

PE & Health 4 | 3rd Quarter

WW1: Choosing an Outdoor Recreational Activity

January 19 2022

Given a chance after this pandemic, what outdoor would you like to try? Why? Who do you like to be with? Research, surf the internet, read blogs. Copy and paste a picture then post it below and write something about it.



What? Why? Where? With whom? What benefits can I get from it? Write your description here:

Given a chance after this pandemic, I would like to try swimming. And not only swimming for leisure, but for fitness. Swimming comes with a lot of benefits to several different systems of the body.

WW2: Left a Trace

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From your observation, whether first hand or from other sources (news, documentary shows, narrated by friends, etc.), which among the LEAVE NO TRACE 7 PRINCIPLES is usually NOT being observed in the Philippines? Explain your answer. You may copy and paste a news article or a personal picture to back up your explanation.



This scenario serves true for me or for anyone who has been outdoors in the Philippines, and I think this is a serious problem that we are facing in the Philippines. It is the problem of proper waste disposal, not only in places for outdoor activities, but anywhere and everywhere, especially in urban areas.