

GRADE 7 – FIRST QUARTER

Content Standard:	The learners demonstrate understanding of mental health and target games in promoting personal wellness for active and healthy living.	
Performance Standard:	The learners participate in target games and other physical activities in promoting personal wellness for active and healthy living.	
CONTENT		LEARNING COMPETENCIES
<p>Characteristics of a Mentally Healthy Adolescent</p> <ul style="list-style-type: none"> • achieves developmental milestones • recognizes and manages emotions effectively • develops healthy personal and social skills • functions well at home, in school, and in the community <p>Common Adolescents’ Concerns that can Affect Mental Health Examples: Concerns Pertaining to Appearance, Weight and Body Image, Technostress, and Negative Peer Pressure</p> <p>Prevention and Management of Common Adolescents’ Concerns that Can Affect Mental Health Examples: Cognitive Reframing, Managing Media Exposure/Digital Detoxification, and Enhancement of Life Skills to Manage Negative Peer Pressure</p>		<p>The learners...</p> <ol style="list-style-type: none"> 1. discuss common adolescents’ concerns that can affect mental health;
<p>Ways to Safeguard One’s Mental Health</p> <ul style="list-style-type: none"> • Exercising regularly, managing emotions, spending time with family and friends, reading books and other educational resources, doing spiritual activities, keeping the environment clean, and making a spending diary 		<ol style="list-style-type: none"> 2. apply ways to safeguard their mental health;
<p>Various Physical Activities that Help Safeguard Mental Health</p> <ul style="list-style-type: none"> • Exercises, Games, Sports, Recreational Activities <p>Benefits of Physical Activity Participation on Mental Health Examples: Improved Focus or Concentration and Improved Performance</p>		<ol style="list-style-type: none"> 3. recognize the positive effects of physical activity participation on mental health;
<p>Physical Activity Participation: Target Games</p> <ul style="list-style-type: none"> • Focus Game Skills: <ol style="list-style-type: none"> 1. Game Concept <ul style="list-style-type: none"> - Positioning, Relationship with People, Relationship with Objects 2. Games Principles <ul style="list-style-type: none"> - Scoring, Prevent Scoring, Restart, Play, and Transition 3. Skills <ul style="list-style-type: none"> - Sport-specific Skills and Their Fitness Requirements <p><i>Suggested Activities:</i> Unopposed - Golf, Archery, Bowling, Bocce Ball, Darts, Opposed - Billiards, Croquet, Lawn Bowls <i>Combative Sports: Arnis, Taekwondo, Boxing, Fencing, Pencat Silat, Wushu, Muay Thai, Karatedo and/or Sole Fighting (Rapandapanan)</i></p>		<ol style="list-style-type: none"> 4. perform physical activities by applying principles and concepts of target games to solve tactical problems for active living; and 5. execute appropriate skills of sports and the required fitness concepts of chosen target games in responding to tactical problems.

GRADE 7 – SECOND QUARTER

Content Standard:	The learners demonstrate understanding of family roles in managing concerns and conflicts and invasion games in promoting family wellness for active and healthy living.	
Performance Standard:	The learners participate in invasion games and other physical activities in promoting family wellness for active and healthy living.	
CONTENT		LEARNING COMPETENCIES
Family’s Role in Managing Adolescent’s Concerns <ul style="list-style-type: none"> ● Different Forms of Support Provision ● Guidance in Making Informed Decisions 		The learners... <ol style="list-style-type: none"> 1. discuss the important role of the family in managing adolescents’ health concerns;
Assertive Family Behavior in Preventing and Managing Conflicts <ul style="list-style-type: none"> ● With Emphasis on Clear Family Rules and Boundaries, Open Communication, Encouragement, Active Listening, and Finding Solutions Together 		<ol style="list-style-type: none"> 2. apply effective strategies in preventing and managing conflicts in the family;
Physical Activities to Strengthen Relationship with Family Members <ul style="list-style-type: none"> ● Walking, Running, Hiking, Swimming, Playing Together, Sharing Interests or Hobbies 		<ol style="list-style-type: none"> 3. analyze how physical activities can strengthen relationships with family members;
Physical Activity Participation: Invasion Games <ul style="list-style-type: none"> ● Focus Game Skills: <ol style="list-style-type: none"> 1. Game Concept <ul style="list-style-type: none"> - Positioning, Relationship with People, Relationship with Objects 2. Games Principles <ul style="list-style-type: none"> - Scoring, Prevent Scoring, Restart, Play, and Transition 3. Skills <ul style="list-style-type: none"> - Sport-specific Skills and Their Fitness Requirements <p style="margin-top: 20px;"><i>Suggested Activities: Sports: Basketball, Football, Floorball, Futsal, Ultimate Frisbee, Handball, Tchoukball, and/or Water Polo (Swimming)</i></p>		<ol style="list-style-type: none"> 4. perform physical activities by applying principles and concepts of invasion games to solve tactical problems; and 5. execute appropriate skills of sports and the required fitness concepts of chosen invasion games in responding to tactical problems.

GRADE 7 – THIRD QUARTER

Content Standard:	The learners demonstrate understanding of healthy eating, common adolescents’ nutritional concerns, and dances in promoting community wellness for active and healthy living.	
Performance Standard:	The learners participate in dances in promoting community wellness for active and healthy living.	
CONTENT		LEARNING COMPETENCIES
Importance of Healthy Eating During Adolescence <ul style="list-style-type: none"> ● Meet Dietary Needs for Rapid Growth and Development ● Attain Ideal Weight for Age and Height ● Improve Physical and Mental Performance ● Prevent Nutritional Issues 		The learners... <ol style="list-style-type: none"> 1. explain the importance of healthy eating during adolescence;
Common Adolescents’ Nutritional Concerns and Ways to Prevent Them <ul style="list-style-type: none"> ● Malnutrition: Underweight, Overweight/Obesity; Micronutrient Deficiencies and Eating Disorders ● Ways to Prevent Common Adolescents’ Nutritional Concerns 		<ol style="list-style-type: none"> 2. apply ways to prevent adolescents’ nutritional concerns;
Healthy Eating and Physical Activity Participation <ul style="list-style-type: none"> ● Nutritional Requirements for Physical Activity Participations 		<ol style="list-style-type: none"> 3. relate healthy eating to physical activity participation; and
Physical Activity Participation: Dances Hispanic Influence Dances of the Lowland Christians <ul style="list-style-type: none"> ● Origin and Cultural Context of the Dance ● Genre and Style-Specific Dance Techniques ● Common Dance Terms and Steps ● Values Inherent in the Dance ● Fitness Components Developed <p><i>Suggested Activities: Christian Dances with Western Roots: e.g., Ba-Ingles, Jota Batangueña, Purpuri, Alcamfor, Kuratsa, Lancero, Mazurka Boholana, Habanera Botolena</i></p>		<ol style="list-style-type: none"> 4. practice technical and expressive skills to improve proficiency in genre and style-specific techniques in developing movement competence and physical activity participation.

GRADE 7 – FOURTH QUARTER

Content Standard:	The learners demonstrate understanding of first aid, road and water safety, and dances in promoting societal wellness for active and healthy living.	
Performance Standard:	The learners participate in first aid and injury prevention practices and dances in promoting societal wellness for active and healthy living.	
CONTENT		LEARNING COMPETENCIES
<p>First Aid Concepts, Objectives, and Principles</p> <ul style="list-style-type: none"> • Immediate and Temporary Care Given While Waiting for Medical Assistance • Aims to Lessen Pain, Prevent Further Injury, and Prolong Life <p>First Aid for Common Conditions</p> <ul style="list-style-type: none"> • Examples: Insect and Animal Bites, Wounds, Burns, Bleeding, Fainting, Food and Other Forms of Poisoning, Choking, Hyperventilation, Heat-Related Conditions, and Others • First Aid Procedures for Managing Common Conditions 		<p>The learners...</p> <ol style="list-style-type: none"> 1. discuss basic first aid concepts, objectives, principles, and procedures for managing common conditions;
<p>Road Safety</p> <ul style="list-style-type: none"> • Dangers of Distracted Driving • Dangers of Driving Under the Influence of Drugs and Alcohol • National Laws on Road Safety <p>Water Safety</p> <ul style="list-style-type: none"> • Open Water/Pool Rules • Dangers and Possible Incidents in The Water <p>Self-management Skills for Road and Water Safety</p>		<ol style="list-style-type: none"> 2. apply self-management skills and practices for road and water safety;
<p>First Aid for Musculoskeletal Issues/Injuries</p> <ul style="list-style-type: none"> • Muscle Cramps, Sprain, Strain, Dislocation, and Fracture 		<ol style="list-style-type: none"> 3. practice first aid procedures for injuries related to physical activities and other emergency situations; and
<p>Physical Activity Participation: Dances</p> <p>Dances Around the World</p> <ul style="list-style-type: none"> • Origin and Cultural Context of the Dance • Genre and Style-Specific Dance Techniques • Common Dance Terms and Steps • Values Inherent in the Dance • Fitness Components Developed <p><i>Suggested Activities: ASEAN and ASIAN dances (e.g. joget or zapin of Malaysia, pon poo thai of Thailand, bon dance or parasol dance of Japan, fan dance of china and other ASEAN/ASIAN dances), American Dances (e.g. Red River Valley, Oh Susana, Grand March and other square dances), European Dances (e.g. Tarantela, Arkadsky, Minuet, La Cucaracha, Varsoviennne, Rheilander for Three and other European dances)</i></p>		<ol style="list-style-type: none"> 4. perform dances using genre and style specific techniques, expressive ideas and skills to develop movement competence and physical activity participation.