



St. Paul University at San Miguel
(A Branch of St. Paul University Quezon City)
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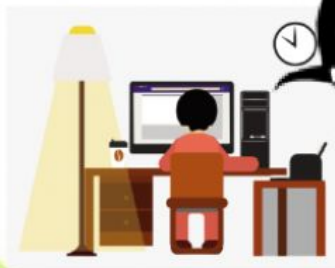
Grade 5



iPerform

Health-Enhancing Games

Making a Project Plan for Electrical Products, Formatting Data and Cells
WEEK 4



AUTHOR:

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St. Paul
LIVEWORKSHEETS



Life Performance Outcome

- ✓ LPO1: Mindful, Self-directed LEARNERS and ROLE MODELS



Program Outcomes

- ✓ PO7: Create and adeptly execute a variety of individual and group skill, dance, and sports movements that develop self-discipline, confidence, and teamwork.
- ✓ PO3: Utilize their technical, communication, interpersonal, and teamwork skills in planning, executing, and evaluating a proposed project or venture that represents an economically viable and sustainable career pathway for themselves and benefits their local community.



Essential Performance Outcomes

- ✓ EPO7: Describe the new abilities they have developed as the result of self-initiated projects and learning experiences.



Content Standard

- ✓ The pupil demonstrates understanding of participation and assessment of physical activity, physical fitness, identify the different game safety precautions and value of health-enhancing games, know other products or equipment found at home, in school, or in community using electricity, commands used in formatting data and cells of self-initiated projects and learning experiences.



Curriculum Connections



Performance Standards

- ✓ The pupil participates and assesses performance in physical activities, making a project plan, apply formatting to an Excel worksheet that contains data as the result of self-initiated projects and learning experiences.



Most Essential Learning Competencies

- ✓ Demonstrate an understanding of the game safety precautions, value of health-enhancing games, make a project plan using different kinds of materials available in community (wood, metal, bamboo) using electricity that can be a livelihood project and formatting data into cells.



Intended Learning Outcomes

- ✓ Health-enhancing Games: Nature, Importance and Safety Precautions
- ✓ Safety and function in planning, working with electricity
- ✓ Apply formatting to an Excel worksheet that contains data



Activity Menu



MAPE (P.E) Session 1	HELE/COM Session 2
<p>✓ Write a Short paragraph/explanation</p>	<p>✓ Match the Electrical appliances or gadgets</p> <p>✓ Identify the Group</p> <ul style="list-style-type: none">• To help us understand better, let's click/open this link – https://www.youtube.com/watch?v=L0cQ_IvL8LQ• https://www.youtube.com/watch?v=SeIJii6Old8• https://www.youtube.com/watch?v=E1oSmesXgBA





2 – points

Write a short explanation about the following questions.

1. As a PE student, what benefit did you personally get from the health-enhancing game
2. What is the best way to prepare your body before engaging in sports?



Activity Sheets



Match the electrical appliances or gadgets in column A with its uses or functions in column B. Write the letter of the correct answer on the line.

A

electrical appliances or gadget

B

use or function

_____ 1. robot

_____ 2. radio

_____ 3. electric fan

_____ 4. fluorescent lamp

_____ 5. telephone

_____ 6. battery

_____ 7. train

_____ 8. fire alarm

_____ 9. oven

_____ 10. refrigerator

a. cool

b. electronics

c. heat

d. light

e. movement

f. power

g. sound

h. wind

<https://www.sciencebuddies.org/science-fair-projects/science-projects/electricity-electronics/fifth-grade>



Activity Sheets



Identify which group the given command belongs to. Encircle the letter of your answer.

1. Top Align _____

- a. Cell
- b. Font
- c. Number
- d. Alignment

2. Insert Cells _____

- a. Cell
- b. Font
- c. Number
- d. Alignment

3. Font color _____

- a. Cell
- b. Font
- c. Number
- d. Alignment

4. Decrease Decimal _____

- a. Cell
- b. Font
- c. Number
- d. Alignment

5. Percent Style _____

- a. Cell
- b. Font
- c. Number
- d. Alignment

References:

<https://www.sciencebuddies.org/science-fair-projects/science-projects/electricity-electronics/fifth-grade>

www.phoenix.net.ph/:9000/PDF2/web/dlpic.php?file=TalaQRPFJ3847