

MAPEH

Contextualized Budgetary Outlay
PHYSICAL EDUCATION



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BUDGETARY OUTLAY IN MAPEH II

**Physical Education
(Teacher’s Material)**

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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 at deped.silay@deped.gov.ph

We value your feedback and recommendations.

BUDGETARY OUTLAY

PHYSICAL EDUCATION

GRADE II

FIRST GRADING	
CONTENT STANDARDS	Demonstrates understanding of body shapes and body actions in preparation for various movement activities
PERFORMANCE STANDARDS	Performs body shapes and actions properly

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Demonstrates momentary stillness in symmetrical and asymmetrical shapes using body parts other than both feet as a base of support	Demonstrate momentary stillness in symmetrical and asymmetrical shapes using body parts other than both feet as a base of support.	Symmetrical And Asymmetrical Shapes	PE2BM-Ig-h-16	TG pp243-246 LM pp166-167	robot cards and clown cards showing symmetrical and asymmetrical body shapes, chart of symmetrical and asymmetrical body shapes, CDs of children's songs
Day 2	1	Describes body shapes and actions	Differentiate a jog from a run, a hop from a jump, a gallop from a slide.	Differentiating Locomotor Movements	PE2BM-Ia-b-1	Music, Art, Physical Education and Health 2 (Tagalog)	basket of fruits, hoops, banderitas,

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
						DEpEd Falculita,Rogelio F. et.al 2013,pp 295-296 TG pp 246-249 LM pp 168-171	pictures of locomotor and non-locomotor movements
Day 3	1	Creates body shapes and actions	Differentiate a jog from a run, a hop from a jump, a gallop from a slide.	Differentiating Locomotor Movements	PE2BM- Ie-f-2	Music, Art, Physical Education and Health Tagalog DepEd Falculita,Rogelio F.et al 2013 pp 300-301	basket of fruits, hoops, banderitas, pictures of locomotor and non-locomotor movements
Day 4	1	Demonstrates body shapes and actions	Perform different locomotor skills in response to rhythm	Locomotor Skills In Response To Rhythm	PE2BM-Ic-d-15	.Music, Art, Physical Education and Health Tagalog depEd Falculita,Rogelio F.et.al.2013 pp.297-299 TG pp 249-252 LM pp 172-174	drum (musical instrument), whistle, rhythmic music
Day 5	1	First Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Demonstrates movement skills in response to sound and music	Perform locomotor skills in response to even and uneven music.	Even And Uneven Movements	PE2MS-Ia-h-1	TG pp 252-255 LM pp 175-176	rhythm band instrument – drum
Day 7	1	Engages in fun and enjoyable physical activities Suggested learning activities *movement skills activities (locomotor, non-locomotor and manipulative skills) *Folk dances (Alitaptap/Rabong) *Rhythmic routines (Ribbon, hoop, balls and any available indigenous/improvised materials) Relays and races	Participate in simple races such as territory and invasion games.	Territory And Invasion Games	PE2PF-Ia-h-2	TG pp.256-258 LM pp. 177-179	chalk or water (to be used in drawing a line for the Sikyo and Patintero Game)
Day 8	1	Second Summative Test					
Day 9	1	Engages in fun and enjoyable physical activities	Participate in simple shuttle relay games	Shuttle Relay Games	PE2PF-Ia-h-2	TG pp 258-261 LM pp 180-182	handkerchiefs, batons, balls
Day 10	1	Exhibits correct body posture	Demonstrate correct posture and body mechanics	Correct Posture And Body Mechanics	PE2PF-Ia-h-12	TG pp. 262-265 LM 180-182	chair, book
Day 11	1	Assesses body posture	Assess body posture using Plumblin Test.	Plumblin Test	PE2PF-Ia-h-1	Music , Art ,Physical Education and Health 2 (Tagalog) DepEd, Falculita, Rogelio F.et.al 2013,pp 380-382 TG pp 265-267 LM pp. 186-188	plumblin
Day 12	1	Third Summative Test					
Day 13	1	First Periodical Test					

SECOND GRADING

CONTENT STANDARDS	Demonstrates understanding of locations, directions, levels, pathways and planes
PERFORMANCE STANDARDS	Performs movements accurately involving locations, directions, levels, pathways and planes

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Describes movements in a location, direction, level, pathway and plane	Execute correct hopping consecutively on the right and on the left foot in different locations, directions, levels, pathways and planes	Hopping	PE2BM-IIa-b-17	TG pp 268 –271 LM pp190 -191	flat surface markers labels hop notch (piko, tintin bika grid)
Day 2	1	Moves in : ➤ Personal and general space forward, backward, and sideward directions ➤ High middle and low levels straight, curve, and zigzag pathways ➤ Diagonal and horizontal planes	Execute correct leaping consecutively on the right and on the left foot in different direction ,locations and levels in proper form	Leaping	PE2BM-IIc-h-18	TG pp 271-274 LM pp 192-194	3 hoops , 5 books,2 benches (differ in height- low and high) markers
Day 3	1	Moves in : ➤ Personal and general space forward, backward, and sideward directions ➤ High middle and low levels straight, curve, and zigzag pathways ➤ Diagonal and horizontal planes	Execute properly the jumping for distance in proper form to reduce the impact	Jumping for Distance	PE2BM-IIc-h-18	TG pp 275-279 LM pp 199-202	flat surface marker coins/tokens hoops music
Day 4	1	First Summative Test					
Day 5	1	Moves in : ➤ Personal and general space forward, backward, and sideward directions ➤ High middle and low levels straight, curve, and zigzag pathways ➤ Diagonal and horizontal planes	Execute of skipping and leaping properly	Skipping and Leaping	PE2BM-IIc-h-18	TG pp 280-284 LM pp199-202	marker rolled paper with skills written on the paper

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Demonstrates movements skills in response to sounds and music	Perform rhythmic sequences with a partner using a ribbon, hoop, ball and etc.	Rhythmic Activities	PE2PF-IIa-h-1	TG pp 285-290 LM pp 203-205	marker rolled papers with skills written on the paper
Day 7	1	Engages in fun and enjoyable physical activities Suggested learning activities *movement skills activities (locomotor, non-locomotor and manipulative skills) *Folk dances *Rhythmic routines (Ribbon, hoop, balls and any available indigenous/improvised materials) Relays and races	Participate in partners and group relays	Relays	PE2PF-IIa-h-2	TG pp 290-293 LM pp 206-208	set of cards flaglets markers
Day 8	1	Second Summative Test					
Day 9	1	Observes correct posture and body mechanics while performing movement Suggested learning activities *movement skills activities (locomotor, non-locomotor and manipulative skills) *Folk dances (Alitaptap/Rabong) *Rhythmic routines (Ribbon, hoop, balls and any available indigenous/improvised materials) Relays and races	Practice correct posture while standing and sitting	Proper Posture in Standing and Sitting	PE2PF-IIIa-h-14	TG pp 294-296 LM pp 209-211	pictures of good posture and poor posture
Day 10	1	Observes correct posture and body mechanics while performing movement	Practice correct posture while walking	Proper Posture in Walking	PE2PF-IIa-h-14	TG pp. 297-299 LM pp.212-214	pictures of good posture and poor posture
Day 11	1	Third Summative Test					
Day 12	1	Second Periodical Test					

THIRD GRADING

CONTENT STANDARDS	Demonstrates understanding of movement in relation to time , force and flow
PERFORMANCE STANDARDS	Performs movements accurately involving time, force and flow

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Describes movements in a location , direction, level, pathway and plane	Describe how changing speed and direction allows a person to move from one place to another	Time , Force and Flow	PE2BM-IIIa-b-17	TG pp 300 - 303 LM pp 216- 218	whistle , picture of chasing game,strips of paper that indicates their group colors
Day 2	1	Moves: *slow , slower, slowest, fast, faster, fastest pace *using light, lighter, lightest/strong, stronger, strongest force with smoothness	Demonstrate the correct hand position when catching a ball above the head, below the waist, near the middle of the body, and away from the body	Body Movement Skills (Correct Position of the Hand When Catching the Ball)	PE2BM-IIIc-h-19	TG pp 304 –308 LM pp 219 -222	rubber ball or ball made of coconut leaves , whistle , pictures of correct position of the hand when catching the ball.
Day 3	1	Moves: *slow , slower, slowest, fast, faster, fastest pace *using light, lighter, lightest/strong, stronger, strongest force with smoothness	Explain the difference between throwing to a stationary partner and throwing to a moving partner.	Body Movement Skills (Throwing of a Ball to a stationary or to a moving partner)	PE2BM-IIIc-h-19	TG pp 308 -312 LM pp 223- 227	rubber ball , lively music , cd player
Day 4	1	First Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5-6	2	Engages in fun and enjoyable physical activities Demonstrates movement skills in response to sounds and music	Apply movement concepts when performing individually or with the group the simple dance mixers such as Kamayan dance	Rhythmic Routines	PE2PF-IIIa-h-2 PE2MS-IIIa-h-1	TG pp 312 –315 LM pp 228 -230	flash cards, pictures , dance literatures music , player
Day 7-8	2	Engages in fun and enjoyable physical activities	Compete in throwing and catching relays and races	Relays and Races	PE2PF-IIIa-h-2	TG pp 315 –318 LM pp 231 -233	balls , pictures and whistles
Day 9	1	Second Summative Test					
Day 10	1	Observes correct posture and body mechanics while performing movement activities Suggested learning activities *movement skills activities (locomotor, non-locomotor and manipulative skills) *Folk dances (Alitaptap/Rabong) *Rhythmic routines (Ribbon, hoop, balls and any available indigenous/improvised materials) Relays and races	Practice correct posture while picking up things.	Correct Posture in Picking up Things	PE2PF-IIIa-h-14	TG pp 319– 322 LM pp 234 -236	pictures , books, meter stick , whistle
Day 11	1	Observes correct posture and body mechanics while performing movement activities	Practice correct posture while pulling and pushing objects	Correct Posture in Pushing and Pulling Things	PE2PF-IIIa-h-2	TG pp 322- 325 LM pp 237- 240	chairs, cabinets, teacher’s table, pictures of pupils performing pushing and pulling.
Day 12	1	Third Summative Test					

FOURTH GRADING

CONTENT STANDARDS	Demonstrates understanding of movement activities relating to person, objects, music, and environment
PERFORMANCE STANDARDS	Performs movement activities involving person, objects, music and environment correctly

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Moves: *individually with partner and with group *with ribbon, hoop, balls, and any available indigenous/ improvised material *with sound *indoor and outdoor settings	Participate in self-testing activities like Chinese Get-up and Roll with a Ball	Self-testing Activities	PE2BM-IV-c-h-21	TG pp 326-328 LM pp 242-245	4 basketball balls or any kind of ball available, whistle
Day 2	1	Demonstrates movement skills in response to sound	Perform body movements with the use of drums and tambourines	Body Movements using drums and tambourines	PE2MS-IV-a-h-1	TG pp 329-330 LM pp 244-245	tin can drums, bamboo drums, soft drink cap tambourines, three big boxes
Day 3	1	Familiarizes in various movements activities involving person, objects, music and environment	Participate in dramatizing situations such as weather conditions Show how the body is managed in various movement activities involving person, objects, music and environment	Dramatizing Weather Conditions	PE2BM-IV-a-b-20	TG pp 331-334 LM pp 246-249	drawing of different weather conditions, handkerchief, weather signs, small box, sun cut-outs, and cloud cut-outs
Day 4	1	First Summative Test					
Day 5	1	Engages in fun and enjoyable physical activities	Identify opportunities to use underhand and overhand movement Participate in the underhand and overhand throwing skill	Throw Patterns	PE2pf-IV-a-h-2	TG pp334-336 LMpp252-254	small pillow, small rubber balls, balls made from coconut leaves, big baseball, ball cut-out, small ball cut-outs, whistle

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Moves: *individually with partner and with group *with ribbon, hoop, balls, and any available indigenous/ improvised material *with sound *indoor and outdoor settings	Identify different opportunities where to use striking skills	Striking Skills	PE2BM-IV-c-h-21	TG pp. 337-338 LM pp, 252-254	volleyball ball, basketball ball, baseball ball, bat, open field, basketball court, whistle, balls, cut-out , paper bag
Day 7	1	Second Summative Test					
Day 8	1	Observes correct body posture and body mechanics while performing movement activities in folkdance	Perform the figures 1 and 2 of the dance Alitaptap	ALITAPTAP Figure 1 and 2	PE2PF-IV-a-h-14	TG pp 339-341 LM pp 255-258	Music of “Alitaptap”, Dance Literature, picture of “Alitaptap” manila paper/ recycle paper
Day 9	1	Observes correct body posture and body mechanics while performing movement activities in folkdance	Perform the figures 3 and 4 of the dance Alitaptap	ALITAPTAP Figure 3 and 4	PE2PF-IV-a-h-14	TG pp 343-344 LM pp 259-261	Music of “Alitaptap”, Dance Literature, picture of “Alitaptap” manila paper/ recycle paper
Day 10	1	Engages in fun and enjoyable physical activities	Participate in tagging relays and races	Tagging and Dodging Relays and Races	PE2PF-IV-a-h-2	TG pp 346-347 LM pp 262-263	whistle, open field and races

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 11	1	Observes correct body posture and body mechanics while performing movement activities	Perform activities that improve posture like line walk and book relay	Performing Activities that Improve Posture like Line Walk and Book Relay	PE2PF-IV-a-h-14	TG pp 348-350 LM pp 264-265	books, chalk , whistle, chair
Day 12	1	Third Summative Test					
Day 13	1	Fourth Periodical Test					



