

GOVERNMENT PROPERTY
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7
QUARTER 1



DEPED - ANGELES CITY
CURRICULUM IMPLEMENTATION DIVISION

CABLE

CONTEXTUALIZED ACTIVITY-BASED LEARNING EXERCISES

(ACTIVITY BASED LEARNING MATERIALS ON CRITICAL CONTENTS FOR FACE TO FACE CLASSES)



DEPARTMENT OF EDUCATION - SCHOOLS DIVISION OF ANGELES CITY
Jesus St. Pulungbulo, Angeles City

CABLE – Grade 7
Quarter 1 – All Subjects
First Edition, 2022

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INTRODUCTION

This Project CABLE (Contextualized Activity-Based Learning Exercises) is a collaborative project of all the Education Program Supervisors of SDO Angeles City, in coordination with Public Schools District Supervisors.

This has been conceptualized in order to help address the present gaps on learning materials especially on critical contents. The situations, examples (food, places, etc.) and the activities are based on the context of the learners in Angeles City and highlight Kapampangan ingenuity.

This contextualized activity-based learning exercises will help learners to enhance their content knowledge and to make the concepts more relatable. With this, learners are assured of learning materials that they can use during the face to face classes addressing their learning needs specifically on the critical contents.

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Grade 7 Week 5	ENGLISH Direct and Reported Speech
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Pangalan _____

Quarter 1: Week 5

Learning Competency with Code:

Use direct and reported speech appropriately in varied contexts **(EN7G-III-c-2)**



ACTIVITY 1

Work in pairs. Using direct and indirect speech, make comic strips or dialogue clouds on how you, as students, help promote the tourism industry in Angeles City in terms of food, tourist spots, culture, customs, and traditions. Refer to the rubric for scoring. Use a short bond paper for this output.

Rubric for scoring

Criteria	4	3	2	1
Sentence Structure	The sentences used are structured correctly.	The sentences used are mostly structured correctly.	The sentences used are somewhat structured correctly.	The sentences used are not structured correctly.
Grammatical Accuracy	The sentences have no grammatical errors.	The sentences have minimal grammatical errors.	The sentences have only few grammatical errors.	The sentences have many grammatical errors.
Punctuation and Spelling	All the sentences are properly punctuated and have no misspelled words.	Some of the sentences are properly punctuated and have no misspelled words.	Few of the sentences are properly punctuated and have no misspelled words.	None or only one sentence is properly punctuated and has few misspelled words.
Illustration	Reflects an exceptional degree of student creativity	Reflects much degree of student creativity	Reflects minimal degree of student creativity	Reflects less degree of student creativity

Grade 7 Aralin 8	FILIPINO Pagsusuri sa Ginamit na Datos
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Pangalan _____

Unang Markahan: Ikawalong Linggo

Kasanayang Pampagkatuto at Koda:

Nasusuri ang ginamit na datos sa pananaliksik sa isang proyektong panturismo (halimbawa: pagsusuri sa isang *promo coupon* o *brochure*) F7PB-lj-6



GAWAIN 1-SURISAYSAY

Ilang taon ka nang naninirahan sa dito sa Pampanga/ Angeles City? Ano-anong mga lugar ang napuntahan mo na? Ano-anong mga pagkain ang natikman mo na? Suriin ang brochure sa ibaba at sundin ang mga hakbang na iyong gagawin.

Mga hakbang na gagawin:

1. Humanap ng kapareha upang suriin ang *brochure* na nasa ibaba.
2. Bigyan ng pagkakataon na magbahagi ang isa't isa ng inyong pagsusuri. Kailangang magtanong ang bawat isa upang mapalawak at mapalalim ang isinagawang pagsusuri.
3. Mula sa naging kasagutan, pagsanibin ang isinagawang pagsusuri at isulat ito gamit ang dalawa hanggang tatlong talata.
4. Lagyan ng pananda gaya ng pangkulay o pagbilog o pagkakahon upang matukoy na bawat isa ay nag-ambag sa pagbuo ng pagsusuri.



https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.scribd.com%2Fpresentation%2F513291124%2FPampanga-Brochure%3Ffbclid%3DIwAR0yrd9n1CXopxNKCcUxrMQ-7BWNYPsZCxb6Wat2TsdJ1-zkAcUBOX6u_c&h=AT1rHhVmjd-Z9Fdzzpxgz_-A6sT4Hxdmllunc9I8BgQ5iCkqz14PGYcL80CgXM0tr0fpVzcggsQZ7gsr-mfPDx4hqYVxSpvCXGF6DHVF7mBWpUQxNnPP1juG7nLsL2o-ab0

SANGGUNIAN

Villanueva, Voltaire. 2018. Ako Bibo Kase Dapat #ABKD: Alpabeto ng inobatibo at Makabagong Guro sa Agham Panlipunan, Edukasyon sa Pagpapakatao, at Filipino. 2018.VMV11483 Book Publishing House. D2 2273 P. Binay st. Bangkal. Makati City

Grade 7 Lesson 4	SCIENCE Concentration of Solutions
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Name _____

Quarter 1: Week 4

Learning Competency with Code:

Express concentrations of solutions quantitatively by preparing different concentrations of mixtures according to uses and availability of materials.

(S7MT-Id-3)



ACTIVITY 1

I. **Objective:** To calculate the % by mass and mass of coffee powder in grams of coffee drink

II. **Directions:** Analyze the situation and supply the missing data.

Situation: Suppose you work as a Barista in one of the well-known coffee shops in Angeles City and you currently have five customers waiting in line. Each of them has a different preference in their coffee mixture. Some figures are already given below (If all of them like the same milk and sugar level/amount). Also, each of them orders an equal volume of the drink - 350 milliliter (ml). Some figures are already given below.

Customer	% by mass of Coffee Drink	Mass of Coffee powder in grams
Atong	1.0%	
Amos		2.63
Aron	1.2%	
Aping	0.9%	
Adan		5.25

Computation:

Atong	Amos	Aron	Aping	Adan

1. Who among the customers has the highest and the lowest % by mass of coffee drink?

2. Whose coffee has the highest and the lowest mass of coffee powder in grams?

REFERENCE

<https://www.toppr.com/guides/chemistry/some-basic-concepts-of-chemistry/concentrations/>

Grade 7
Week
3

MATHEMATICS

Addition of Integers

Name _____

Quarter 1: Week 3

Learning Competency with Code:

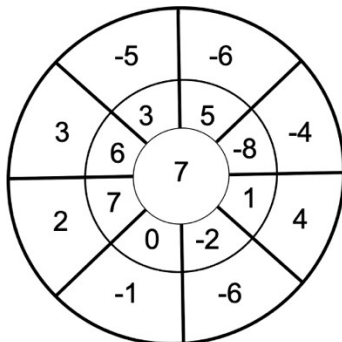
Perform fundamental operations on integers (M7NS-Ic-d-1)



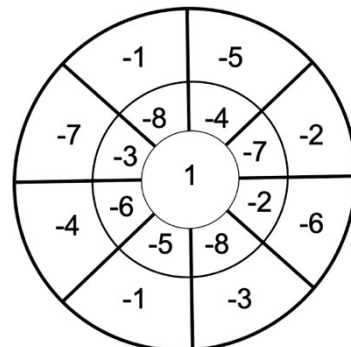
ACTIVITY 1: DART BOARD PUZZLES

- A. Three darts are thrown. Each dart must land on a different space in order to count.
Find the lowest and the highest possible scores

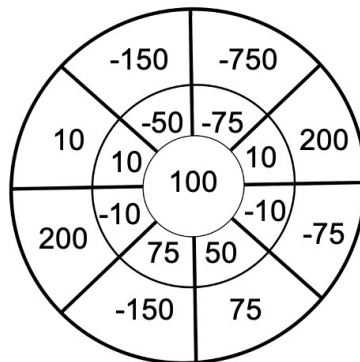
1.



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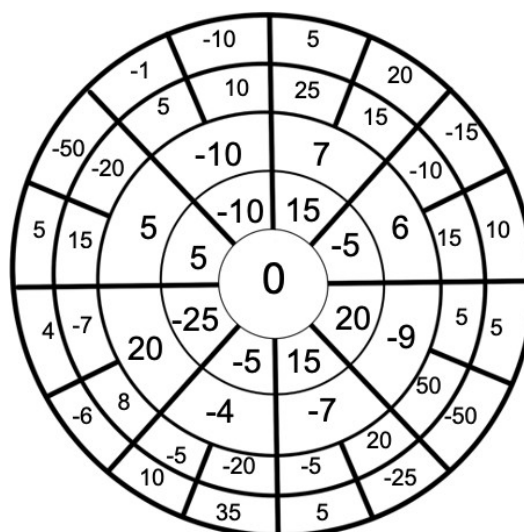
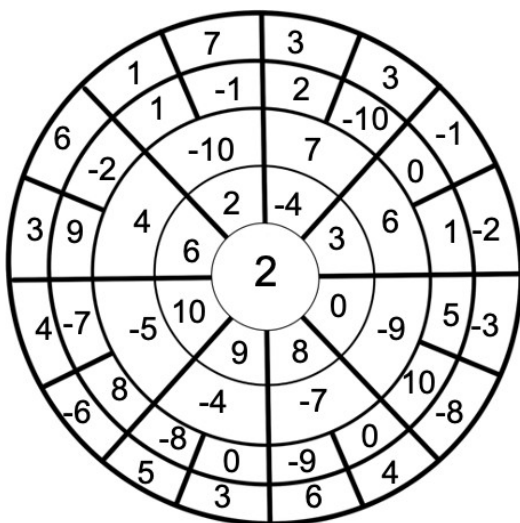


3.



1. Highest Score _____ Lowest Score _____
2. Highest Score _____ Lowest Score _____
3. Highest Score _____ Lowest Score _____

- B. Five darts are thrown. Each dart must land on a different space in order to count. Solve each puzzle.



1. Find three ways to make the score 7.
2. Find three ways to make the score 0.



ACTIVITY 2

Solve the following:

1. Your family went to a mall. Your car was parked in a garage three (3) floors below ground level. Then you got in the elevator and went up 12 floors. What floor did you get off the elevator?
2. Your school library has 30 copies of a new storybook. On Monday morning, 6 copies of the storybook were borrowed. On Tuesday, 3 copies were also borrowed. On Wednesday, the library received 24 new copies of the storybook and 8 copies were borrowed. How many books does the store have at the end of Wednesday?

References

Oronce et.al. 2003. Exploring Mathematics: Elementary Algebra 1. First Edition Page 143. Rex Bookstore, Inc.

Retrieved from <https://www.tesd.net/cms/lib/PA01001259/Centricity/Domain/496/Math-7/Unit%202%20-%20Integers/3%20-%20Adding%20Integers%20Word%20Problems.pdf>

Grade 7 Aralin 6	ARALING PANLIPUNAN Ang Balanseng Ekolohikal ng Angeles City
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Pangalan _____

Unang Markahan: Linggo: 6

Kasanayang Pampagkatuto at Koda

Naipapahayag ang kahalagahan ng pangangalaga sa timbang na kalagayang ekolohiko ng rehiyon (Week 6 AP7HAS-Ig-1.7)



Gawain 1

Panuto: Gumawa ng balita tungkol sa mga nakalarawan na nasa loob ng kahon. Gamitin ang mga impormasyon tungkol sa mga programa ng siyudad ng Angeles. Isulat ang mga nagawang balita sa loob ng pigura.

Proyekto: Walang Plastikan-Plastik Palit Bigas

Nagpatupad ng Proyekto: Angeles City Government

Layunin ng Proyekto: mahikayat ang mga Angeleño na ihiwalay ang mga basura sa mga nabubulok at hindi nabubulok sa kanya-kanyang tahanan upang mabawasan kung hindi man mawala ang paggamit ng plastic. Ang isang kilong plastic ay papalitan ng isang kilong bigas. Ang mga maiipong basura na magagamit muli ay ipagbibili sa mga kompanya na nagreresiklo upang gawing hollow blocks at semento.

(Pamagat ng Balita/Pangulong Tudling)

Proyekto: Bayanihan sa Tubig-Kanlungan

Nagpatupad ng Proyekto: Angeles City Government at *Abacan River and Angeles Watershed Advocacy Council, Inc* (ARAW-ACI).

Layunin ng Proyekto: ang proyekto ay bahagi ng isang pangkapaligirang kampanya ng siyudad sa *reforestation* at maisalba ang Angeles City Watershed. Mahigit 2,000 na mga *seedlings* molave, narra at *fruit-bearing trees* ang itinanim sa Sapangbato ng City Environment and Natural Resources Office (CENRO), Kapatirang Aetas ng Angeles-Porac para sa Kalikasan at Agrikultura (KAAPKA), ARAW-Youth, *government agencies* at ng pribadong sektor. Dinaluhan ng Bise-Alkalde, Vicky Vega-Cabigting bilang kinatawan ni Mayor Lazatin, opiyales ng ARAW-ACI sa pangunguna ni Presidente Renato “Abong” Tayag Jr, Vice-President Sonny Dobles at Executive Director Minerva Arceo, CENRO Archie Lazatin, Sitio Target Tribal Chieftain Fred Pan at mga kawani ng pamahalaan at pribadong sector.

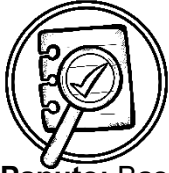
(Pamagat ng Balita/Pangulong Tudling)

Aktibidad: *Fumigation* at *sanitation* ng mga Barangay

Nagpapatupad ng gawain: Angeles City Environmental Health Services – Sanitation Division, sa pamumuno ni Alvin Dingal

Layunin ng gawain: makatulong sa pagbaba ng kaso ng dengue sa mga barangay. Iniinspeksyon ng *Sanitation Division* ng lokal na pamahalaan ang mga barangay lalo na ang mga paaralan upang maging ligtas sa mga mag-aaral lalo na sa darating na pagbabalik-paaralan ng mga bata sa taunang pampaaralan 2022-2023. Nagsasagawa ang lokal na pamahalaan ng apat (4) na stratehiya: ang *Search and destroy*, *self-protection measure*, *seek early consultation*, at *say yes to fogging in case of outbreak*. Ipinag-utos ito ni Mayor Carmelo ‘Pogi’ Lazatin Jr. noong June 14, 2022 sa mga kawani ng Angeles City Environmental Health Services – Sanitation Division.

(Pamagat ng Balita/Pangulong Tudling)



ACTIVITY 2: Basa-Suri

Panuto: Basahin ang maikling artikulo sa loob ng kahon at punan ng mga impormasyon ang *diagram* sa ibaba.

Angeles mayor orders PrimeWater to address water supply issue

CHARLENE A. CAYABYAYB (May 29, 2022)

ANGELES City Mayor Carmelo “Pogi” Lazatin Jr. has ordered PrimeWater to address the complaints of Angeleños over the inefficient water supply in the city at the soonest possible time.

Lazatin wants the utility corporation to lay out its plans to solve the said collective problem — and in addition, present an extensive timeline of the proposed solution. This is through a requested letter for a meeting addressed to Jonah Amechazurra, branch manager.

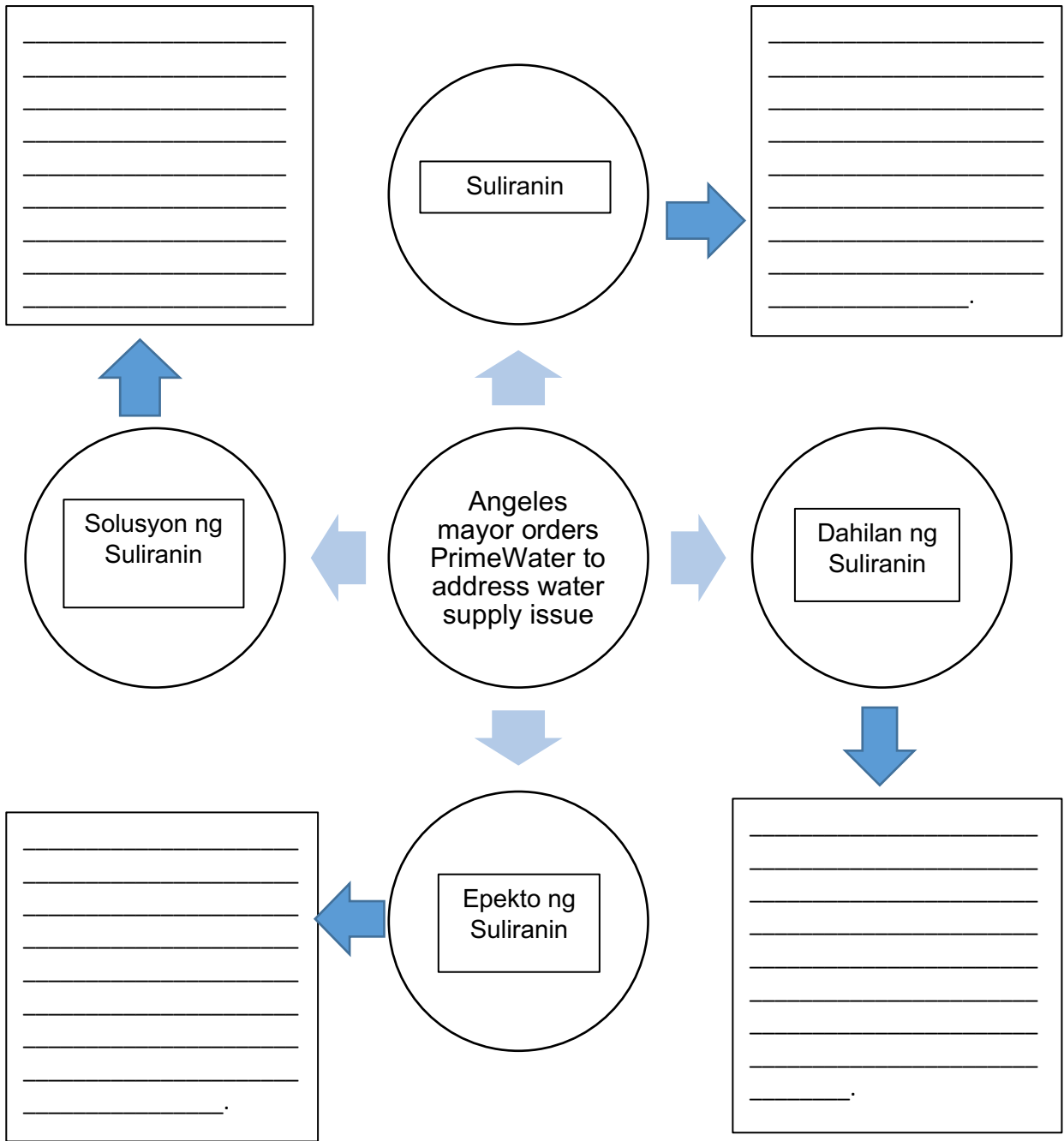
Lazatin, when asked, emphasized that it is the City Government’s priority that the comfort and safety of Angeleños are met.

“Nais lamang po nating i-ensure na komportable ang ating mga residente. Lalo na pa’t isa ang tubig sa mga basic necessities. Nais po nating makipag-ugnayan sa Prime Water upang mailatag na po ang maaaring maging solusyon sa problema,” he said. Lazatin added that the City Government is in full support of PrimeWater in its solution, once affirmed by all members inside the meeting.

“Rest assured po na buong suporta po ang siyudad sa Prime Water, lalo na po para sa hangarin na mapabuti ang sitwasyon,” he said.

PrimeWater has yet to release a response regarding the request. This is a developing story.

In addition, the City Council is set to continue its investigation on Prime Water under the Committee of Public Utility headed by Councilor Jesus “Jay” Sangil.



SANGGUNIAN

Blando, Rosemarie C. et al. ASYA: Pagkakaisa sa Gitna ng Pagkakaiba.

Araling Panlipunan Modyul para sa Mag-aaral, pahina 53. Kagawaran ng Edukasyon

<https://www.facebook.com/LungsodNgAngeles>

<https://www.facebook.com/thevoicenewsweekly/photos/pcb.3117415351855080/3117415048521777>

<https://www.sunstar.com.ph/article/1930426#.YpQmAFj6gwM.twitter>

Pangalan _____

Unang Markahan: Unang Linggo

Kasanayang Pampagkatuto at Koda:

Natutukoy ang mga pagbabago sa kanyang sarili mula sa gulang na 8 o 9 hanggang sa kasalukuyan sa aspetong:

- Pagtatamo ng bago at ganap na pakikipag-ugnayan (*more mature relations*) sa mga kasing edad (Pakikipagkaibigan)
- Pagtanggap ng papel o gampanin sa lipunan
- Pagtanggap sa mga pagbabago sa katawan at paglalapat ng tamang pamamahala sa mga ito
- Pagnanais at pagtatamo ng mapanagutang asal sa pakikipagkapwa/sa lipunan
- Pagkakaroon ng kakayahang makagawa ng maingat na pagpapasya
- Pagkilala ng tungkulin sa bawat gampanin bilang nagdadalaga/nagbibinata (EsP7PS-Ia-1.1)



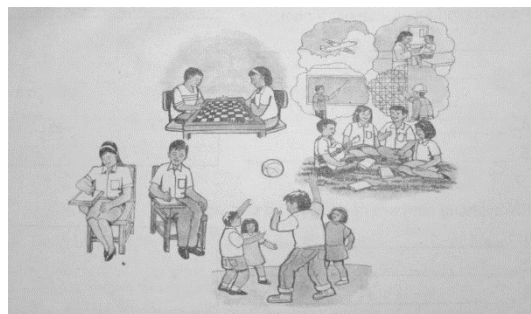
GAWIN: Pagbabago sa Sarili, Tanggap Ko!

Panuto: Sa iyong *bond paper* o *oslo paper*, itala ang mga positibong pagbabagong napansin mo sa iyong sarili sa panahon ng iyong pagdadalaga o pagbibinata ayon sa bawat kategorya sa bawat bilang sa ibaba. Magtala ng tatlong pagbabago sa sarili. Pagkatapos gumuhit ng isang larawan na sa iyong palagay ay nagpapakita ng mga kategoryang ito. Lagyan mo rin ng kulay ang mga larawang iyong ginuhit gamit ang krayola, *pencil colors*, at iba pa. Sundin ang pormat sa ibaba. Gawin mong gabay ang halimbawa sa unang kategorya.

HALIMBAWA

A. Pakikipag- ugnayan sa mga kasing edad

- Lalong lumalalim ang pakikipagkaibigan sa mga kapwa babae/lalaki.
- Ibinabahagi ang ilang mga problema sa mga malapit na kaibigan at hinihingi ang kanilang opinyon.
- Nagkakaroon ng interes sa mga katapat na kasarian; nagkakaroon ng crush.



NGAYON, IKAW NAMAN:

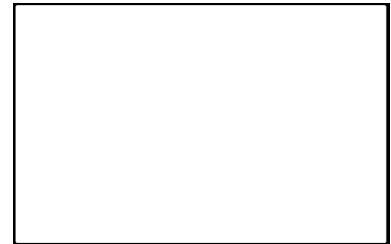
A. Pakikipag- ugnayan sa mga kasing edad

1. _____
2. _____
3. _____



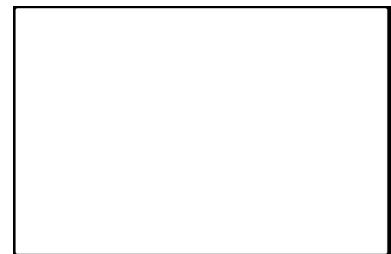
B. Papel sa Lipunan bilang babae o lalaki

1. _____
2. _____
3. _____



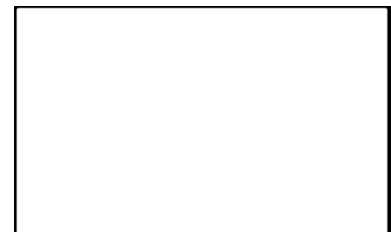
C. Pamantayan sa asal sa pakikipagkapwa

1. _____
2. _____
3. _____



D. Kakayahang gumawa ng maingat na pagpapasya

1. _____
2. _____
3. _____



Rubrik sa Pagmamarka

Kraytirya	5	4	3	1-2	Puntos
Pagkamalik-hain	Lubos na nagpamalas ng pagkamalik-hain sa pagguhit.	Naging malikhain sa pagguhit.	Hindi gaanong naging malikhain sa pagguhit.	Walang ipinamalas na pagkamalik-hain sa pagguhit.	
Kalinisan	Malinis na malinis ang pagkakaguhit at pagkakakulay.	Malinis ang pagkakaguhit at pagkakakulay.	Hindi gaanong malinis ang pagkakaguhit at pagkakakulay	Marumi ang pagkakaguhit at pagkakakulay	
Organisasyon	Buo ang kaisipan, konsistent, kumpleto ang detalye at napalinaw.	May kaisahan at may sapat na detalye at malinaw na intensyon.	Konsistent, may kaisahan, kulang sa detalye at hindi gaanong malinaw ang intensyon.	Hindi ganap ang pagkakabuo, kulang ang detalye at di-malinaw ang intensyon.	
Kaangkupan sa Paksa	Angkop na angkop ang mga naitala na pagbabago sa sarili.	Angkop ang mga naitala na pagbabago sa sarili.	Hindi gaanong angkop ang mga naitala na pagbabago sa sarili.	Hindi angkop ang mga naitala na pagbabago sa sarili..	
Kabuuang Puntos					

Sanggunian:

Edukasyon sa Pagpapakatao Grade 7 Learner's Material (Quarter 1 and 2),
Department of Education, 2017

<https://teachershq.com/grade-seven-tg/>

https://www.google.com/search?q=damdamin&tbm=isch&ved=2ahUKEwi6rNeuxtLqAhXBAZQKHxeLDJ0Q2_-

Grade 7/8 Week 10	T L E Beauty Care - Nail Care
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Name _____

Quarter 1: Week 10

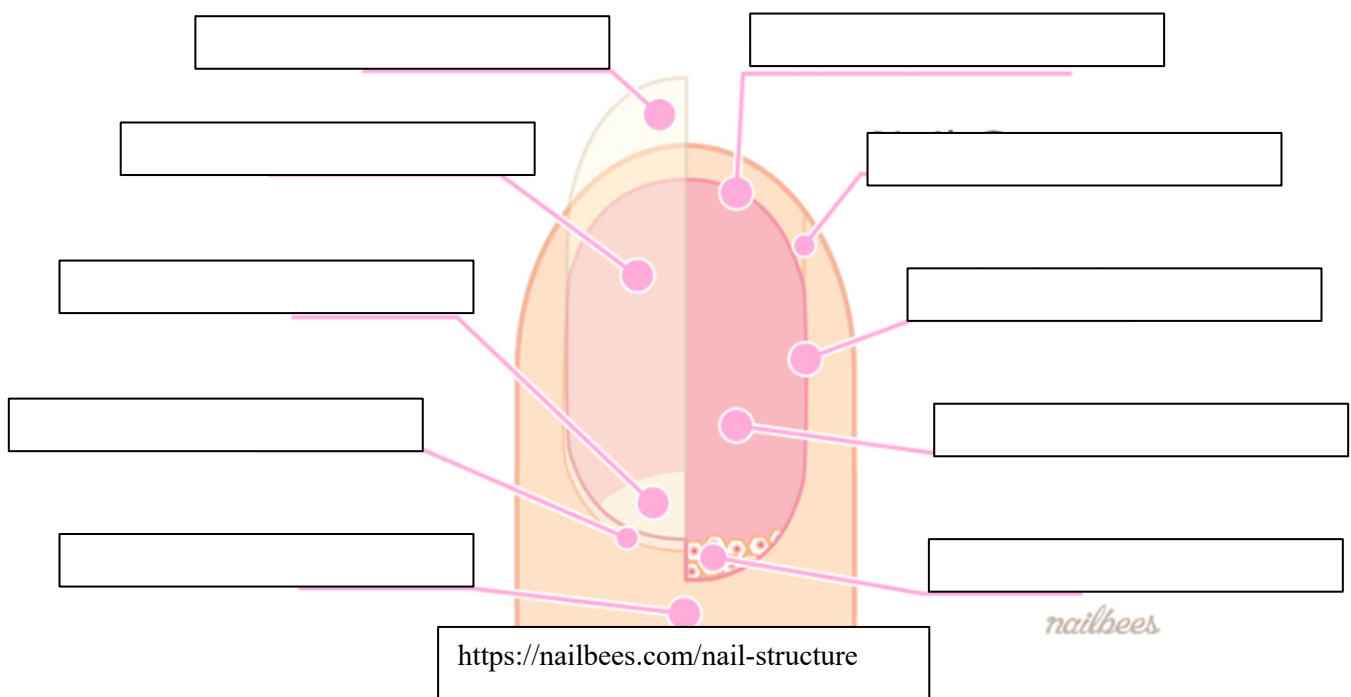
Learning Competency with Code:

1.1 Identify nail structure and shapes (TLE_HEBC7/80j-6)



ACTIVITY 1

Directions: Identify the nail structures. Write your answer in the box.





ACTIVITY 2

Directions: Find a partner you feel most comfortable to work with and assess each other's nail structure and nail shape. Partner 1 will assess the nail shape while partner 2 will assess the nail structures. What can you say about the nail structure and nail shape? Shape the nail according to its appropriate shape using a nail file. Observe health protocols.

REFERENCES

Curriculum Guide Home Economics Nail Care May 2016

<https://nailbees.com/nail-structure>

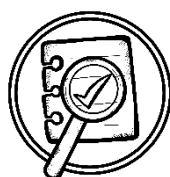
Grade 7 Lesson 2	MAPEH Music of Lowlands of Luzon Vocal and Instrumental Music
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Name _____

Quarter 1: Week 5

Learning Competency With Code:

Performs music from Luzon lowlands with own accompaniment. (MU7LU-Ia-h-7)



LET US APPRECIATE

ACTIVITY NO. 1

Select one folk song below that you want to sing. Use an improvised instrument that will serve as your accompaniment as you sing your chosen song.

Record your performance by using any recording gadget (e.g. cell phone, tablets, etc.) available at home. Send your recorded performance via Messenger or Google mail.

FOLK SONGS
Sitsiritsit
Atin Cu Pung Singsing
Bahay Kubo
Magtanim ay Di Biro
Sarung Banggi
Leron Leron Sinta

Rubrics for Vocal Performance and the Use of Improvised Accompaniment			
	EXCELLENT (3 points)	VERY GOOD (2 points)	GOOD (1 point)
PITCH	Virtually no errors. Pitch is very accurate.	An occasional isolated error, but most of the time pitch is accurate and secure	Very few accurate or secure pitches.
RHYTHM	The beat is secure and the rhythms are accurate for the music being sung.	The beat is secure and the rhythms are mostly accurate. There are a few duration errors, but these do not detract from the overall performance.	The beat is somewhat erratic. Some rhythms are accurate. Frequent or repeated duration errors. Rhythm problems occasionally detract from the overall Performance.
TONE QUALITY	The tone is consistently focused, clear, and centered throughout the range of the voice.	The tone is focused, clear, and centered through the normal singing range. Extremes in range sometimes cause the tone to be less controlled. Tone quality does not detract from the performance.	The tone is often focused, clear, and centered, but sometimes the tone is uncontrolled in the normal singing range. Extremes in the range are usually uncontrolled. Occasionally the tone Detracts from the overall performance.
EXPRESSIONS AND STYLE	Performs with a creative nuance and style in response to the score and limited coaching. Follows melodic direction.	Typically performs with nuance and style that is indicated in the score or which is suggested by the instructor or peer.	Sometimes performs with nuance and style that is indicated in the score or which is suggested by the Instructor or peer.
DICTION	The student articulates clearly and the text of the music is understandable	The student articulates the words somewhat clearly and the text can be understood most of the Time.	The student is sometimes articulating the words, but the text is often not discernable.

REFERENCE:

Lourdes R. Siobal et al., Music and Arts Grade 7 Learner's Material. Page 50

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