

MAPEH

Contextualized Budgetary Outlay PHYSICAL EDUCATION



Copyright Page

Published by the
LEARNING RESOURCE MANAGEMENT AND DEVELOPMENT SYSTEM (LRMDS)
Department of Education
Region VI-Western Visayas
SCHOOLS DIVISION OF SILAY CITY
Silay City
Copyright 2019

Section 9 of Presidential Degree No. 49 provides

“No copyright shall subsist in any work of the Government of the Republic of the Philippines. However, prior approval of the government agency of office wherein work is created shall be necessary for exploitation of such work for profit.”

This budgetary outlay has been developed by the Curriculum and Implementation Division (CID) of the Department of Education, Schools Division of Silay City. It can be reproduced for educational purposes only. Derivatives of the work including creating an edited version, an enhancement or a supplementary work are permitted provided all original work is acknowledged and the copyright is attributed. No work may be derived from this material for commercial purposes and profit.

BUDGETARY OUTLAY IN MAPEH 10 **Physical Education** **(Teacher’s Material)**

Written by:

JENNIFER L. COSAS & JUVAN R. ZUBIAGA

Illustrated by:

JERRY R. BAGUIOS

Quality Assured by:

CARMEL JOY P. AUJERO
EPS-LRMDS

EVA G. TRABADO
EPS-MAPEH

JOY P. NAKAMURA
PDO II-LRMDS

ALBINO A. BERIOSO
Division MAPEH Evaluator

ALLY J. PACENO
Division MAPEH Evaluator

Recommending Approval:

FEDERICO P. PILLON, JR.
CID Chief

Approved by:

CYNTHIA G. DEMAIVIVAS, CESO V
Schools Division Superintendent

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 X

FIRST QUARTER

CONTENT STANDARDS	Demonstrates understanding of lifestyle and weight management to promote societal fitness
PERFORMANCE STANDARDS	1. Maintains an active lifestyle to influence the physical activity participation of the community and society 2. Practices healthy eating habits that support an active lifestyle

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Assesses physical activity, exercise and eating habits	Prepare for physical activity using general or sports-specific warm-up exercises	Activity: <i>Warm You Up</i>	PE10PF-Ia-h-39	LM p 5 TG p 6	video clips mini sound system
Day 2	1	Determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	Enumerate risk factors related to lifestyle diseases	Lifestyle Diseases	PE10PF-Ia-40	LM pp 8-9 TG pp 12-13	video presentation
Day 3	1	Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	Create a simple personal fitness program to be done during leisure time	Personal Fitness Program	PE10PF-Ib-h-45	LM p 10 TG pp18-20	Fitness Program template
Day 4-6	3	Applies correct techniques to minimize risk of injuries	Apply correct techniques to minimize risk of injuries	Injury Prevention and Risk Management	PE10PF-Ib-h-56	LM pp 28-34 TG pp 34-40	video clips PPT

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	Analyzes the effects of media and technology on fitness and physical activity	Discuss the effects of media and technology on fitness and physical activity	Effects of Media and Technology on Fitness and Physical Activity	PE10PF-Ib-46	LM pp38-39 TG p44	video clips PPT reading materials
Day 8	1	Critiques (verifies and validates) media information on fitness and physical activity issues	Describe the importance of critiquing media information on fitness and physical activity	Activity: <i>Do You Know How To Analyze?</i>	PE10PF-Ib-47	LM pp38-39 TG p44	print ads posters audio-visual set
Day 9	1	Expresses a sense of purpose and belongingness by participating in physical activity- related community services and programs	Participate actively in recreational activities voluntarily Value active recreational activities in improving fitness	Activity: <i>Voluntary Physical Activity Participation</i>	PE10PF-Ib-h-48	LM p 46 TG p 51	audio-visual set PPT
Day 10-11	2	Performance Task					
Day 12	1	Summative Test					

SECOND QUARTER

CONTENT STANDARDS	Demonstrates understanding of lifestyle and weight management to promote societal fitness
PERFORMANCE STANDARDS	1. Maintains an active lifestyle to influence the physical activity participation of the community and society 2. Practices healthy eating habits that support an active lifestyle

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Assesses physical activity, exercise and eating habits	Evaluate one's health and fitness through the use of fitness survey	Fitness Survey	PE10PF-IIa-h-39	LM pp 56-57 TG p 61	Assessment Tool
Day 2	1	Determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	Discuss healthy lifestyle guidelines	Healthy Lifestyle Guidelines	PE10PF-IIa-40	LM pp 62-69 TG pp 65-70	PPT
Day 3-4	2	Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	<p>Appreciate the benefits of being fit</p> <p>Discuss the myths and fallacies about weight and strength training</p> <p>Perform the basic yoga poses properly to avoid muscle injuries</p>	<p>Start Being Fit- Stretch It Out</p> <p>Myths and Fallacies About Weight and Strength Training</p> <p>Experience the Wonder of Yoga Exercises</p>	PE10PF-IIc-h-45	<p>LM pp 57-61 TG pp 62-63</p> <p>LM p 86 TG p 92</p> <p>LM pp 87-90 TG pp 93-96</p>	<p>video presentation</p> <p>PPT</p> <p>yoga mats speaker</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5	1	Applies correct techniques to minimize risk of injuries	Discuss the different weight loss strategies to minimize risk of injuries	Weight Loss Strategies	PE10PF-IIc-h-56	LM p 66 TG p 69	PPT
Day 6	1	Analyzes the effects of media and technology on fitness and physical activity	Discuss the effects of media and technology as a consequence in achieving fitness	Health Consequences of Excessive Body Weight	PE10PF-IIb-46	LM p 68 TG p 71	PPT
Day 7	1	Critiques (verifies and validates) media information on fitness and physical activity issues	Appreciate the contribution of media information on the benefits of recreational activities	Benefits of Recreational Activities	PE10PF-IIb-47	LM pp 70-71 TG p 73	PPT
Day 8-9	2	Expresses a sense of purpose and belongingness by participating in physical activity- related community services and programs	Discuss the good dose of exercise through participation in physical activities related to community services and programs Design a wellness plan (FITT) through the use of the Principle of Exercise (Overload)	The Good Dose of Exercise FITT Program	PE10PF-IIc-h-48	LM p 71 TG pp 73-74 LM p 71 TG pp 73-74	PPT FITT template
Day 10-11	2	Performance Task: <i>Project COT</i>					
Day 12	1	Summative Test					

THIRD QUARTER

CONTENT STANDARDS	Demonstrates understanding of lifestyle and weight management to promote societal fitness
PERFORMANCE STANDARDS	1. Maintains an active lifestyle to influence the physical activity participation of the community and society 2. Practices healthy eating habits that support an active lifestyle

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Assesses physical activities, exercises and eating habits	Assess one's level of participation in physical activities, exercises and eating habits	Activity: <i>Let's Talk About Your Physical Activities</i>	PE10PF-IIIa-h-39	LM pp 117-118 TG pp131-133	PAA Template
Day 2	1	Determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	Discuss the risk factors related to lifestyle diseases	Activity <i>Sine Mo 'To Presents: Sitio Katamakawan</i>	PE10PF-IIIa-40	LM p 109 TG pp 121-122	reading materials PPT
Day 3	1	Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	Describe Street and Hip-hop dances and their dance styles	Activity <i>Cinema 1: Now Showing Step Up 4</i>	PE10PF-IIIc-h-45	LM p 114 TG pp 127-128	reading materials PPT

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 4	1	Applies correct techniques to minimize risk of injuries	Perform the basic dance style of Street and Hip-Hop dance styles	Street and Hip-Hop Dance Styles	PE10PF-IIIc-h-56	LM pp 115-116 TG pp 129-130	print ads posters audio-visual set first aid kit
Day 5	1	Analyzes the effects of media and technology on fitness and physical activity	Develop a sense of pride in being Filipino through watching video clip performances	Activity: <i>Philippine Pride!</i>	PE10PF-IIIb-46	LM p 127 TG p142	video clips
Day 6	1	Critiques (verifies and validates) media information and physical activity issues	Critique media information on fitness and physical activity issues	Activity: <i>Believe It Or Not</i>	PE10PF-IIIb-47	LZM pp 127-128 TG pp 142-143 https://www.betterhealth.vic.gov.au/?open	video clips
Day 7	1	Expresses a sense of purpose and belongingness by participating in physical activity- related community services and programs	Participate in planning conference for a community service program	Activity: <i>Since You Belong...</i>	PE10PF-IIIc-h-48	LM p 136 TG p 151	PPT
Day 8-9	2	Recognizes the needs of others in real life and in meaningful ways	Assess and implement the planned community service program	Activity: <i>Be a Fitness Adviser</i>	PE10PF-IIIc-h-49	LM p 137 TG p 152	PPT
Day 10-11	2	Performance Task					
Day 12	1	Summative Test					

FOURTH QUARTER

CONTENT STANDARDS	Demonstrates understanding of lifestyle and weight management to promote societal fitness
PERFORMANCE STANDARDS	1. Maintains an active lifestyle to influence the physical activity participation of the community and society 2. Practices healthy eating habits that support an active lifestyle

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-2	2	Assesses physical activities, exercises and eating habits	Record and assess their own HR and THR Assess lifestyle and weight management skills	Activity: <i>HR Log</i> Activity: <i>Me and My Tummy</i>	PE10PF-IVa-h-39	LM p 144 TG p 165 LM pp 145-146 TG pp 165-166	HR Log template activity notebook
Day 3-4	2	Determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	Realize the importance of active recreation to eliminate the risk factors related to lifestyle diseases	Activity: <i>Active Recreation, Its Risks and First Aid Techniques</i>	PE10PF-IVa-40	LM pp 149-155 TG pp 169-175	PPT
Day 5	1	Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	Perform moderate to vigorous physical activity	Simulated Dance Class	PE10PF-IVc-h-45	LM pp 155-156 TG pp 175-176	music player speaker laptop
Day 6-7	2	Applies correct techniques to minimize risk of injuries	Apply correct techniques to minimize risk of injuries Create movements in coming up with cheer dance routines through improvisation	Activity: <i>Syllabised Warm-up Exercises</i> Activity: <i>Improvise and Create Movements</i>	PE10PF-IVc-h-56	LM pp 157-158 TG pp 176-177 LM pp 158-159 TG pp 177-180	music player speaker laptop

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 8	1	Analyzes the effects of media and technology on fitness and physical activity	Analyze the effects of media and technology on fitness and physical activity	Activity: <i>Video Documentary Exhibition</i>	PE10PF-IVb-46	LM pp 179-180 TG pp 196-197	video clips
Day 9	1	Critiques (verifies and validates) media information on fitness and physical activity issues	Discuss the benefits of participation in cheer dance as a effective means to achieve fitness and wellness	Activity: <i>Promotional Ad (For Cheer Dance and its Benefits)</i>	PE10PF-IVb-47	LM pp 180-181 TG pp 198-199	video clips
Day 10-11	2	Expresses a sense of purpose and belongingness by participating in physical activity	Participate in the cheer dance festival as a means to achieve fitness and wellness	<i>Performance Task: Cheer Dance Festival</i>	PE10PF-IVc-h-48	LM p 181 TG pp 199-200	sound system
Day 12	1	Recognizes the needs of others in real life and in meaningful ways	Assist students with needs of physical and social skills	Activity: <i>Fitness Assessment</i>	PE10PF-IIIc-h-49	LM p 182 TG p 201	PPT FA template
Day 13	1	Summative Test					

