

MAPEH

Contextualized Budgetary Outlay
PHYSICAL EDUCATION



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BUDGETARY OUTLAY IN MAPEH 3

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

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Contextualized Budgetary Outlay

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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 III

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	Describes body shapes and actions	Describe the proper body mechanics while standing. Engage in fun and enjoyable physical activities.	Body Shapes and Action	PE3BM-Ia-b-1	TG pp 210-215 LM pp 249-256	CD / CD Player activity charts
Day 2	1	Performs body shapes and actions.	Execute correct bending and stretching to improve body posture	Let's Move and Be Flexible	PE3BM-Ic-d-15	TG pp 216-222 LM pp 257-264	activity card pictures flashcards
Day 3	1	Creates body shapes and actions.	Create different body shapes out of body parts while sitting	Let's Sit and Create Shapes	PE3BM-Ie-f-2	TG pp 232-235	activity card picture flashcards
Day 4	1	First Summative Test					
Day 5	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	Let's Walk and Sing	PE3BM-Ig-h-16	TG pp 223-227 LM pp 265-271	CD / CD Player pictures
Day 6	1	Demonstrates movement skills in response to sound and music	Perform flexibility exercises while singing.	Let's Walk and Sing	PE3MS-Ia-h-1	TG pp 223-227 LM pp 265-271	CD / CD Player pictures

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	Identifies conditioning and flexibility exercises that will improve body posture.	Describe flexibility and conditioning exercises in kneeling position.	Let's Move and Bend Our Knees	PE3PF-Ia-h-15	TG pp 228-231 LM pp 272- 277	CD laptop stick pictures
Day 8	1	Second Summative Test					
Day 9	1	Performs conditioning and flexibility exercises that will improve body posture	Perform kneeling exercise with proper body mechanics	Let's Move and Bend Our Knees	PE3PF-Ia-h-16	TG pp 228-231 LM pp 272-277	CD laptop stick pictures
Day 10-11	2	Engages in fun and enjoyable physical activities. suggested learning activities: <ul style="list-style-type: none"> • movement skills and activities (locomotor, non –locomotor and manipulative skills) • folk dances (Tiklos / Kunday-Kunday) •rhythmic routines (ribbon, hoops, balls and any available indigenous / improvised materials) •lead up, organized and indigenous games corrective exercises	Perform simple static and dynamic flexibility exercises while seated. Enjoy fun games that develop flexibility.	Stretching Challenge	PE3PF-Ia-h-2	TG pp 236 - 241 LM pp 285 - 294	floor mat garter
Day 12	1	Third Summative 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.	Define personal space Identify the different non-locomotor movements Execute properly the non-locomotor movements	Moving in my Personal Space	PE3BM-IIa-b-17	TG pp 252 -258 LM pp 310-318	CD / CD Player Any folk music in 2/4 time signature
Day 2-3	2	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	Define the meaning of general space. Identify the basic locomotor movements. Execute properly the different locomotor movements	Moving in my General Space	PE3BM-IIc-h-18	TG pp 259 - 266 LM pp 319-325	CD player CD whistle chair any folk song music in 2/4 time signature
Day 4	1	First Summative Test					
Day 5	1	Demonstrates movement skills in response to sound	Identify basic steps in the folkdance “Tiklos” Move in different directions in response to sound and music. Demonstrate the basic steps in folkdance “Tiklos”	Tiklos Basics	PE3MS-IIa-h-1	TG pp 265-266 LM pp 326-330	CD player CD Dance literature

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Demonstrates movement skills in response to sound	Perform the different steps in the dance “Tiklos”. Enjoy and have fun in dancing “Tiklos”.	Let’s Dance Tiklos	PE3MS-IIa-h-1	TG pp 267 -269 LM pp 331-334	CD CD player Dance literature
Day 7	1	Identifies conditioning and flexibility exercises that will improve body mechanics	Describe correct way of manipulating a ball in doing rhythmic routines. Perform correct way of manipulating a ball in doing rhythmic routines.	Ball Rhythmic	PE3PF-IIa-h-15	TG pp 274-278 LM pp 340-344	ball mat CD CD player videos
Day 8	1	Second Summative Test					
Day 9	1	Performs conditioning and flexibility exercises that will improve body mechanics	Demonstrate properly the basic throwing and catching position in different levels and directions. Participate actively in throwing and catching the ball.	Throwing and Catching Ball	PE3PF-IIa-h-16	TG pp 279-284 LM pp 345-353	whistle rattan ball/plastic ball
Day 10-11	2	Engages in fun and enjoyable physical activities suggested learning activities: • movement skills activities (locomotor, non – locomotor and manipulative skills) • folk dances (Tiklos / Kunday-Kunday) • rhythmic routines (ribbon, hoops balls and any available indigenous / improvised materials) • lead up, organized and indigenous games • corrective exercises	Describe how the “Karera ng Bao” is being played. Played the “Karera ng Bao” or coconut stilts using levels and direction. Engage in fun and enjoyable physical activities.	Karera ng Bao	PE3PF-IIa-h-2	TG pp 285-289 LM pp 354-359	coconut stilts nylon string
Day 12	1	Third Summative 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 the speed and direction of movement when a person travels from one place to another.	Moving in Varying Speed and Directions	PE3BM-IIIa-b-17	TG pp 290 - 292 LM pp 361- 365	pictures real objects
Day 2	1	Moves : • at slow, slower, slowest/fast, faster, fastest pace • using light, light/lightest/strong, strongest force with smoothness	Describe the proper way or throwing and catching. Perform throw and catch at varying distances and levels	Throwing and Catching Challenge	PE3BM-IIIc-h-19	TG pp 293-296 LM pp 366-368	balls
Day 3	1	First Summative Test					
Day 4-5	2	Demonstrates movement skills in response to sound	Identify the dance steps in Kunday-Kunday. Execute change step, point step, kumintang, arms in lateral position and arms in reverse t-position correctly.	Kunday Kunday Basics	PE3MS-IIIa-h-1	TG pp 297-300 LM pp 369- 372	CD CD player Dance literature
Day 6	1	Engages in fun and enjoyable physical activities	Identify basic movement skills using rings. Perform rhythmic routines with rings.	Ring Rhythmic	PEPF-IIIa-h-2	TG pp 305-308 LM pp 378-381	rings music CD CD player
Day 7	1	Second Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 8-9	2	Identifies conditioning and flexibility exercises that will improve body mechanics	Describe the proper dribbling and shooting position Execute correct dribbling and shooting in a fun game.	Let's Dribble and Shoot	PE3PF-IIIa-h-15	TG pp 313-316 LM pp 388-392	CD CD Player whistle rubber ball pail
Day 10-11	2	Performs conditioning and flexibility exercises that will improve body mechanics. Suggested learning activities <ul style="list-style-type: none"> • movement skills and activities (locomotor, non-locomotor and manipulative skills) • folk dances (Tiklos / Kunday-Kunday) • rhythmic routines (ribbon, hoops, balls and any available indigenous / improvised materials) • lead up, organized and indigenous games • corrective exercises 	Describe the skills used in Tumbang Preso. Walk, run and dodge in slow, moderate and fast pace in varying directions. Play Tumbang Preso with vigor and enthusiasm	Tumbang Preso Challenge	PE3PF-IIIa-h-16	TG pp. 317-320 LM pp. 393-396	cans CD CD Player any indigenous improvised materials slippers
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	Participates in various movement activities involving person, objects, music and environment	Describe locomotor and non locomotor movements in performing activities. Perform combined movements with partner and in a group.	Enjoying Locomotor and Non Locomotor Movements	PE3BM-IV-a-b-20	TG pp 321-324 LM pp 398-404	flash cards cones chairs
Day 2-3	2	Moves: <ul style="list-style-type: none"> • individually, with partner, and with group • with ribbon, hoop, balls and any available indigenous / improvised materials • with sound • in indoor and outdoor settings 	Familiarize manipulative skills with relationship to objects Perform the common manipulative skills correctly. Enjoy the activities for fitness and fun.	Fun with Manipulatives	PE3BM-IV-c-h-21	TG pp 325 -327 LM pp 405-408	balls chairs flashcards CD CD Player laptop hoops ribbons any available indigenous materials
Day 4	1	First Summative Test					
Day 5	1	Demonstrates movement skills in response to sounds and music	Learn the basic steps of Kaibigan. Execute the dance movements correctly and with ease	Kaibigan	PE3MS-IV-a-h-1	TG pp 331- 333 LM pp 413-416	CD CD Player Dance literature

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6-7	2	Engages in fun and enjoyable activities.	Familiarize rhythmic movements of maracas Perform rhythmic routines with music using improvised maracas Demonstrate different steps of maracas rhythmic confidently	Maracas Rhythmics	PE3PF-IV-a-h-2	TG pp 334-337 LM pp 417-419	improvised maracas music CD CD player
Day 8	1	Second Summative Test					
Day 9	1	Identifies conditioning and flexibility exercises that will improve posture.	Participate in simple Lead-Up games Demonstrate and execute the proper way of playing Lead-Up games Enjoy playing Lead-Up games	Let's Enjoy Playing Lead-Up Games	PE3PF-IV-a-h-15	TG pp 342-344 LM pp 423-425	whistle pastic ball paper plate CD CD Player
Day 10-11	2	Performs conditioning and flexibility exercises that will improve body mechanics suggested learning activities • movement skills and activities (locomotor, non-locomotor and manipulative skills) • folk dances (Tiklos / Kunday-Kunday) • rhythmic routines (ribbon, hoops balls and any available indigenous / improvised materials) • lead up, organized and indigenous games • corrective exercises	Demonstrate "Leaping" in Luksong Tinik. Describe Luksong Tinik Engage in fun and enjoyable physical activities.	Luksong Tinik Challenge	PE3PF-IV-a-h-16	TG pp 345-348 LM pp 426-429	rubber mat garter meter stick whistle
Day 11	1	Third Summative Test					

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					



