

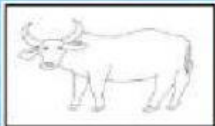
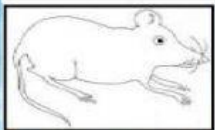
ACTIVITY SHEET
PHYSICAL EDUCATION 1
QUARTER 3-MODULE 1 (Aralin 1)

Pangalan: _____ 1- _____

Movement Relationships-Mabagal at Mabilis na Kilos o Galaw

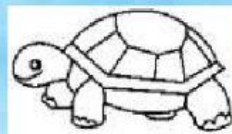
Activity No. 1

Panuto: Piliin ang angkop na salitang naglalarawan na nagpapakita nang tamang galaw.

- | | | |
|----|---|-----------------------|
| 1. |  | (mabagal , mabilis) |
| 2. |  | (mabagal , mabilis) |
| 3. |  | (mabagal , mabilis) |
| 4. |  | (mabagal , mabilis) |
| 5. |  | (mabagal , mabilis) |

Activity No. 2

Panuto: Gawin ang mga sumusunod na galaw ng mga hayop. Paano kayo kumilos habang isinasagawa ang mga galaw? mabagal o mabilis ba?(**VIDEO PRESENTATION**)



Pangalan at Lagda ng Magulang: _____