

# MAPEH

Contextualized Budgetary Outlay  
PHYSICAL EDUCATION



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## **BUDGETARY OUTLAY IN MAPEH 8 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](mailto:deped.silay@deped.gov.ph)

**We value your feedback and recommendations.**

# BUDGETARY OUTLAY

## PHYSICAL EDUCATION

### GRADE VIII

#### FIRST QUARTER

<b>CONTENT STANDARDS</b>	<b>Demonstrates understanding of guidelines and principles in exercise program design to achieve fitness</b>
<b>PERFORMANCE STANDARDS</b>	<b>Designs a physical activity program for the family/school peers to achieve fitness</b>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-2	2	Undertakes physical activity and physical fitness assessments	Define and explain physical fitness  Describe and explain the different components of HRF and relate their importance to family wellness	Training Guidelines, FITT Principles	PE8PF-Ia-h-23	LM pp 5-7	PFT manual pictures video clips PFT materials/ equipment
Day 3-6	4	Conducts physical activity and physical fitness assessments of family/school peers	Perform the physical fitness Test  Classify physical activities in terms of their effects on the different components of HRF  Recognize the physical activity that may help develop health-related component of the family	Training Guidelines, FITT Principles	PE8PF-Ib-36	LM pp 7-23	PFT manual pictures video Clips PFT materials/ equipment

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 7	1	Sets goals based on assessment results	Determine the family's strength and weaknesses in the components of HRF	Assessment Results	PE8PF-Ia-24	PFT Manual	PFT manual pictures video clips PFT materials/ equipment
Day 8	1	Identifies training guidelines and FITT principles	Understand training guidelines and FITT principles  Perform physical enhancement activities	Training Guidelines, FITT Principles	PE8PF-Ib-25	PFT Manual	PFT manual pictures video clips PFT materials/ equipment
Day 9	1	Recognizes barriers (low level of fitness, lack of skill and time) to exercise	Identify the barriers of low level fitness  Enumerate solutions to resolve low level of fitness, lack of skill and time to exercise	Training Guidelines, FITT Principles	PE8PF-Ib-26	PFT Manual	PFT manual pictures video clips PFT materials/ equipment
Day 10	1	Prepares a physical activity program	Plan physical activities that promotes cardiovascular fitness for family members  Create physical activities for family members that enhance HRF	<i>Hit the Target</i>	PE8PF-Ic-27	LM pp 27-28	PFT manual pictures video clips PFT materials/ quipment
Day 11	1	Summative Test					

## SECOND QUARTER

CONTENT STANDARDS		Demonstrates understanding of the benefits that the family can derive from participating in team sports					
PERFORMANCE STANDARDS		Engages family members in team sports to promote fitness, health and wellness					
DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Describes the nature and background of the sport	Discuss briefly the development of team sports  Express understanding of the nature and background and other relevant topics in team sport	Nature and Background of Team Sports (Basketball)	PE8GS-IIc-1	LM pp 31-39	journals sports manual video clips
Day 2	1	Explains the health benefits derived from playing the sport  Practices proper and acceptable behavior when participating in team sports	Enumerate the fitness benefits derived from playing team sports  Express the benefits of playing team sports to family  Exhibit acceptable behavior while playing team sports guided by the rules and regulations of the game  Participate in team sports with proper and acceptable behavior	Health Benefits In Playing Team Sports (Basketball)  Desirable Behavior in Team Sports		<a href="https://www.betterhealth.vic.gov.au/health/healthyliving/basketball-health-benefits">https://www.betterhealth.vic.gov.au/health/healthyliving/basketball-health-benefits</a>	journals sports manual video clips sports equipment
Day 3	1	Executes proficiently the basic skills and tactics in team sport	Demonstrate techniques in executing basic skills of team sports  Demonstrate the proper way of executing the basic skills and tactics of team sports	Basic Skills and Tactics in Team Sports (Basketball)	PE8GS-II-d-h-4	LM pp 57-59	journals sports manual video clips sports equipment

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 4	1	Interprets rules and regulations of team sports	Interpret rules and regulations of the game using them in exhibiting decision-making skills  Show sportsmanship and cooperation during the game	Rules and Regulations of Team Sports (Basketball)		LM pp 60-62	journals sports manual video clips sports equipment
Day 5	1	Exhibits enjoyment in playing team sports	Employ an appropriate skill to a particular situation in playing team sports  Monitor and improve learner's mastery of basic skills needed in playing team sports	Team Sports as a Worthwhile Activity (Basketball)		<a href="https://www.sportsrec.com/8072917/the-five-basic-skills-of-basketball">https://www.sportsrec.com/8072917/the-five-basic-skills-of-basketball</a>	journals sports manual video clips sports equipment
Day 6	1	1 <sup>st</sup> Summative Test					
Day 7	1	Discusses the nature/background of the sports	Discuss briefly the development of team sports  Express understanding of the nature and background and other relevant topics in team sports	Nature and Background of Team Sports (Softball)		LM pp 88-89	journals sports manual video clips

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 8	1	Explains the health benefits derived from playing the sports  Practices proper and acceptable behavior when participating in team sports	Enumerate the fitness benefits derived from playing team sports  Express the benefits of playing team sports to family  Exhibit acceptable behavior while playing team sports guided by the rules and regulations of the game  Participate in team sports with proper and acceptable behavior	Health Benefits In Playing Team Sports (Softball)  Desirable Behavior in Team Sports (Softball)		<a href="http://ezteamsport.com/ultimate-benefits-playing-softball-may-not-know/">http://ezteamsport.com/ultimate-benefits-playing-softball-may-not-know/</a>	journals sports manual video clips sports equipment
Day 9	1	Executes proficiently the basic skills and tactics in team sport	Demonstrate techniques in executing basic skills of team sports  Demonstrate the proper way of executing the basic skills and tactics of team sports	Basic Skills and Tactics in Team Sports (Softball)		LM pp 90-91	journals sports manual video clips sports equipment
Day 10	1	Interprets rules and regulations of team sports	Interpret rules and regulations of the game using them in exhibiting decision-making skills  Show sportsmanship and cooperation during the game	Rules and Regulations of Team Sports (Softball)		LM pp 91-94	journals sports manual video clips sports equipment



DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 11	1	Exhibits enjoyment in playing team sports	Employ an appropriate skill to a particular situation in playing team sports  Monitor and improve learner's mastery of basic skills needed in playing team sports	Team Sports as a Worthwhile Activity (Softball)		<a href="http://assets.softball.org.au/dl/sal/Coaching/Resources/FUNDamentals/FUNDamental%20Skills.pdf">http://assets.softball.org.au/dl/sal/Coaching/Resources/FUNDamentals/FUNDamental%20Skills.pdf</a>	journals sports manual video clips sports equipment
Day 12	1	2 <sup>nd</sup> Summative Test					

### THIRD QUARTER

<b>CONTENT STANDARDS</b>	<b>Demonstrates understanding of the benefits that the family can derive from participating in indoor recreational activities</b>
<b>PERFORMANCE STANDARDS</b>	<b>Takes part in indoor recreational activities that promote lifelong fitness and wellness in the family</b>

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Discusses the nature/background of the game scrabble  Explains the health and fitness benefits derived from playing scrabble	Explain briefly the nature/background of the game scrabble  Express the benefits derived from playing scrabble  Monitor the benefits derived from playing scrabble  Discuss the health benefits derived from playing scrabble	Nature and Background of the Game (Scrabble)  Benefits Derived from Playing Scrabble		LM pp 101-108	scrabble board journals pictures video clips
Day 2	1	Practices proper and acceptable behavior when participating in indoor recreational activities	Participate in indoor recreational activities with proper and acceptable behavior  Show/demonstrate fairness, sportsmanship and cooperation during the games (indoor recreational activities)	Proper and Acceptable Behavior in Indoor Recreational Activities		LM p 109	scrabble board journals pictures video clips

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 3	1	Executes basic skills and tactics in indoor recreational activities	<p>Enumerate/identify the basic skills and tactics in indoor recreational activities</p> <p>Employ appropriate skills and tactics to a particular situation in playing indoor recreational activities</p>	Basic Skills and Tactics in Indoor Recreational Activities		LM pp 114-115	scrabble board pictures video clips
Day 4	1	<p>Interprets rules and regulations of the game scrabble</p> <p>Applies knowledge of rules and regulations in scrabble</p> <p>Promote indoor recreational activities to family members</p>	<p>Enumerate the rules and regulations of the game scrabble</p> <p>Understand and explain the rules and regulations of the game scrabble</p> <p>Interpret violations in the rules and regulations of scrabble</p> <p>Employ proper judgement in the violations of the rules and regulations in scrabble</p> <p>Set goals as regards the learner's personal and family's involvement in indoor recreational activities</p>	<p>Rules and Regulations of Scrabble</p> <p>Recreational Activities for the Family</p>		LM pp 113-115	scrabble board rules and guide books video clips
Day 5	1	1 <sup>st</sup> Summative Test					

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Discusses the nature/background of the game chess and domino  Explains the health and fitness benefits derive from playing chess and domino	Explain briefly the nature/background of the game chess and domino Express the benefits derived from playing chess and domino Monitor the benefits derived from playing chess and domino Discuss the health benefits derived from playing chess and domino	Nature and Background of the Game (Chess and Domino)  Benefits Derived from Playing Chess and Domino		LM pp 119-128, 137-138  LM pp 120, 139	chess board domino board journals pictures video clips
Day 7	1	Practices proper and acceptable behavior when participating in indoor recreational activities	Participate in indoor recreational activities with proper and acceptable behavior  Show/demonstrate fairness, sportsmanship and cooperation during the games (indoor recreational activities)	Proper and Acceptable Behavior in Indoor Recreational Activities		<a href="https://www.slideshare.net/leccressini13/pe-q3lmcamera-ready">https://www.slideshare.net/leccressini13/pe-q3lmcamera-ready</a> <a href="http://www.depedbataan.com/resources/20/grade_8_teaching_guide_pe-q3.pdf">http://www.depedbataan.com/resources/20/grade_8_teaching_guide_pe-q3.pdf</a>	chess board domino board journals pictures video clips
Day 8	1	Executes basic skills and tactics in indoor recreational activities	Enumerate/identify the basic skills and tactics in indoor recreational activities  Employ appropriate skills and tactics to a particular situation in playing indoor recreational activities	Basic Skills and Tactics in Indoor Recreational Activities		<a href="http://www.depedbataan.com/resources/20/grade_8_teaching_guide_pe-q3.pdf">http://www.depedbataan.com/resources/20/grade_8_teaching_guide_pe-q3.pdf</a>	chess board domino board pictures video clips

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 9	1	<p>Interprets rules and regulations of the game chess and domino</p> <p>Applies knowledge of rules and regulations in chess and domino</p> <p>Promote indoor recreational activities to family members</p>	<p>Enumerate the rules and regulations of the game chess and domino</p> <p>Understand and explain the rules and regulations of the game chess and domino</p> <p>Interpret violations in the rules and regulations of Chess and domino</p> <p>Employ proper judgement in the violations of the rules and regulations in chess and domino</p> <p>Set goals as regards the learner's personal and family's involvement in indoor recreational activities</p>	<p>Rules and Regulations of Chess and Domino</p> <p>Recreational Activities for the Family</p>		LM 141	<p>chess board</p> <p>domino board</p> <p>rules and guide books</p> <p>video clips</p>
Day 10	1	2 <sup>nd</sup> Summative Test					

## FOURTH QUARTER

CONTENT STANDARDS		Demonstrates understanding of regional and national folk dances with Asian influence					
PERFORMANCE STANDARDS		Performs skilfully regional and national folk dances as excellent physical activity that promotes family wellness					
DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1	1	Describes the nature and background of the dance	Trace origin/location of folk dance by its costume and music  Give importance to the study of folk dances	Folkdance and its Origin, Costume and Music	PE8RD-IVc-1	LM pp 153-159  Philippine Folk Dance	dance literatures pictures video Clips CD – music sample costumes
Day 2-3	2	Executes selected regional and national dances with Asian influences such as the Binislakan, Sakuting, Sua-ko-Sua and Pangalai	Identify the different regional and national dances with Asian influences such as the Binislakan, Sakuting, Sua-ko-Sua and Pangalai  Perform selected regional and national dances with Asian influences such as Binislakan, Sua-ko-Sua, and Pangalai	Regional and National Dances		LM pp 153-159  Philippine Folk Dance	dance literatures pictures video Clips CD – music sample costumes
Day 4-5	2	Demonstrate the dance sequence appropriately	Demonstrate the rhythm of the dances through claps and with music  Demonstrate mastery of the basic steps of the dances  Perform the dance sequence appropriately	Basic Steps of the Regional and National Dances		LM pp 153-159  Philippine Folk Dance	dance literatures pictures video Clips CD – music sample costumes

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Identifies the meaning of the gestures and hand movements of the dance selected	Enumerate the gestures and hand movements of the dance selected  Make meaning of the gestures and hand movements of the dance selected	Hand and Arm Movements of Different Regional and National Dances		LM pp 153-159  Philippine Folk Dance	dance literatures pictures video Clips CD – music
Days 7-8	2	Approximates interpretation of the dance literature	Interpret dance literatures  Perform the dances properly through correct interpretation of the dance literatures	Interpretations of Different Regional and National Dances		LM pp 153-159  Philippine Folk Dance	dance literatures pictures video Clips CD – music
Day 9	1	Promotes folk dancing as a physical activity for the family	Relate folk dancing to the enhancement of one's character through cultural education  Translate their understanding of folk dancing as an essential activity for the family	Dance as a Physical Activity for the Family		LM pp 153-159  Philippine Folk Dance	dance literatures pictures video Clips CD – music sample costumes
Day 10	1	Summative Test					
Day 11	1	Performance Task in Binislakan and Sakuting					
Day 12	1	Performance Task in Sua-ko-Sua and Pangalai					





