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Silay City

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**BUDGETARY OUTLAY IN MAPEH 5**

**Physical Education**

**(Teacher’s Material)**

*Written by:*

**MIRANDA ROSE R. PLAZA**

*Illustrated by:*

**JERRY R. BAGUIOS**

*Quality Assured by:*

**CARMEL JOY P. AUJERO EVA G. TRABADO JOY P. NAKAMURA IVY PALLORINA ROWENA R. ESPARAGOZA**

 EPS-LRMDS EPS-MAPEH PDO II-LRMDS Division MAPEH Evaluator Division MAPEH Evaluator

Recommending Approval:

**FEDERICO P. PILLON, JR.**

CID Chief

Approved by:

**CYNTHIA G. DEMAVIVAS, CESO V**

Schools Division Superintendent

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**MAPEH**

**Contextualized Budgetary Outlay**

**PHYSICAL EDUCATION**

This contextualized budgetary outlay was collaboratively developed and reviewed by educators from the Schools Division of Silay City. We encourage teachers to email their feedback, comments, and recommendations to the Schools Division of Silay City atdeped.silay@deped.gov.ph

**We value your feedback and recommendations.**

**Schools Division of Silay City • Department of Education**

**BUDGETARY OUTLAY**

**PHYSICAL EDUCATION**

**GRADE V**

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| **FIRST GRADING** |
| **CONTENT STANDARDS** | **Demonstrates understanding of participation and assessment of physical activity and physical fitness** |
| **PERFORMANCE STANDARDS** | **1.Participates and assesses performance in physical activities.****2. Assesses physical fitness** |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 1-2 | 2 | Describes the  Philippines physical  activity pyramid  | Nailalarawan ang *Philippine Physical Activity Pyramid* | Aralin 1Ikaw at ang Iyong Kakayahang PangkatawanAralin 2Ang Iyong Kalusugan ay Mahalaga | PE5PF-Ia-16 | Masigla at Malusog na Katawan at Isipan 5TG pp 3-5LM pp 3-7TG pp 5-7LM pp 8-11 | TsartLarawanTape measureStep boxSkinfold caliperLarawan ng mga taong naglalaro ng sarisaring isport pito |
| Day 3-4 | 2 |  Explains the indicators  for fitness | Naipaliliwanag ang mga *fitness indicators*Naipaliliwanag ang mga panukat ng kakayahang pangkatawan |  Aralin 1Ikaw at ang Iyong Kakayahang PangkatawanAralin 2Ang Iyong Kalusugan ay Mahalaga | PE5PF-Ia-17 | TG pp 3-5LM pp 3-7TG pp 5-7 LM pp 8-11 | cartolinamagasingamit pangkulay |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 5-6 | 2 | Assesses regularlyparticipation in physical activities based on thePhilippines physical activity Pyramid | Nasusuri ang paglahok sa mga pisikal na aktibidad ayon sa *Philippine Physical Activity Pyramid* | Aralin 1Ikaw at ang Iyong Kakayahang Pangkatawan | PE5PF-Ib-h-18 | TG pp 3-5LM pp 3-7 | TsartKartolinaMagasinGamit pangkulay |
| Day 7-8 | 2 | Explains health and skill related fitness components | Naipaliliwanag ang mga *health-related at skill related fitness components* | Aralin 2Ang Iyong Kalusugan ay MahalagaAralin 3Mga Kasanayang Dapat Linangin | PE5PF-Ia-21 | TG pp 5-7 LM pp 8-13 | TsartLarawan ng mga taong naglalaro ng sari-saring isport |
| Day 9 | 1 | Identifies areas for improvement | Natutukoy ang mga bahagi ng pampisikal na kalusugan na kailangan pang isaayosNatutukoy ang mga kahinaan sa kakayahan upang maisaayos ang mga ito |  Aralin 2Ang Iyong Kalusugan ay MahalagaAralin 3Mga Kasanayang Dapat Linangin | PE5PF-Ib-h-22 | TG pp 5-7LM PP 8-13 TG pp 7-9 LM pp 14-19 | TsartLarawan ng mga taong naglalaro ng sari-saring isport |
| Day 10 | 1 | Explains the nature/background of the games | Naipaliliwanag ang uri at pinanggalingan ng mga larong tinatalakay- Tumbang Preso at Batuhang Bola , na isang target game  | Aralin 5Masayang Maglalaro ng mga Target Games | PE5GS-Ib-1 | TG pp 11-13LM pp 28-33 | LataPamatoChalkLaptopProjectorPicture puzzles |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 11 | 1 | Describes the skillsinvolved in the gamesObserves safety precautions | Nailalarawan ang mga kakayahang kailangan sa paglalaro Naisasagawa ng mayroong ibayong pag-iingat sa paglalaro | Aralin 5Masayang Maglalaro ng mga Target GamesAralin 4Paglalaro para sa Kasiyahan at Kalusugan | PE5GS-Ib-2PE5GS-Ib-h-3 | TG pp 11-13LM pp 28-33TG pp 9-11LM PP 22-27 | LataPamatoChalkLaptopProjectorPicture puzzlesProjectorLaptopPapelLapis |
| Day 12 | 1 | Executes the differentskills involved in the game | Naipamamalas ang mga kakayahang kailangan sa paglalaro ayon sa *Philippine Physical Activity Pyramid* | Aralin 5 Masayang Maglaro ng mga *Target Games* | PE5GS-Ic-h-4 | TG pp 11-13LM pp 28-33 | LataPamatoChalkLaptopProjectorPicture puzzles |
| Recognizes the value of participation in physical activities | Nakikilala ang kahalagahan ng paglahok sa mga pisikal na aktibidad | Aralin 4Paglalaro para sa Kasiyahan at Kalusugan | PE5PF-Ib-h-19 | TG pp 9-11LM pp 22-27 | LaptopProjectorPapellapis |
| Displays joy of effort, respect for others and fairplay during participation in physical activities | Naipamamalas ang galak sa pagsusumikap,respeto sa mga kalaro, at pagiging patas habang nakikilahok sa mga pisikal na aktibidad sa *Philippine Physical Activity Pyramid* | Aralin 4Paglalaro para sa Kasiyahan at Kalusugan | PE5PF-Ib-h-20 | TG pp 9-11LM pp 22-27 |  |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 13 | 1 | Explains health and skill- related fitness components | Naipaliliwanag ang mga *health at skill-related fitness components* | Aralin 3Mga Kasanayang Dapat Linangin | **PE5PF-Ia-21** | TG pp 7-8LM p 14-21 |  |
| Day 14 | 1 | Summative Test/Periodical Test |

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| **SECOND GRADING** |
| **CONTENT STANDARDS** | **Demonstrates understanding of participation and assessment of physical activity and physical fitness.** |
| **PERFORMANCE STANDARDS** | **1. Participates and assesses performance in physical activities.****2. Assesses physical fitness** |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 1 | 1 | Describes the Philippines physical activity pyramid | Nailalarawan ang *Philippine Physical Activity Pyramid* | Aralin 7Kakayahang Pangkatawan | PE5PF-IIa-16 | Masigla at Malusog na Katawan at Isipan 5TG pp 19-20LM pp 41-45 | PapelLapis |
| Explains the indicators for fitness | Naipaliliwanag ang mga panukat ng kakayahang pangkatawan | Aralin 7Kakayahang Pangkatawan | PE5PF-IIa-17 | Masigla at Malusog na Katawan at Isipan 5TG pp 19-20LM pp 41-45  |  |
| Day 2-3 | 2 | Assesses regularlyparticipation in physical activities based on the Philippines physical activity Pyramid | Nakikilala ang kahalagahan ng paglahok sa mga pisikal na aktibidad | Aralin 7Kakayahang Pangkatawan |  PE5PF-IIb-h-18 | Masigla at Malusog na Katawan at Isipan 5TG pp 19-20LM pp 41-45 | Rubber matPapelLapis |
| Day 4 | 1 | Explains the nature/background of the games | Naipaliliwanag ang uri at pinanggalingan ng mga invasion game | Aralin 8Maglaro at Magehersisyo | PE5GS-IIb-1 | Masigla at Malusog na Katawan at Isipan 5TG pp 21-22LM pp 46-51 | Tennis ballStopwatchTsartLapisPapel |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 5 | 1 | Describes the skillsinvolved in the games | Nailalarawan ang mga kasanayang kailangan sa paglalaro | Aralin 8Maglaro at Mag-ehersisyo | PE5GS-IIb-2 | Masigla at Malusog na Katawan at Isipan 5TG pp 21-22 LM pp 46-51 |  |
| Day 6 | 1 | Observes safetyprecautions | Naisasagawa ang mga panuntunang pangkaligtasan upang makapaglaro ng ligtas at malayo sa sakuna | Aralin 8Maglaro at Mag-ehersisyo |  PE5GS-11b-h-3 | Masigla at Malusog na Katawan at Isipan 5TG pp 21-22LM pp 46-51 |  |
| Day 7-8 | 2 | Executes the differen skills involved in the game | Naipamamalas ang mga kakayahang kailangan sa paglalaro | Aralin 9Mga Larong Pinoy | PE5GS-IIc-h-4 | Masigla at Malusog na Katawan at Isipan 5TG pp 23-24LM pp 52-55  | FieldPapelLapis |
| Day 9 | 1 | Recognizes the value of participation in physical activities | Nakikilala ang kahalagahan ng paglahok sa mga pisikal na aktibidad  | Aralin 9Mga Larong Pinoy | PE5PF-IIb-h-19 | Masigla at Malusog na Katawan at Isipan 5TG pp 23-24LM pp 52-55 |  |
| Day 10 | 1 | Displays joy of effort, respect for others and fair play during participation in physical activities | Naipamamalas ang galak sa paggawa, respeto sa iba, at paglalaro ng patas habang nakikilahok sa mga pisikal na aktibidad | Aralin 12Mga Lead Up Games | PE5PF-IIb-h-20 | Masigla at Malusog na Katawan at Isipan 5TG pp 27-30LM pp 64-69 | PanyoBandanaPapelLapisSementadong lugar |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 11 | 1 | Explains health and skill related fitness components | Naipaliliwanag ang mga *skill -related fitness* components | Health and Skill-Related Fitness Components | PE5PF-IIa-21 | CG p 31Other available sources |  |
| Day 12 | 1 | Identifies areas forimprovement | Natutukoy ang mga bagay na kailangang pagbutihin | Areas for Improvement | PE5PF-IIb-h-22 | CG p 31Other available sources |  |
| Day 13 | 1 | Summative Test/Periodical Test |

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| **THIRD GRADING** |
| **CONTENT STANDARDS** | **Demonstrates understanding of participation and assessment of physical activity and physical fitness.** |
| **PERFORMANCE STANDARDS** | **1.Participates and assesses performance in physical activities****2. Assesses physical fitness** |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 1 | 1 | Describes the Philippines physical activity pyramid | Nailalarawan ang *Philippine Physical Activity Pyramid(PPAP)* at paano ito nagagamit sa pagtamo ng pisikal na kaangkupan | Aralin 13Kahalagahan ng Sayaw | PE5PF-IIIa-16 | Masigla at Malusog na Katawan at Isipan 5TG pp 32-34LM p 71-75 | PapelLapisLCD projector |
| Day 2 | 1 | Explains the indicators for fitness | Naipaliliwanag ang batayan ng kaangkupan | Aralin 13Kahalagahan ng Sayaw | PE5PF-IIIa-17 | Masigla at Malusog na Katawan at Isipan 5 TG pp 32-34 LM p 71-75 |
| Day 3-4 | 2 | Assesses regularly participation in physical activities based on the Philippines physical activity pyramid | Natatantiya ang partisipasyon sa mga pisikal na aktibidad base sa PPAP |  Aralin 13Kahalagahan ng Sayaw |  PE5PF-IIIb-h-18 | Masigla at Malusog na Katawan at Isipan 5TG p 32 LM p 71-75 |
| Day 5 | 1 | Explains the nature/background of the dance | Naipaliliwanag ang pinanggalingan ng sayaw na Cariῆosa |  Aralin 16Tayo nang Sumayaw ng Cariῆosa | PE5RD-IIIb-1 | Masigla at Malusog na Katawan at Isipan 5TG pp 37-38LM pp 86-93 | KasuotanPamaypayPanyo musika ng CariῆosaMP3 player o CD player |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 6 | 1 | Describes the skills involved in thedance | Nailalarawan ang mga kasanayang kailangan sa sayaw |  Aralin 16Tayo nang Sumayaw ng Cariῆosa | PE5RD-IIIb-2 | Masigla at Malusog na Katawan at Isipan 5TG p 37LM pp 86-91 | KasuotanPamaypayPanyo musika ng CariῆosaMP3 player o CD player |
| Day 7 | 1 | Observes safety precautions | Naisasagawa ng may ibayong pag-iingat upang makaiwas sa sakuna o pananakit ng katawan ng dahil sa pagsasayaw | Aralin 14Mga Benepisyo ng Pagsasayaw | PE5RD-IIIb-h-3 | Masigla at Malusog na Katawan at Isipan 5TG pp 34-35LM pp 76 -79 |  |
| Day 8 | 1 | Executes the different skills involvedin the dance | Naitatanghal ang iba’t ibang kasanayang kailangan sa sayaw |  Aralin 16Tayo nang Sumayaw ng Cariῆosa | PE5RD-IIIc-h-4 | Masigla at Malusog na Katawan at Isipan 5TG p 37LM pp 86-91 |  |
| Day 9 | 1 | Recognizes the value of participationin physical activities | Nakikilala ang kahalagahan ng paglahok sa mga pisikal na aktibidad  | Aralin 19Sumayaw para sa Kalusugan | PE5PF-IIIb-h-19 | Masigla at Malusog na Katawan at Isipan 5TG pp 44-45LM pp104-107 |  |
| Day 10 | 1 | Displays joy of effort, respect for others during participation in physical activities | Naipakikita ang saya at respeto sa iba habang sumasayaw |  Aralin 16Tayo nang Sumayaw ng Cariῆosa | PE5PF -IIIb-h-20 | Masigla at Malusog na Katawan at Isipan 5TG pp 37-38LM pp 86-91 | KasuotanPamaypayPanyo musika ng CariῆosaMP3 player o CD player |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 11 | 1 | Explains health and skill related fitness components | Naipaliliwanag ang *health at skill-related components* | Aralin 13Kahalagahan ng Sayaw | PE5PF-IIIa-21 | Masigla at Malusog na Katawan at Isipan 5TG pp 32-34LM pp 71-75 |  |
| Day 12 | 1 | Identifies areas for improvement | Natutukoy ang mga bagay na kailangang pagbutihin | Aralin 13Kahalagahan ng Sayaw | PE5PF-IIIb-h-22 | TG pp 32-34 |  |
| Day 13 | 1 | Summative Test/Periodical Examination |

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| **FOURTH GRADING** |
| **CONTENT STANDARDS** | **Demonstrates understanding of participation and assessment of physical activity and physical fitness** |
| **PERFORMANCE STANDARDS** | **1. Participates and assesses performance in physical activities.****2. Assesses physical fitness** |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 1 | 1 | Describes the Philippinesphysical activity pyramid | Nailalarawan ang *Philippine Physical Activity Pyramid(PPAP)* at paano ito nakatutulong makamit ang iyong layuning pangkalusugan | Aralin 18Makilahok at Maging Malusog | **PE5PF-IVa-16** | Masigla at Malusog na Katawan at Isipan 5TG pp 43-44LM pp 101-103 | PapelLapis |
| Day 2 | 1 | Explains the indicators forfitness | Naipaliliwanag ang mga batayan ng kaangkupan o kalusugan | Aralin 18Makilahok at Maging Malusog | PE5PF- IVa—17 | Masigla at Malusog na Katawan at Isipan 5TG pp 43-44LM pp 101-103 |
| Day 3 | 2 | Assesses regularly participation in physicalactivities based on thePhilippines physical activitypyramid | Nalalaman ang antas ng kaangkupan sa pamamagitan ng paglahok sa mga *physical fitness test* | Aralin 18Makilahok at Maging Malusog | PE5PF-IVb—h-18 | Masigla at Malusog na Katawan at Isipan 5TG pp 43-44LM p 101-103 |
| Day 4 | 1 | Explains the nature/background of the dance | Naipaliliwanag ang pinagmulan ng Polka sa Nayon | Aralin 17Ang Polka sa Nayon | PE5RD-IVb-1 | Masigla at Malusog na Katawan at Isipan 5TG pp 39-41LM pp 94-99 | Musika MP3 CD playerPapel Lapis |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 5 | 1 | Describes the skills involved inthe dance | Nailalarawan ang mga kasanayang ginagamit sa sayaw | Aralin 17Ang Polka sa Nayon | PE5RD-IVb-2 | Masigla at Malusog na Katawan at Isipan 5TG pp 39-40LM PP 108-111 | Musika MP3 CD playerPapelLapisMusikaMP3 playerLapispapel |
| Day 6 | 1 | Observes safety precautions | Nagsasagawa ng pag-iingat sa pagsasayaw para makaiwas sa sakuna at mga bagay na makasasakit sa katawan | Aralin 19Sumayaw para sa Kalusugan | PE5RD-IVb-h-3 | Masigla at Malusog na Katawan at Isipan 5TG pp 44-45LM pp 104-107 |
| Day 7 | 1 | Executes the different skills involved in the dance | Naitatanghal ang mga kasanayang ginagamit sa sayaw | Aralin 17Ang Polka sa Nayon | PE5RD-IVc-h-4 | Masigla at Malusog na Katawan at Isipan 5TG pp 39-41LM pp 94-99 |
| Day 8 | 1 | Recognizes the value of participation in physical activities | Nakikilala ang kahalagahan ng pakikilahok sa mga pisikal na aktibidad  | Aralin 19Sumayaw para sa Kalusugan | PE5PF-IVb-h-19 | Masigla at Malusog na Katawan at Isipan 5TG pp 44-45LM pp 104-107 | MusikaMP3 playerPapelLapis |
| Day 9 | 1 | Displays joy of effort, respect for others during participation in physical activities | Naipakikita ang saya,respeto sa iba habang nakikilahok sa mga pisikal na aktibidad |  Aralin 20Iba Pang Pangunahing Galaw sa Sayaw | PE5PF-IVb-h-20 | Masigla at Malusog na Katawan at Isipan 5TG pp 46-47LM pp 108-111 |

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| **DAY** | **NO. OF DAYS** | **LEARNING COMPETENCIES** | **OBJECTIVES** | **SUBJECT MATTER** | **CODE** | **REFERENCE** | **MATERIALS** |
| Day 10 | 1 | Explains health and skill related fitness components | Naipaliliwanag ang mga health at *skill-related fitness* components na nililinang sa sayaw | Aralin 19Sumayaw para sa Kalusugan | PE5PF-IVa-21 | Masigla at Malusog na Katawan at Isipan 5TG Pp 44-45LM pp 104-107 | Papel Lapis |
| Day 11 | 1 | Identifies areas for improvement | Natutukoy ang mga bagay na kailangang pagbutihin | Areas for Improvement | PE5PF-IVb-h-22 | CG p 33 |  |
| Day 12 | 1 | Summative Test/Periodical Test |





