBN 979-11-87819-28-8

비매품/무료
13370

