

MAPEH

Contextualized Budgetary Outlay
PHYSICAL EDUCATION



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BUDGETARY OUTLAY IN MAPEH 6

**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 VI

FIRST GRADING

CONTENT STANDARDS	The learner demonstrates understanding of participation and assessment of physical activity 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	Describes the Philippines physical activity pyramid. Explains the indicators for fitness.	Describe the Philippines physical activity pyramid Explain the indicators for fitness	Assessment of regular participation in Physical Activities based on the Philippine Physical Activity Pyramid	PE6PF-Ia-16 PE6PF-Ia-17	21 st Century MAPEH in ACTION 6 pp. 184-185 By Gerardo C. Lacia et.al Copyright ,2016	Laptop, Projector, downloaded videos, Chart of Physical Fitness Pyramid/tarpapel
Day 2	1	Assesses regularly participation in physical activities based on the Philippine Physical Activity Pyramid.	Participate actively in physical activities based on the Philippine Physical Activity Pyramid.	Assessment of physical activities and physical fitness Target games (Tumbangpreso)	PE6PF-Ib-h-18	21 st Century MAPEH in Action 6, pp. 184-185 Gerardo C. Lacia	Lata ng gatas/evap , tsinelas
Day 3	1	Explains the nature/background of the games.	Let the children understand the nature/background of the games.	Nature/Background of the games	PE6GS-Ib-1	21 st Century MAPEH in Action 6, pp. 186-187	Powerpoint (nature/background of games, video clips) Localized materials, pictures

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 4	1	Describes the skills involved in the games	Perform the fundamental skills involved in the games	Fundamental Skills involved in the games. TARGET GAMES	PE6GS-Ib-2	21 st Century MAPEH in Action 6, pp. 186-187	Pictures/chart/video clips of different games (Invasion, Target etc.) Localized/Indigenized materials compiled
Day 5	1	Observes safety precautions	Keep safety precautions during the conduct of games	SAFETY PRECAUTIONS	PE6GS-Ib-h-3	21 st Century MAPEH in Action 6, pp. 188	Pictures/chart showing safety precautions during games or other related Philippine physical fitness Acitivity
Day 6-7	2	Executes the different skills involved in the game	Perform the different skills involved in the games	Different Skills Involved in Games	PE6GS-Ic-h-4	21 st Century MAPEH in Action 6, pp.186-195	Video clips, laptop, projector
Day 8	1	Recognizes the value of participation in physical activities Displays, joy of effort, respect for others during participation in physical activities	Value participation in physical activities Show joy, effort, respect for others during participation in physical activities	Values shown in Participating in Physical activities	PE6PF-Ib-h-19 PE6PF-Ib-h-20	21 st Century MAPEH in Action 6, pp. 194-195	Chart, pentel pen, meta cards, paper tape

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	Explains health and skill related fitness components	Expound/explicate health and skill related fitness components	Health and Skill related fitness components	PE6PF-Ia-21	21 st Century MAPEH in Action 6, pp.196-198	Chart, meta cards pentel pen, paper tape
Day 10	1	Identifies areas for improvement	Single out/distinguish areas for improvement	Areas for improvement	PE6PF-Ib-h-22	21 st Century MAPEH in Action, p 199	Activity/rating cards
Day 11	1	Performance Task					
Day 12	1	Summative Test/Periodical Examination					

SECOND GRADING

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

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-2	2	Describes the Philippines physical activity pyramid Explains the indicators for fitness	Describe the Philippines physical activity pyramid Explains the indicators for fitness	Invasion game:Agawan Base (timbang-presno, piko, luksong-baka, luksong-tinik, and patentero)	PE6PF-IIa-16 PE6PF-IIa-17	MAPEH IN ACTION 6 pp.202-216 CG page 35	Pictures of tumbang-presno, piko, luksong-baka, luksong-tinik, and patentero (Localized Materials) Internet-Ibat ibang Larong Lahi sa Pilipinas-google search:https://www.google.com.ph. 2 pcs. Of bamboo sticks about an inch in diameter: 1 long abt. a foot and ½ foot

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3-4	2	Assesses regularly participation in physical activities based on the Philippine Physical Activity Pyramid	Assessment of Physical Activities and Physical Fitness	Invasion Game: “Lawin at Sisiw”/ “Agawang Panyo”	PE6PF-IIb-h-18	The 21st Century MAPEH in Action 6 pp.202-216 PE6 Curriculum Guide, p.35	Laptop, Powerpoint Presentation
Day 5-6	2	Explains the nature/background of the games Describes the skills involved in the games Observes safety precautions Executes the different skills involved in the game	Explain the nature and background of the Invasion Games Describe the skills involved in invasion games Observe safety precautions and execute the different skills involve in the game	Invasion Game: “Lawin at Sisiw”/ “Agawang Panyo” Ibat ibang Larong Lahi sa Pilipinas	PE6GS-IIb-1 PE6GS-IIb-2 PE6GS-IIb-h-3 PE6GS-IIc-h-4	The 21 st Century MAPEH IN ACTION 6 pp.202-216	Laptop, Ppt Presentation
Day 7	1	Recognizes the value of participation in physical activities	Recognize the value of participation in physical activities		PE6PF-IIb-h-19		
Day 8	1	Displays joy of effort, respect for others and fair play during participation in physical activities	Display joy of effort, respect for others and fair play during Participation in physical activities		PE6PF-IIb-h-20		

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	Explains health and skill related fitness components	Explain health and skill related fitness components	Invasion Game: "Lawin at Sisiw"/ "Agawang Panyo	PE6PF-II a - 21	The 21 st Century MAPEH IN ACTION 6 pp.202-216	Laptop, Ppt Presentation
Day 10	1	Identifies areas for improvement	Identify areas for improvement	Ibat ibang Larong Lahi sa Pilipinas	PE6PF-IIb-h- 22		
Day 11	1	Performance Tasks					
Day 12	1	Summative Test/Periodical Examination					

THIRD GRADING

CONTENT STANDARDS	The learner demonstrates understanding of participation and assessment of physical activity 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 1-2	2	Describes the Philippines physical activity pyramid Explains the indicators for fitness. Assesses regularly participation in physical activities based on the Philippines physical activity pyramid	Demonstrate understanding of participation and assessment of physical activity and physical fitness Explain the indicators for fitness Participate and assess performance in physical activities Describe the physical activity pyramid	Physical Activity Pyramid	PE6PF-IIIa-16 PE6PF-IIIa-17 PE6PF-IIIb-h-18	21 st Century Mapeh in Action 6 pp.184-185	Philippine Physical Pyramid Guide
Day 3	1	Explains the nature/background of the dance Describes the skills involved in the dance Observes safety precautions	Learn the basic dance steps in Folk dancing Explains basic dance steps Describe the skills involved in the basic dance steps Observe safety precautions	Basic Dance Steps	PE6RD-IIIb-1 PE6RD-IIIb-2 PE6RD-IIIb-h-3	21st Century MAPEH in Action 6 pp. 220-223	Uploaded videos

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 4-6	1	Executes the different skills involved in the dance	Perform Basic Dance Steps and Fundamental Dance Positions	Basic Dance Steps and Fundamental Dance Positions	PE6RD-IIIc-h-4	21 st Century MAPEH in ACTION 6 pp. 220-223	Chart/ Video of Basic Dance Steps and fundamental Dance Positions
Day 7	1	Explains health and skill related fitness components	Explain health and skill related fitness components in dancing	Warm up Exercises before Dancing	PE6PF-III a - 21	21 st Century MAPEH in ACTION 6 pp. 223-224	Chart and videos downloaded
Day 8-9	2	Recognizes the value of participation in physical activities Displays joy of effort, respect for others during participation in physical activities	Perform Learned Dances (e.g. Maglalatik, Boys)	Dance Performance Maglalatik (Boys) Itik-Itik (Girls)	PE6PF-IIIb-h-19 PE6PF-IIIb-h-20	21 st Century MAPEH in ACTION 6 pp. 226-227	Copy of Dance Literature; video of Dances
Day 10	1	Identifies areas for improvement	Identify areas for improvement	Areas for Improvement	PE6PF-IIIb-h-22	21 st Century MAPEH in ACTION 6 p 233	Rating Scale (Scale of 1-10)
Day 11	1	Performance Tasks					
Day 12	1	Summative Test/Periodical Examination					

FOURTH GRADING

CONTENT STANDARDS	The learner demonstrates understanding of participation and assessment of physical activity 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	Describes the Philippines physical activity pyramid	Describe the Philippine Activity Pyramid	Dancing for Fitness	PE6PF-IVa-16	21 st Century MAPEH in ACTION 6 pp. 236	Philippine Physical Activity Pyramid
Day 2	1	Explains the indicators for fitness	Explain different indicators for Fitness		PE6PF-IVa-17	21 st Century MAPEH in ACTION 6 p 237	Downloaded Videos in Dancing
Day 3	1	Assesses regularly participation in physical activities based on the Philippine Physical Activity Pyramid	Perform Physical Activities in Dancing	Physical Activities in Dancing	PE6PF-IVb-h-18	21 st Century MAPEH in ACTION 6 p 237	rubrics
Day 4	1	Observes safety precautions	Perform Warm-up Activities before Dancing	Warm up Activities	PE6RD-IVb-h-3	21 st Century MAPEH in ACTION 6 pp. 242	Video of warm up exercises

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 5-6	2	Executes the different skills involved in the dance Recognizes the value of participation in physical activities PE6PF-IVb-h-19	Execute Basic Dance Movements	Basic Movements in Dance	PE6RD-IVc-h-4 PE6PF-IVb-h-19	21 st Century MAPEH in ACTION 6 pp. 240-243	Chart of Basic Body Movements in a Dance; “ How to Slide, Double Hop”
Day 7-8	2	Explains the nature/background of the dance Describes the skills involved in the dance	Explain the nature/background of Dances (e.g. creative, interpretative, Featured Dance)	Creative Dance/Featured Dance/Interpretative Dance	PE6RD-IVb-1 PE6RD-IVb-2	21 st Century MAPEH in ACTION 6 pp. 238-239 pp. 242-243	Video samples of creative, featured and interpretative dance
Day 9	1	Displays joy of effort, respect for others during participation in physical activities.	Be able to do an actual performance output in creative dance/featured dance/interpretative dance	Performance Output in creative dance/featured dance/interpretative dance	PE6PF-IVb-h-20		Rubrics
Day 10	1	Explains health and skill related fitness components	Give point of views about health and skill related fitness components in creative dance/featured dance/interpretative dance	Health and skill related fitness components in creative dance/featured dance/interpretative dance	PE6PF-IVa-21	21 st Century MAPEH in ACTION 6 pp. 238-239 pp. 242-243 pp. 243	Chart Downloaded video clips in creative dance/featured dance/interpretative dance

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 11	1	Identifies areas for improvement	Identify areas for improvement	Areas for Improvement components in creative dance/featured dance/interpretative dance	PE6PF-IVb-h-22	21 st Century MAPEH in ACTION 6 pp. 238-239 pp. 242-243	
Day 12	1	Summative Test/Periodical Examination					

