

MAPEH

Contextualized Budgetary Outlay
PHYSICAL EDUCATION



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BUDGETARY OUTLAY IN MAPEH 4 **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 IV

FIRST GRADING

CONTENT STANDARDS	The learner demonstrate understanding of participation and assessment of physical activities and physical fitness.
PERFORMANCE STANDARDS	1. The learner participate and assesses performance in physical activities. 2. Assesses physical fitness

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	<p>Describes the physical activity pyramid</p> <p>Explains the indicators for fitness</p> <p>Explains health and skill related fitness components</p>	<p>Nasusunod ang kahalagahan ng paggawa ng mga gawaing nakabubuti sa kalusugan.</p> <p>Naisasagawa ang mga gawaing pisikal na mas nakabubuti sa kalusugan ayon sa physical activity pyramid guide para sa Batang Pilipino.</p> <p>Naisasagawa ang mga gawaing nakatutulong sa pagpapaunlad sa kalusugan.</p>	<p>Aralin 1:</p> <p>Ang Physical Activity Pyramid Guide para sa Batang Pilipino</p>	<p>PE4PF – Ia – 16</p> <p>PE4PF – Ia – 17</p> <p>PE4PF – Ia – 21</p>	<p>LM pp 4-11 TG pp 3-5.</p> <p>Musika, Sining At Edukasyon Sa Pagpapalakas Ng Katawan Ni Vilma V. Perez., Et Al. pp 181-182, © 2009</p> <p>The Filipino Pyramid Activity Guide, Pasoo 2000</p>	<p>Physical Activity Pyramid Guide para sa Batang Pilipino,</p> <p>Manila paper</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 2	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Recognizes the value of participation in physical activities</p> <p>Explains the health and skill related fitness components</p>	<p>Nasusunod ang kahalagahan sa kalusugan ng mga sangkap ng <i>Physical Fitness</i>.</p> <p>Nasusukat ang mga gawaing pisikal na nagtataglay, tumutugon, at nakalilalang sa mga sangkap ng <i>Physical Fitness</i></p> <p>Nakakapagpapamalas ng pakikiisa sa paggawa ng mga gawain.</p> <p>Naisasagawa ng may kaukulang pag-iingat ang mga gawaing pisikal.</p>	<p>Aralin 2:</p> <p>Ang mga Sangkap ng <i>Physical Fitness</i></p>	<p>PE4PF-Ib-h-18</p> <p>PE4PF-Ib-h-19</p> <p>PE4PF-Ia-21</p>	<p>LM pp 12-23 TG pp 6-8</p> <p>Manwal Ng Kawanihan Ng Eduk.Sa PK,1997., pp 283-284</p> <p>MSEP 4 ni Violeta E. Hornilla,et al., pp 20-24</p> <p>The Filipino Pyramid Activity Guide, PASOO 2000</p> <p>Physical Fitness Test Approach ni Aparicio H. Mequi, Ph.D.' 2004 http://www.Youtube.com/Watch?V=kyrmbdnctkc</p> <p>Ease PE - Module 2. pp 6-7, 12-13. Ease PE - Module 2.</p>	<p>Iba't ibang larawan ng mga indibidwal</p> <p>Physical activity pyramid guide para sa Batang Pilipino</p> <p>Manila paper</p> <p>Masking tape</p> <p>Pito</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Observes safety precautions</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Nasusunod ang kahalagahan sa kalusugan ng mga sangkap ng Physical Fitness.</p> <p>Nasusukat ang mga gawaing pisikal na nagtataglay, tumutugon, at nakalilinig sa mga sangkap ng physical fitness</p> <p>Nakakapagpapamalas ng pakikiisa sa paggawa ng mga gawain.</p> <p>Naisasagawa ng may kaukulang pag-iingat ang mga gawaing pisikal.</p>	Aralin 3: Ang mga Sangkap ng Physical Fitness	<p>LM pp 12-23 TG pp 6-8</p> <p>Manwal Ng Kawanihan Ng Eduk.Sa PK,1997., pp 283-284</p> <p>MSEP 4 ni Violeta E. Hornilla, et al., pp 20-24</p> <p>The Filipino Pyramid Activity Guide, PASOO 2000</p> <p>Physical Fitness Test Approach ni Aparicio H. Mequi, Ph.D.’ 2004 https://www.youtube.com/watch?v=kyrmbdnctkc</p> <p>Ease PE - Module 2. pp 6-7, 12-13.</p> <p>Ease PE - Module 2.</p>	<p>PE4PF-Ib-h-18</p> <p>PE4GS-Ib-h-3</p> <p>PE4PF-Ib-h-19</p> <p>PE4PF-Ib-h-20</p> <p>PE4PF-Ib-h-22</p>	<p>Iba’t ibang larawan ng mga indibidwal,</p> <p>Physical Activity Pyramid Guide para sa Batang Pilipino,</p> <p>Manila paper,</p> <p>Masking tape,</p> <p>Pito</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 4	1	First Summative Test					
Day 5	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Observes safety precautions</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Nasusunod ang kahalagahan sa kalusugan ng mga pagsubok sa sangkap ng <i>physical fitness</i> sa kalusugan</p> <p>Nagagawa ang kahalagahan ng pagsubaybay sa sariling kakayahan gamit ang <i>Physical Fitness Passport Card</i>.</p> <p>Naisasagawa ang mga pagsubok sa sangkap ng <i>physical fitness</i> ayon sa nararapat na pamamaraan ng mga ito.</p> <p>Nakapagpapamalas ng pakikiisa sa paggawa ng mga pagsubok.</p> <p>Naisasagawa ng may kaukulang pag-iingat ang mga pagsubok sa sangkap ng <i>physical fitness</i>.</p>	<p>Aralin 4:</p> <p>Ang Pagsubok sa mga Sangkap ng Physical Fitness (Pre-Test)</p>	<p>PE4PF-Ib-h-18</p> <p>PE4GS-Ib-h-3</p> <p>PE4PF-Ib-h-19</p> <p>PE4PF-Ib-h-20</p> <p>PE4PF-Ib-h-22</p>	<p>LM pp 24-32</p> <p>TG pp 9-11</p> <p>Tayo Nang Magpalakas, Batayang Aklat Ng Edukasyong Pagpapalakas Ng Katawan, pp 3-4</p> <p>The Filipino Pyramid Activity Guide, PASOO 2000</p> <p>Musika, Sining At Eduk. Pangkatawan Nina Violeta E. Hornilla, et.al. pp 70-73</p> <p>https://www.youtube.com/watch?v=kyrmbdnctkc</p> <p>Moving And Learning ni Beverly Nichols Ph.D.</p>	<p>Physical Fitness Passport Card,</p> <p>Tungtungan/hagdan (8 pulgada/ inches)</p> <p>Pito Timer/stopwatch, Tape measure, Yeso (chalk), 2 piraso ng kahoy/katulad na gamit, Masking tape, Tennis ball/ baseball/katulad na gamit, Dingding, Upuan, Mesa, Ruler/meter stick, Megaphone (kung mayroon), Mga pansapin/floor mats, Manila paper</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Nasusunod ang kahalagan sa kalusugan ng mga pagsubok sa sangkap ng <i>physical fitness</i> sa kalusugan</p> <p>Bibigyang pansin ang kahalagahan ng pagsubaybay sa sariling kakayanan gamit ang <i>physical fitness</i> passport card</p> <p>Naisasagawa ang mga pagsubok sa sangkap ng <i>physical fitness</i> ayon sa nararapat na pamamaraan ng mga ito</p> <p>Nakapagpamalas ng pakikiisa sa paggawa ng mga pagsubok</p> <p>Naisasagawa nang may kaukulang pag-iingat ang mga pagsubok sa sangkap ng <i>physical fitness</i>.</p>	<p>Aralin 5:</p> <p>Paglinang sa Cardiovascular Endurance</p>	<p>PE4PF-Ib-h-18</p> <p>PE4GS-Ib-h-3</p> <p>PE4GS-Ic-h-4</p> <p>PE4PF-Ib-h-19</p> <p>PE4PF-Ib-h-20</p> <p>PE4PF-Ib-h-22</p>	<p>LM pp 40 – 47</p> <p>TG pp 15 – 17</p> <p>MSEP 6 ni Vilma Perez et al., pp 209-210</p> <p>Musika, Sining At Edukasyong Pangkatawan 5, p 96</p> <p>MAPEH 3 ni Sonny F. Meneses Jr., et al., 2013</p> <p>A Study Of Philippine Games ni Mellie Leandicho Lopez</p>	<p>Tsinelas</p> <p>Lata ng gatas o kahit anong lata, yeso(chalk)</p> <p>Pinoy Aerobics na tugtog,</p> <p>Music Player</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Naisasagawa ang kahalagahan ng paglinang sa mga sangkap ng <i>physical fitness</i> gaya ng vascular endurance at puwersa</p> <p>Nasusunod ang mga indikasyon ng pag unlad ng cardiovascular endurance at puwersa</p> <p>Naisasagawa ang mga gawaing nakalilalang ng cardiovascular endurance at puwersa tulad ng paglalaro ng mga larong pinoy gaya ng batuhang bola</p> <p>Nakapagpapamalas ng pakikiisa sa pagsasagawa ng mga gawain</p> <p>Naisasagawa nang may kaukulang pag – iingat sa mga gawain</p>	<p>Aralin 6:</p> <p>Paglinang sa Puwersa (Power)</p>	<p>PE4PF-Ib-h-18</p> <p>PE4GS-Ib-h-3</p> <p>PE4GS-Ic-h-4</p> <p>PE4PF-Ib-h-19</p> <p>PE4PF-Ib-h-20</p> <p>PE4PF-Ib-h-22</p>	<p>MSEP 3 Ni Sonny F. Meneses Jr., et al., pp 168 – 169</p> <p>Children Moving Ni George Graham, et al ., pp 513 – 514</p> <p>MSEP 4 Ni Vilma B. Perez, et al., pp 308 – 309</p>	<p>Malambot na bola/ginusot na papel na binilog/lumang medyas na pinagsama-sama</p> <p>Yeso o chalk</p>
Day 8	1	Second Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Naisasagawa ang kahalagahan ng paglinang sa mga sangkap ng <i>physical fitness</i> gaya ng cardiovascular endurance at puwersa.</p> <p>Nasusunod ang mga indikasyon ng pag-unlad ng cardiovascular endurance at puwersa.</p> <p>Naisasagawa ang mga gawaing nakalilalang ng cardiovascular endurance at puwersa tulad ng paglalaro ng mga larong Pinoy gaya ng batuhang bola</p> <p>Nakapagpapamalas ng pakikiisa sa pagsasagawa ng mga gawain</p> <p>Naisasagawa nang may kaukulang pag-iingat sa mga gawain.</p>	<p>Aralin 7:</p> <p>Batuhang Bola</p>	<p>PE4PF-Ib-h-18</p> <p>PE4GS-Ib-h-3</p> <p>PE4PF-Ib-h-19</p> <p>PE4PF-Ib-h-20</p> <p>PE4PF-Ib-h-22</p>	<p>LM pp 55 - 60</p> <p>TG pp 20 - 21</p> <p>MSEP 3 Ni Sonny F. Meneses Jr., et al., pp 168-169</p> <p>Children Moving Ni George Graham, et al., pp. 513-514</p> <p>MSEP 4 Vilma B. Perez, et al., pp 308-309</p>	<p>Malambot na bola/ginusot na papel na binilog/lumang medyas na pinagsama-sama</p> <p>Yeso o chalk</p>
Day 10-11	2	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p>	<p>Naisasagawa ang kahalagahan ng paglinang sa mga sangkap ng <i>physical fitness</i> gaya ng <i>cardiovascular endurance at power</i>.</p> <p>Nasusunod ang mga indikasyon ng pag-unlad ng <i>cardiovascular endurance at power</i>.</p>	<p>Aralin 8:</p> <p>Syato</p>	<p>PE4PF-Ib-h-18</p> <p>PE4GS-Ib-h-3</p> <p>PE4PF-Ib-h-19</p> <p>PE4PF-Ib-h-20</p>	<p>Maliit o maikling patpat bawat manlalao,</p> <p>Malaki o mahabang patpat bawat manlalaro</p>	<p>Maliit o maikling patpat bawat manlalao,</p> <p>Malaki o mahabang patpat bawat manlalaro</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
		Displays joy of effort, respect for others and fair play during participation in physical activities Identifies areas for improvement	Naisasagawa ang kahalagahan ng paglinang sa mga sangkap ng <i>physical fitness</i> gaya ng <i>cardiovascular endurance at power</i> . Nasusunod ang mga indikasyon ng pag-unlad ng <i>cardiovascular endurance at power</i> .		PE4PF-Ib-h-22		
Day 12	1	Third Summative Test					

SECOND GRADING

CONTENT STANDARDS	The learner demonstrates understanding of participation in and assessment of physical activities and physical fitness
PERFORMANCE STANDARDS	1. The learner participates and assesses performance in physical activities. 2. Assesses physical fitness

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	<p>Describes the Philippines physical activity pyramid</p> <p>Explains the indicators for fitness</p> <p>Explains health and skill related fitness components</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities.</p>	<p>Natutukoy ang mga gawaing pisikal na nagdudulot ng <i>muscular strength</i> at <i>muscular endurance</i> at nasusunod ang mga gabay sa <i>Physical Activity Pyramid Guide</i> para sa Batang Pilipino.</p> <p>Naipaliliwanag ang pagkakaiba ng lakas ng kalamnan at tatag ng kalamnan.</p> <p>Naisasagawa nang wasto ang mga gawaing pisikal na nakapaloob sa aralin.</p> <p>Naipakikita ang kasiyahan at pag-iingat sa pagsasagawa ng mga gawain.</p>	<p>Aralin 1:</p> <p>Pagpapalakas at Pagpapatatag ng Kalamnan</p>	<p>PE4PF-IIa-16</p> <p>PE4PF-IIa-17</p> <p>PEIIPF-IIa-21</p> <p>PE4PF-IIb-h-20</p>	<p>LM 70-76</p> <p>TG 25-26</p>	<p>Larawan ng Physical Activity Pyramid Guide para sa Batang Pilipino</p> <p>Lubid o mahabang tela (siguraduhin na ang tela ay di nakakasugat kapag hinila ng mga bata)</p> <p>Pito</p> <p>Mesa na may bigat na kayang itulak ng mga bata</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
							Sako o bag na may pampabigat na damit o libro (Siguraduhin na ang bigat ng sako ay kakayaning dalhin ng mga bata)
Day 2	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Describes the skills involved in the games</p> <p>Observes safety precautions</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities.</p> <p>Identifies areas for improvement</p>	<p>Naisasagawa ang mga gawaing sumusubok sa lakas at tatag ng kalamnan.</p> <p>Nabibigyang halaga ang lakas at tatag ng kalamnan sa pakikilahok sa mga gawain sa klase.</p> <p>Naisasagawa nang maayos at tama ang mga gawaing nakalilalang sa lakas at tatag ng kalamnan.</p> <p>Naipaliliwanag ang pagkakaiba ng lakas at tatag ng kalamnan.</p> <p>Naipakikita ang kasiyahan na puno ng enerhiya at tiyaga sa pagsasagawa ng mga gawaing pisikal.</p>	<p>Aralin 2:</p> <p>Pagpapalakas at Pagpapatatag ng Kalamnan</p>	<p>PE4PF-IIb-h-18</p> <p>PE4GS-IIb-2</p> <p>PE4GS-IIb-h-3</p> <p>PE4PF-IIb-h-19</p> <p>PE4PF-IIb-h-20</p>	<p>LM 77-83</p> <p>TG 27-28</p>	<p>Larawan</p> <p>Bag</p> <p>Mga aklat</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3	1	Assesses regularly participation in physical activities based on physical activity pyramid Observes safety precautions Executes the different skills involved in the game Recognizes the value of participation in physical activities Displays joy of effort, respect for others and fair play during participation in physical activities Identifies areas for improvement	Naipaliliwanag ang kahalagahan ng agility (liksi) bilang sangkap ng Physical Fitness. Nasasabi ang kahalagahan ng pakikilahok sa mga gawaing pisikal. Naipapakita ang liksi sa pakikilahok sa obstacle relay	Aralin 3: Pagpapaunlad ng Liksi	PE4PF-IIb-h-18 PE4GS-IIb-h-3 PE4GS-IIc-h-4 PE4PF-IIb-h-19 PE4PF-IIb-h-20 PE4PF-IIb-h-22	LM pp 84-89 TG pp 29-30	Tsart ng mga gawain Pito Cone Buklod o hulahoop
Day 4	1	First Summative Test					
Day 5-6	2	Assesses regularly participation in physical activities based on physical activity pyramid Executes the different skills involved in the game Recognizes the value of participation in physical activities Displays joy of effort, respect for others and fair play during participation in physical activities Identifies areas for improvement	Nakasusunod sa alituntunin ng laro. Natutukoy ang kahalagahan ng bilis sa pagkapanalo sa laro. Nakakikilos nang mabilis at may direksyon ayon sa tuntunin.	Aralin 4: Paglinang ng Bilis	PE4PF-IIb-h-18 PE4GS-IIc-h-4 PE4PF-IIb-h-19 PE4PF-IIb-h-20 PE4PF-IIb-h-22	LM pp90-95 TG pp31-33	Tsart ng mga gawain

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Explains the nature/background of the games</p> <p>describes the skills involved in the game</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Nakasusunod sa mga alituntunin ng laro.</p> <p>Natutukoy ang kahalagahan ng laro sa pagpapaunlad ng mga sangkap ng Physical Fitness.</p> <p>Nakakakilos nang mabilis at maliksi habang naglalaro.</p>	<p>Aralin 5:</p> <p>Patintero</p>	<p>PE4PF-IIb-h-18</p> <p>PE4GS-IIb-1</p> <p>PE4GS-IIb-2</p> <p>PE4GS-IIc-h-4</p> <p>PE4PF-IIb-h-19</p> <p>PE4PF-IIb-h-20</p> <p>PE4PF-IIb-h-22</p>	<p>LM pp 96-100</p> <p>TG pp 34-35</p>	<p>Chalk</p> <p>Pito</p>
Day 8	1	Second Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Explains the nature/background of the games</p> <p>Describes the skills involved in the game</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Nakikilala ang mga larong lumilinanang sa kasanayan ng bilis at liksi</p> <p>Naisasagawa nang may pag-unawa ang ibat'ibang gawain o laro na may liksi at bilis.</p> <p>Naipapakita ang kasiyahan, pag-iingat at patas na pakikipaglaro sa kamag-aral</p>	<p>Aralin 6: Agawang Panyo</p>	<p>PE4PF-IIb-h-18 PE4GS-IIb-1 PE4GS-IIb-2 PE4GS-IIb-h-3 PE4GS-IIc-h-4 PE4PF-IIb-h-19</p>	<p>LM pp 101-105 TG pp 36-38</p>	Panyo
Day 10	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Explains the nature/background of the game</p> <p>Describes the skills involved in the game</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p>	<p>Natatalakay ang larong Agawang Base at natutukoy ang kahalagahan ng laro sa pagpapaunlad ng mga sangkap ng Physical Fitness.</p> <p>Naisasagawa nang maingat ang mga gawaing pisikal sa paglalaro ng habulan</p> <p>Naipakikita ang kasiyahan na puno ng enerhiya at tiyaga, paggalang sa kapwa at patas na pakikipaglaro</p>	<p>Aralin 7: Agawang Base</p>	<p>PE4PF-IIb-h-18 PE4GS-IIb-1 PE4GS-IIb-2 PE4GS-IIc-h-4 PE4PF-IIb-h-19</p>	<p>LM pp 106-109 TG pp 39-40</p>	Puno, Upan, Palaruan

		Displays joy of effort, respect for others and fair play during participation in physical activities			PE4PF-IIb-h-20		
					PE4PF-IIb-h-22		
Day 12	1	Third Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Explains the nature/background of the games</p> <p>Describes the skills involved in the game</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Nakikilala ang mga larong lumilinang sa kasanayan ng bilis at liksi</p> <p>Naisasagawa nang may pag-unawa ang ibat'ibang gawain o laro na may liksi at bilis.</p> <p>Naipapakita ang kasiyahan, pag-iingat at patas na pakikipaglaro sa kamag-aral</p>	<p>Aralin 6:</p> <p>Agawang Panyo</p>	<p>PE4PF-IIb-h-18</p> <p>PE4GS-IIb-1</p> <p>PE4GS-IIb-2</p> <p>PE4GS-IIb-h-3</p> <p>PE4GS-IIc-h-4</p> <p>PE4PF-IIb-h-19</p>	<p>LM pp 101-105</p> <p>TG pp 36-38</p>	Panyo

Day 10	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Explains the nature/background of the game</p> <p>Describes the skills involved in the game</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p>	<p>Natatalakay ang larong Agawang Base at natutukoy ang kahalagahan ng laro sa pagpapaunlad ng mga sangkap ng Physical Fitness.</p> <p>Naisasagawa nang maingat ang mga gawaing pisikal sa paglalaro ng habulan</p> <p>Naipakikita ang kasiyahan na puno ng enerhiya at tiyaga, paggalang sa kapwa at patas na pakikipaglaro</p>	<p>Aralin 7: Agawang Base</p>	<p>PE4PF-IIb-h-18</p> <p>PE4GS-IIb-1</p> <p>PE4GS-IIb-2</p> <p>PE4GS-IIc-h-4</p> <p>PE4PF-IIb-h-19</p> <p>PE4PF-IIb-h-20</p> <p>PE4PF-IIb-h-22</p>	<p>LM pp 106-109</p> <p>TG pp 39-40</p>	<p>Puno, Upan, Palaruan</p>
Day 11	1	<p>Assesses regularly participation in physical activities based on physical activity pyramid</p> <p>Explains the nature/background of the game</p> <p>Describes the skills involved in the game</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the game</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others and fair play during participation in physical activities</p>	<p>Natatalakay ang pinanggalingan ng larong Lawin at Sisiw at ang mga alintuntunin at mga kasanayan nito.</p> <p>Nakapaglalarawan ng mga alituntunin at kasanayan sa laro ayon sa pamantayan.</p> <p>Nakasusunod sa wastong paraan ng laro na may pag-iingat at naipakikita ang sportsmanship sa paglalaro.</p>	<p>Aralin 8: Lawin at Sisiw</p>	<p>PE4PF-IIb-h-18</p> <p>PE4GS-IIb-1</p> <p>PE4GS-IIb-2</p> <p>PE4GS-IIc-h-4</p> <p>PE4PF-IIb-h-19</p> <p>PE4PF-IIb-h-20</p> <p>PE4PF-IIb-h-22</p>	<p>LM pp 110-115</p> <p>TG pp 41-43</p>	<p>Mga larawan, Panyo</p>
Day 12	1	Third Summative Test					

THIRD GRADING

CONTENT STANDARDS	Demonstrates understanding of the proper use of medicines to prevent misuse and harm to the body.
PERFORMANCE STANDARDS	Practices the proper use of medicines

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	<p>Describes the Philippines physical activity pyramid</p> <p>Explains the indicators for fitness</p> <p>Explains health and skill related fitness components</p> <p>Identifies areas for improvement</p> <p>Displays joy of effort, respect for others during participation in physical activities</p>	<p>Naiisa-isa sa <i>Filipino Pyramid Activity Guide</i> ang mga sangkap ng <i>Physical Fitness</i> na nalilinig/napapaunlad ng mga gawaing pisikal.</p> <p>Naisasagawa ang mga gawaing pisikal na nakapaloob sa aralin.</p> <p>Naipakikita ang kasiyahan na puno ng enerhiya at tiyaga, paggalang sa kapwa at patas na pakikipaglar</p>	<p>Aralin 1:</p> <p>Balik Tanaw sa mga Sangkap ng <i>Physical Fitness</i> (<i>Cardiovascular Endurance, Lakas ng Kalamnan, Tatag ng Kalamnan, at Flexibility</i>)</p>	<p>PE4PF-IIIa-16</p> <p>PE4PF-IIIa-17</p> <p>PE4PF-IIIa-21</p> <p>PE4PF-IIIa-22</p> <p>PE4PF-IIIb-h-20</p>	<p>www.obesity.org.ph/</p> <p>LM pp 118-128</p> <p>TG pp 44-46</p>	<p>Hula hoop</p> <p>Lubid</p> <p>Baton</p> <p>Palaruan</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 2	1	<p>Assesses regularly participation in physical Activities based on physical activity pyramid</p> <p>Explains the nature/background of the dance</p> <p>Describes the skills involved in the dance</p> <p>Observes safety precautions</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p>	<p>Nasusubok ang kaangkupang pisikal sa pamamagitan ng pagsasagawa ng mga gawaing nagpapaunlad sa kahutukan (<i>flexibility</i>) ng katawan.</p> <p>Natutukoy ang kahalagahan ng pakikilahok sa mga gawaing pisikal katulad ng mga gawaing nagpapaunlad sa kahutukan (<i>flexibility</i>) ng katawan.</p> <p>Naipapakita ang kasiyahan na puno ng enerhiya at tiyaga, paggalang sa kapwa at patas na pakikipaglaro.</p>	<p>Aralin 2:</p> <p>Paglinang ng Flexibility</p>	<p>PE4PF-IIIb-h-18</p> <p>PE4GS-IIIb-1</p> <p>PE4GS-IIIb-2</p> <p>PE4GS-IIIb-h-3</p> <p>PE4PF-IIIb-h-19</p> <p>PE4PF-IIIb-h-20</p>	<p>www.obesity.org.ph/</p> <p>LM 129-135</p> <p>TG 47-49</p>	<p>Palaruan</p>
Day 3	1	<p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p>	<p>Nasusubok ang physical fitness sa pamamagitan ng pagsasagawa ng mga gawaing nagpapaunlad sa koordinasyon ng katawan.</p> <p>Natutukoy ang kahalagahan ng pakikilahok sa mga gawaing pisikal katulad ng mga gawaing nagpapaunlad sa koordinasyon ng katawan.</p> <p>Naipakikita ang kasiyahan na puno ng enerhiya at tiyaga, paggalang sa kapwa at patas na pakikipaglaro</p>	<p>Aralin 3 :</p> <p>Paglinang sa Koordinasyon</p>	<p>PE4GS-IIIb-2</p> <p>PE4GS-IIIc-h-4</p> <p>PE4PF-IIIb-h-19</p> <p>PE4PF-IIIb-h-20</p>	<p>Teaching Physical Education</p> <p>LM pp 136-142</p> <p>TG pp 50-52</p>	<p>Palaruan</p> <p>Hula hoop</p>
Day 4	1	First Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5	1	<p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p>	<p>Nakalilikha ng mga kombinasyon ng kilos na ginagamitan ng dalawa o higit pang kilos.</p> <p>Naisasagawa nang wasto ang mga nilikhang kilos nang may tiwala sa sarili.</p> <p>Naisasagawa ang mga hakbang na gumagamit ng mga nilikhang kilos.</p> <p>Naipakikita ang kasiyahan sa pakikilahok at wastong pag-iingat sa likhang-galaw.</p>	<p>Aralin 4:</p> <p>Rhythmic Interpretation</p>	<p>PE4GS-IIIb-h-3</p> <p>PE4GS-IIIc-h-4</p> <p>PE4PF-IIIb-h-19</p> <p>PE4PF-IIIb-h-20</p>	<p>P.E Curriculum Guide, Teaching Physical Education</p> <p>LM pp 143-148</p> <p>TG pp 53-55</p>	<p>Palaruan</p> <p>Mga tugtog o musika na may iba't ibang tempo o bilis</p>
Day 6	1	<p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p>	<p>Natutukoy at naisasagawa ang mga batayang posisyon ng kamay at paa sa pagsasayaw.</p> <p>Naisasagawa ang mga hakbang pansayaw sa rhythm na 3 4 na gumagamit ng mga batayang kilos ng mga bisig sa pagsasayaw.</p> <p>Naipakikita ang kasiyahan sa pakikilahok at wastong pag-iingat sa pagsasayaw</p>	<p>Aralin 5:</p> <p>Likhang Sayaw</p>	<p>PE4GS-IIIb-h-3</p> <p>PE4GS-IIIc-h-4</p> <p>PE4PF-IIIb-h-19</p> <p>PE4PF-IIIb-h-20</p>	<p>Curriculum Guide, Teaching Physical Education</p> <p>LM pp 149-154</p> <p>TG pp 56-58</p>	<p>Palaruan</p> <p>Mga tugtog o musika na may iba't ibang tempo o bilis</p> <p>Tugtugin na kinagigiliwan ng mga bata, usong kanta</p> <p>Patalastas sa radyo at telebisyon</p>
Day 7	1	Second Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 8	1	<p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p>	<p>Naipaliliwanag ang batayang kaalaman ng sayaw.</p> <p>Nailalarawan ang mga kasanayang gamit sa sayaw.</p> <p>Naipamamalas ang wastong pag-iingat sa pagsasayaw.</p> <p>Natutukoy ang kahalagahan ng pakikilahok sa gawaing pagsasayaw.</p> <p>Naipakikita ang katuwaan at paggalang sa pakikilahok sa gawaing pagsasayaw.</p>	<p>Aralin 6:</p> <p>Pangunahing Kaalaman sa Sayaw na Liki</p>	<p>PE4GS-IIIb-h-3</p> <p>PE4GS-IIIc-h-4</p> <p>PE4PF-IIIb-h-19</p> <p>PE4PF-IIIb-h-20</p>	<p>Visayan Folkdance Vol. 1</p> <p>LM pp 155-159</p> <p>TG pp 59-61</p>	<p>Larawan</p> <p>Tsart</p> <p>Mapa ng Negros Occidental</p> <p>Tugtugin ng Liki</p> <p>Dance Literature</p> <p>Cassette/CD player</p>
Day 9	1	<p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p>	<p>Naisasagawa ang iba't ibang hakbang sa pagsayaw ng "Liki".</p> <p>Natutukoy ang kahalagahan ng pakikilahok sa gawaing pagsasayaw.</p> <p>Naipakikita ang katuwaan at paggalang sa pakikilahok sa gawaing pagsasayaw.</p>	<p>Aralin 7:</p> <p>Kasanayan sa Pagsayaw ng Liki</p>	<p>PE4GS-IIIb-h-3</p> <p>PE4GS-IIIc-h-4</p> <p>PE4PF-IIIb-h-19</p> <p>PE4PF-IIIb-h-20</p>	<p>Visayan Folkdance Vol. 1</p> <p>LM pp 160-163</p> <p>TG pp 62-65</p>	<p>Larawan</p> <p>Tsart</p> <p>Tugtugin ng "Liki",</p> <p>Cassette/CD player</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 10-12	3	<p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p>	<p>Naisasagawa ang pangwakas na gawain (culminating activity) ng yunit.</p> <p>Naipakikita ang iba't ibang kasanayan sa pagsasagawa ng mga hakbang sa pagsasayaw.</p> <p>Naipamamalas ang kasiyahan sa pagsasayaw na may wastong kilos, galaw at hakbang.</p>	<p>Aralin 8:</p> <p>Liki: Ang Katutubong Sayaw mula sa Negros Occidental</p>	<p>PE4GS-IIIb-h-3</p> <p>PE4GS-IIIc-h-4</p> <p>PE4PF-IIIb-h-19</p> <p>PE4PF-IIIb-h-20</p>	<p>Visayan Folkdance Vol. 1</p> <p>LM pp 164-167</p> <p>TG pp 66-67</p>	<p>Cassette/CD player</p> <p>Tugtugin ng Liki</p>
Day 13	1	Third Summative Test					

FOURTH GRADING

CONTENT STANDARDS	Demonstrates understanding of participation and assessment of physical activity and physical fitness
PERFORMANCE STANDARDS	1. Participate and assesses performance in physical activities. 2. Assess physical fitness

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-2	2	<p>Describes the Philippine physical activity pyramid</p> <p>Explains the indicators for fitness</p> <p>Explains health and skill related fitness components</p>	<p>Natutukoy ang mga sangkap ng skill-related fitness.</p> <p>Naipaliliwanag ang kahalagahan ng pagpapanatili ang kasiglahan at kalakasan ng ating katawan.</p> <p>Napahalalagahan ang mga sangkap ng skill-related fitness upang lubos na maunawaan ang kahalagahan ng mga ito sa pagpapanatili at pagpapaunlad ng ating physical fitness.</p>	<p>Aralin 1:</p> <p>Pagpapanatili at pagpapaunlad ng Physical Fitness</p>	<p>PE4PF-IVa-16</p> <p>PE4PF-IVa-17</p> <p>PE4PF-IVa-21</p>	<p>LM pp 170-178</p> <p>TG pp 68-70</p>	<p>Filipino Physical Activity Pyramid Guide</p>
Day 3-4	2	<p>Assesses regularly participation in physical activities based on Philippine physical activity pyramid</p> <p>Observes safety precautions</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Naipaliliwanag ang mga kabutihang idinudulot ng likhang sayaw sa paglilinang ng balanse sa kalusugan ng katawan.</p> <p>Naisasagawa nang tama ang mga hakbang sa pagsasayaw .</p> <p>Nabibigyang-halaga ang mga kabutihang idinudulot ng likhang sayaw sa paglilinang ng balanse sa kalusugan ng katawan.</p>	<p>Aralin 2:</p> <p>Paglinang ng Balanse</p>	<p>PE4PF-IVb-h-18</p> <p>PE4RD-IVb-h-3</p> <p>PE4PF-IVb-h-19</p> <p>PE4PF-IVb-h-20</p>	<p>LM pp 179-184</p> <p>TG pp 71-72</p>	<p>CD player</p> <p>CDs</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
		Displays joy of effort, respect for others during participation in physical activities Identifies areas for improvement	Nabibigyang-halaga ang mga kabutihang idinudulot ng likhang sayaw sa paglilinang ng balanse sa kalusugan ng katawan.				2 pirasong patpat o 2 piraso ng bao (ikalawang pwedeng gamitin upang magbigay ng tunog sa mga bata upang masundan ang kumpas kung walang CD player.)
Day 5	1	First Summative Test					
Day 6	1	Assesses regularly participation in physical activities based on Philippine physical activity pyramid Recognizes the value of participation in physical activities Identifies areas for improvement	Nalilinang ang kaalaman at kasanayan sa reaction time. Nabibigyang-halaga ang mga kahalagahan ng kasanayan na maging alisto at may sapat na kakayahan sa reaction time.	Aralin 3: Paglinang ng Reaction Time	PE4PF-IVb-h-18 PE4PF-IVb-h-19 PE4PF-IVb-h-22	LM pp 185-189 TG pp 73-74	CD player Cds Dalawang pirasong patpat o dalawang piraso ng bao (ikalawa pwedeng gamitin upang magbigay ng tunog sa mga bata upang masundan ang kumpas kung walang CD player.)

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	<p>Assesses regularly participation in physical activities based on Philippine physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Naiisa-isa ang mga katawagan sa sayaw.</p> <p>Nasusuri ang pagganap ng mga mag-aaral sa mga pangunahing hakbang.</p> <p>Naipakikita ang kamalayan sa kahalagahan ng sayaw.</p>	<p>Aralin 4:</p> <p>Pangunahing kaalaman sa sayaw na Ba – Ingles</p>	<p>PE4PF-IVb-h-18</p> <p>PE4RD-IVb-h-3</p> <p>PE4RD-IVc-h-4</p> <p>PE4PF-IVb-h-19</p> <p>PE4PF-IVb-h-20</p> <p>PE4PF-IVb-h-22</p>	<p>LM pp 190-197</p> <p>TG pp 75-77</p>	<p>CD player</p> <p>CDs</p> <p>Dance Literature ng Ba-Ingles</p> <p>Dalawang pirasong patpat o dalawang piraso ng bao (ikalawang pwedeng gamitin upang magbigay ng tunog sa mga bata upang masundan ang kumpas kung walang CD player.)</p>
Day 8	1	<p>Assesses regularly participation in physical activities based on Philippine physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p>	<p>Nagagamit ang rubric o checklist sa pagsusuri ng pagsasakilos ng mga mag-aaral sa mga hakbang ng sayaw.</p> <p>Naisasakilos ang galaw bilang pagsunod sa oral instruction.</p>	<p>Aralin 5:</p> <p>Pangunahing Kaalaman sa Pagsayaw ng Ba – Ingles</p>	<p>PE4PF-IVb-h-18</p> <p>PE4RD-IVb-h-3</p> <p>PE4RD-IVc-h-4</p>	<p>LM pp 198-202</p> <p>TG pp 77-81</p>	<p>CD player</p> <p>CDs</p> <p><i>Dance Literature</i> ng Ba-Ingles</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
		<p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Naipapakita ang kamalayan sa kahalagahan ng sayaw na Ba-Ingles</p>		<p>PE4PF-IVb-h-19</p> <p>PE4PF-IVb-h-20</p> <p>PE4PF-IVb-h-22</p>		<p>Dalawang pirasong patpat o dalawang piraso ng bao (ikalawang puwedeng gamitin upang magbigay ng tunog sa mga bata upang masundan ang kumpas kung walang CD player.)</p>
Day 9	1	Second Summative Test					
Day 10	1	<p>Assesses regularly participation in physical activities based on Philippine physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Naiisa-isa ang mga katawagan sa sayaw.</p> <p>Nasusuri ang pagganap ng mga mag-aaral sa mga pangunahing hakbang.</p> <p>Naipakikita ang kamalayan sa kahalagahan ng sayaw.</p>	<p>Aralin 6:</p> <p>Malikhaing Pagsasayaw</p>	<p>PE4PF-IVb-h-18</p> <p>PE4RD-IVb-h-3</p> <p>PE4RD-IVc-h-4</p> <p>PE4PF-IVb-h-19</p> <p>PE4PF-IVb-h-20</p> <p>PE4PF-IVb-h-22</p>	<p>LM 203-206</p> <p>TG 82-83</p>	<p>CD player CDs</p> <p>Dalawang pirasong patpat o dalawang piraso ng bao (ikalawang puwedeng gamitin upang magbigay ng tunog sa mga bata upang masundan ang kumpas kung walang CD player.)</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 11	1	<p>Assesses regularly participation in physical activities based on Philippine physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p> <p>Displays joy of effort, respect for others during participation in physical activities</p> <p>Identifies areas for improvement</p>	<p>Nasusubukang muli ang antas ng physical fitness.</p> <p>Natutukoy kung ano ang estado ng physical fitness kumpara sa naunang pagsubok o pre-test.</p> <p>Naisasagawa ang pagsubok sa mga sangkap ng physical fitness o physical fitness test.</p>	<p>Aralin 7:</p> <p>Ang Pagsubok sa mga Sangkap ng Physical Fitness (Post – Test)</p>	<p>PE4PF-IVb-h-18</p> <p>PE4RD-IVb-h-3</p> <p>PE4RD-IVc-h-4</p> <p>PE4PF-IVb-h-19</p> <p>PE4PF-IVb-h-20</p> <p>PE4PF-IVb-h-22</p>	<p>LM pp 207-2015</p> <p>TG pp 84-85</p>	<p>Physical Fitness Passport Card</p> <p>Tungtungan o hagdan</p>
Day 12	1	<p>Assesses regularly participation in physical activities based on Philippine physical activity pyramid</p> <p>Observes safety precautions</p> <p>Executes the different skills involved in the dance</p> <p>Recognizes the value of participation in physical activities</p>	<p>Nasasagutan ang Fitness Passport Card at Post Test</p> <p>Naisasagawa ang mga gawaing nasa Talaan ng Iskor sa mga Pagsubok ng Physical Fitness</p>	<p>Aralin 8:</p> <p>Ang Pagsubok sa mga Sangkap ng Physical Fitness (Post – Test)</p>	<p>PE4PF-IVb-h-18</p> <p>PE4RD-IVb-h-3</p> <p>PE4RD-IVc-h-4</p>	<p>LM pp 216-224</p> <p>TG pp 86-87</p>	<p>Physical Fitness Passport Card</p> <p>Talaan ng Iskor sa mga Pagsubok ng Physical Fitness</p>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
		Displays joy of effort, respect for others during participation in physical activities Identifies areas for improvement			PE4PF-IVb-h-19 PE4PF-IVb-h-20 PE4PF-IVb-h-22		
Day 13	1	Third Summative Test					



