

Name: \_\_\_\_\_

Grade and Section: \_\_\_\_\_

Date: July \_\_\_\_\_, 2022

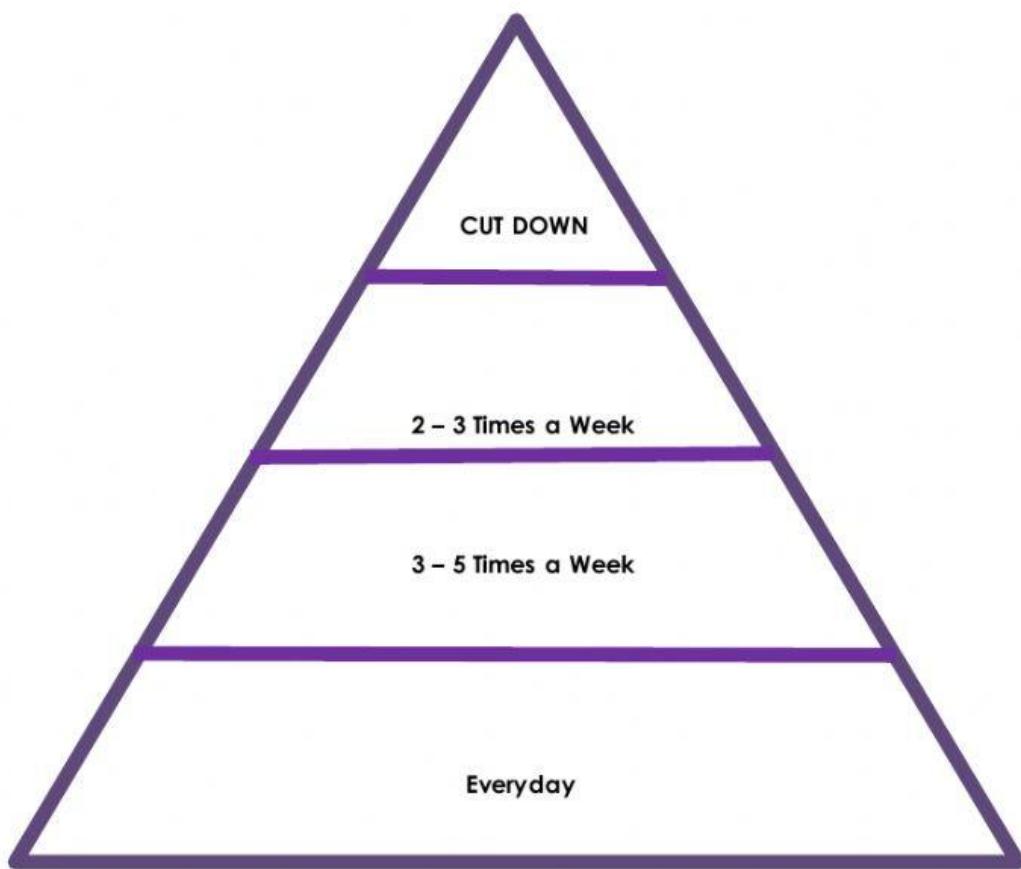
Subject: PEH

Teacher: T. MJ

Title of the Activity: Pre-assessment 1.1

Check your Values: Activity Pyramid Self Checking

Instruction: Write the following Physical Activities of how many times you spend on the following: (everyday, 3x a week, 2x a week, or cut down)



Playing (active games)

Sitting

Swimming

Help around the house

Walking

Jogging

Dancing

Watching TV

Sleeping

Zumba exercise