

MAPEH

Contextualized Budgetary Outlay
PHYSICAL EDUCATION



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BUDGETARY OUTLAY IN MAPEH 7 PHYSICAL EDUCATION (Teacher’s Material)

Written by:

NEIL BRYAN B. REYES

Illustrated by:

JERRY R. BAGUIOUS

Quality Assured by:

CARMEL JOY P. AUJERO
EPS-LRMDS

EVA G. TRABADO
EPS-MAPEH

JOY P. NAKAMURA
PDO II-LRMDS

ALLY J. PACENO
Division MAPEH Evaluator

ALBINO A. BERIOSO
Division MAPEH Evaluator

Recommending Approval:

FEDERICO P. PILLON, JR.
CID Chief

Approved by:

CYNTHIA G. DEMAVIVAS, CESO V
Schools Division Superintendent

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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 VII

FIRST QUARTER	
CONTENT STANDARDS	Demonstrates understanding of guidelines and principles in exercise program design to achieve personal fitness
PERFORMANCE STANDARDS	Designs an individualized exercise program to achieve personal fitness

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-4	4	Undertakes physical activity and physical fitness assessments	Discuss the different physical fitness components and parameters Perform physical fitness test	Physical Fitness *Components of Physical Fitness *Physical Fitness Test	PE7PF-Ia-h-23	TG pp 14-17 LM pp 12-14 Physical Fitness Test Manual	charts pictures video clips laptop/TV weighing scale meter stick/ruler rubber bands stop watch rubber mats marker cones masking tape
Day 5	1	Sets goals based on assessment results	Identify specific goals based on assessment results Plan/Create a training program based on assessment results	Exercise Program A SMART Guide to Goal Setting Activity: <i>Ready Set Goals</i>	PE7PF-Ia-24	LM p 19-23 TG p 20 TG p 21	charts pictures video clips laptop/TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Identifies training guidelines and FITT principles	Identify the training guidelines and FITT principles Explain the FITT principles as they relate to cardiovascular endurance	Understanding the Principles of Fitness Training Activity: <i>FITT to Fit</i>	PE7PF-Ib-25	TG pp 23-24 TG pp 24-26 LM pp 20-22	charts pictures video clips laptop/TV
Day 7-8	2	Recognizes barriers (low level of fitness, lack of skill and time) to exercise	Identify all the barriers why adolescents don't participate in exercise Analyze and evaluate the low level of fitness, lack of skill to exercise Differentiate the difference between dynamic and static stretching	Finding the Right Intensity Warm-up Phase Activity: <i>Ready Set Stretch</i> Activity: <i>Barriers to Exercise</i>	PE7PF-Ib-26	TG pp 27-28 LM pp 23-26 TG pp 33-36 LM pp 27-29 LM pp 29-30 TG pp 37-38 LM pp 30-34	charts pictures video clips laptop/TV
Day 9	1	Prepares an exercise program	Design an exercise program	Exercise Program	PE7PF-Ic-27	TG pp 19-20 LM pp 23-34	charts pictures video clips laptop/TV
Day 10-11	2	Describes the nature and background of the sport Executes the skills involved in the sport	Discuss/explain the nature and background of individual sports (swimming and athletics) Perform the different skills involved in the sport	History *Swimming *Athletics Facilities, Equipment and Basic Skills *Swimming *Athletics	PE7GS-Id-5 PE7GS-Id-h-4	TG pp 41-48 LM pp 35-38	charts pictures video clips laptop/TV sports equipment/ facilities

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 12	2	Monitors periodically one's progress towards the fitness goals Distinguishes from fallacies and misconceptions about the physical activity participation	Describe the characteristics of physically fit and unfit persons Differentiate the difference between fallacies and misconceptions about the physical activity participation	The Benefits of Jogging Activity: <i>Separate Fallacies from Misconceptions</i> (Venn Diagram)	PE7PF-Id-h-28 PE7PF-Id-29	TG pp 50-51 LM pp 43-44	charts pictures video clips laptop/TV
Day 13	1	Performs appropriate first aid for sports-related injuries (e.g. cramps, sprain, heat exhaustion) Assumes responsibility for achieving personal fitness Keeps the importance of winning and losing in perspective	Explain applicable first aid for sports-related injuries (e.g. cramps, sprain, heat exhaustion) Execute the correct first aid for sports-related injuries Take on the responsibility of achieving personal fitness Identify the importance of winning and losing in perspective Appreciate the value of sportsmanship	First Aid Activity: <i>Think Pair and Share</i> Activity: <i>Beat Us!</i>	PE7PF-Id-h-30 PE7PF-Id-h-31 PE7PF-Id-h-32	Red Cross Manual TG p 22 LM pp 17-18 TG pp 48-49 LM pp 42-43	First Aid Kit charts pictures video clips laptop/TV
Day 14	1	Summative Test					

SECOND QUARTER

CONTENT STANDARDS	Demonstrates understanding of guidelines and principles in exercise program design to achieve personal fitness
PERFORMANCE STANDARDS	Modifies the individualized exercise program to achieve personal fitness

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-3	3	Undertakes physical activity and physical fitness assessments Review goals based on assessment results	Perform physical activity and physical fitness assessments	Physical Fitness Test	PE7PF-Ia-h-23 PE7PF-Ia-24	Physical Fitness Manual	weighing scale meter stick/ruler rubber bands stop watch rubber mats marker cones masking tape
Day 4	1	Addresses barriers (low level of fitness, lack of skill and time) to exercise	Identify barriers (low level of fitness, lack of skill and time) to exercise Analyze and evaluate the low level of fitness, lack of skill to exercise n adolescents	Finding the Right Intensity Activity: <i>Barriers to Exercise</i>	PE7PF-IIb-33	TG pp 27-35 LM pp 23-34	charts pictures video clips laptop/TV
Day 5-7	3	Describes the nature and background of the sport Executes the skills involved in the sport	Explain the nature and background of the sport (badminton, table tennis, lawn tennis) Perform the skills involved in the sport (badminton, table tennis, lawn tennis)	Dual Sports *Badminton *Table Tennis *Lawn Tennis	PE7GS-IId-5 PE7GS-IId-h-4	TG pp 101-110 LM p 66-94	charts pictures video clips laptop/TV sports equipment & facilities marker cones

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 8	1	Monitors periodically one's progress towards the fitness goals	Display periodically one's progress towards the fitness goals Apply periodically one's progress towards the fitness goal	Benefits from Engaging in Regular Physical Activity Activity: <i>Warm You Up</i>	PE7PF-IId-h-28	TG pp 124-128 LM pp 94-98	Activity template
Day 9	1	Perform appropriate first aid for sprain-related injuries (cramps, sprain, heat exhaustion)	Apply the proper first aid for sprain-related injuries	Injury Prevention in Dual Sports Activity: <i>Spot the Possibilities</i>	PE7PF-IId-30	TG pp 117-120 LM pp 85-88 Red Cross Manual	charts pictures video clips laptop/TV First Aid Kit
Day 10	1	Assumes responsibility for achieving personal fitness Keeps the importance of winning and losing in perspective	Show responsibility for achieving personal fitness Identify the importance of winning and losing Appreciate the value of winning and losing in a sport	Influencing Others to be More Active *Factors that Promote Lifestyle Change Activity: <i>Mini Competition</i>	PE7PF-IId-h-31 PE7PF-IId-h-32	TG pp 142-145 LM pp 114-117	First Aid Kit sports equipment & facilities
Day 11	1	Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 8-9	2	Monitors periodically one's progress towards the fitness goals Performs appropriate first aid for dance-related injuries (e.g, cramps, sprain, heat exhaustion) Assumes responsibility for achieving personal fitness	Display periodically one's progress towards the fitness goals Execute proper first aid for dance related injuries Show responsibility for achieving personal fitness	Activity: <i>My Personal Fitness Plan</i> First Aid Activity: <i>Just Dance!</i>	PE7PF-IIIId-h-28 PE7PF-IIIId-h-30 PE7PF-IIIId-h-31	TG pp 191-192 LM pp 159-160 Red Cross Manual TG pp 189-190 LM pp 157-160	charts pictures video clips laptop/TV First Aid Kit Activity template
Day 10	1	Keeps the importance of winning and losing in perspective	Show sportsmanship in the competition activity	Activity: <i>Keep On Dancing!</i> (Culminating Activity)	PE7PF-IIIId-h-32		audio system folk dance music folk dance paraphernalia
Day 11	1	Summative Test					

FOURTH QUARTER

CONTENT STANDARDS	Demonstrates understanding of guidelines and principles in exercise program design to achieve personal fitness
PERFORMANCE STANDARDS	Modifies the individualized exercise program to achieve personal fitness

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-3	3	Undertakes physical activity and physical fitness assessments Reviews goals based on assessments result	Identify the physical activity and physical fitness assessments Perform physical activity and physical fitness assessment Explain goals based on assessment results	Physical Fitness Test	PE7PF-IVa-h-23 PE7PF-IVa-34	Physical Fitness Manual	charts pictures video clips laptop/TV weighing scale meter stick/ruler rubber bands stop watch rubber mats marker cones masking tape
Day 4	1	Addresses barriers (low level of fitness, lack of skill and time) to exercise	Addresses barriers (low level of fitness, lack of skill and time) to exercise	Activity: <i>Barriers to Exercise</i>	PE7PF-IVb-33	Physical Fitness Manual	charts pictures video clips laptop/TV
Day 5	1	Describes the nature and background of the dance	Explain the nature and background of the dance (<i>Kansilay</i>)	Fundamentals of <i>Kansilay</i> Dance	PE7RD-IVc-1	TG pp 226-237 LM pp 177-187	charts pictures video clips laptop/TV festival dance
Day 6	1	Executes the skills involved in the dance	Perform the fundamentals of <i>Kansilay</i> Dance	Fundamentals of <i>Kansilay</i> Dance	PE7RD-IVd-h-4	TG pp 246-249 LM pp193-195	music

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS	
Day 7	1	Monitors periodically one's progress towards the fitness goals	Display periodically one's progress towards the fitness goals	Activity: <i>Meeting My Personal Fitness Goals</i>	PE7PF-IVd-h-28	TG pp 249-251 LM pp 195-197	charts pictures video clips laptop/TV Activity template	
Day 8	1	Performs appropriate first aid for dance-related injuries (e.g, cramps, sprain, heat exhaustion) Analyzes the effect of exercise and physical activity participation on fitness	Execute proper first aid for dance related injuries Discuss the effects of exercise and physical activity participation on fitness and time to exercise	First Aid Healthy Strength Training	PE7PF-IVd-30 PE7PF-IVh-35	Red Cross Manual TG p 252-254 LM p 198	charts pictures video clips laptop/TV First Aid Kit	
Day 9	1	Assumes responsibility for achieving personal fitness	Show responsibility for achieving personal fitness	Healthy Lifestyle Habits	PE7PF-IVd-h-31	TG pp 260-263 LM pp 205-207	charts pictures video clips laptop/TV	
Day 10	1	Keeps the importance of winning and losing in perspective	Show sportsmanship in the competition activity	Culminating Activity	PE7PF-IVd-h-32		audio system laptop/TV festival dance music dance paraphernalia	
Day 11	1	Summative Test						

