



STUDENT ACTIVITY SHEET
4th Quarter
(Individual Task)

Subject: Physical Education and Health 4

Topic: Outdoor Recreation.

Name: _____ Date Given: _____

Due Date: _____

Learning Competencies: Discusses the nature of different recreational activities, their definition, and benefits.

Direction: Answer the following questions in 4-5 sentences.

1. During a break from your routine, what aquatic activities would you like to try? Why and where would you try this activity?

2. Would you like to be with someone while trying it? If yes, whom would you like to do the activity with?

3. List down the benefits you can get from trying this activity.

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**Sarah Hutchinson Clifford, Glen J.
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