Daily Learning Plan		
Learning Area	Physical Education and Health	
Learning Delivery Modality	Face to Face Learning Modality	

School	Mamatid SHS	Grade Level	12
Teacher	Jonalyn S. Facultad	Learning Area	Physical Education and Health
Teaching Date	MAy 22-24, 2023	Quarter	4th Quarter
Teaching Time	7:00AM-2:30PM	No. of Days	1

I. OBJECTIVES	At the end of the lesson, learners are expected to:  a. Enumerate equipment for rock climbing.  b. Discuss the health benefits and barriers that ma affect participation in rock climbing			
A. Content Standards	The learner demonstrates understanding of recreation in optimizing one's health as a habit; as requisite for physical activity assessmentperformance, and as a career opportunity.			
B. Performance Standards	The learner leads recreational events with proficience and confidence resulting in independent pursuit and influencing others positively			
C.Most Essential Learning Competencies (MELC)	Observes personal safety protocol to avoid dehydration, overexertion, hypo- and hyperthermia during MVPA participation (PEH12FH-IIk-t-10)			
II.CONTENT	Camping			
III.LEARNING RESOURCES				
A. References				
a. Teacher's Guide Pages	K to 12 Senior High School Core Curriculum - Physical Education and Health May 2016 Hope 4: Quarter 4 Module 2, p1-9			
<ul> <li>b. Learner's Material</li> <li>Pages</li> </ul>	Hope 4: Quarter 4 Module 2, p1-9			
c. Textbook Pages				
d. Additional Materials from Learning Resources	Lapel, Black board & Chalk, Module, Tent			
B. List of Learning Resources for Development and Engagement Activities	Optimizing your Health Through Physical Activities			

IV. PROCEDURES		
Teacher's Hint	Teacher's Activity	Student's Activity
Preliminary Activities	Greetings (Good morning/Good afternoon class? Checking of attendances (Who are absent today?	<ul> <li>Good morning/Good afternoon ma'am</li> <li>Our absent for today is/are</li> </ul>

# **Physical Education Subject Area Study Guide**

**Annelies Wilder-Smith** 

**Physical Education Subject Area Study Guide:** 

The Enigmatic Realm of Physical Education Subject Area Study Guide: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Physical Education Subject Area Study Guide** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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