



Physical Fitness



Full Name: _____

Grade & Section: _____

I. LESSON INFORMATION

Here are the things you need to know about the lesson.

- A. Date given:
- B. Date of submission:
- C. Quarter: 1 / Week number: 7 / Lesson number: 7
- D. Topic: Physical Fitness Test

F. Learning Competencies/Targets

At the end of this learning activity/ module

- 1. I can determine my nutritional status using BMI.
- 2. I can identify the different Physical Fitness Test
- 3. I can perform the different Physical Fitness Test

II. Inclusions:

- A. Learning Contents
- B. Physical Fitness Test
- C. Worksheet
- D. Rubrics for scoring

III. Instructions:

- A. Do the preliminary activities before reading the lesson discussion. Do a meaningful study of the lesson discussion.
- B. After understanding the discussion, answer the questions on the answer sheet provided. A rubric for scoring the activity is given.
- C. Accomplish all activities and send the answer sheet back on or before the date of submission.
- D. If something is not clear about the task. Please send a message to your **MAPEH 7 teacher.**

IV. Preliminary Activities



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