

MAPEH

Contextualized Budgetary Outlay
PHYSICAL EDUCATION



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Published by the
LEARNING RESOURCE MANAGEMENT AND DEVELOPMENT SYSTEM (LRMDS)
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Region VI-Western Visayas
SCHOOLS DIVISION OF SILAY CITY
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BUDGETARY OUTLAY IN MAPEH 9

**Physical Education
(Teacher’s Material)**

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This first digital edition has been produced for print and online distribution within the Department of Education, Philippines via the Learning Resources (LR) Portal by the Schools Division of Silay City, deped.silay@deped.gov.ph

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Contextualized Budgetary Outlay

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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 IX

FIRST QUARTER

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

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-5	5	Undertakes physical activity and physical fitness assessments	Differentiate the skills related and health-related fitness tests Perform the different physical fitness tests properly	Lifestyle and Weight Management (Physical Activity and Eating Habits)	PE9PF-Ia-h-23	LM pp 5-7 PPFT Manual	speaker laptop TV whistle meter stick weighing scale stopwatch basketball volleyball ball soccer ball net first aid kit
Day 6	1	Assesses eating habits based on the Philippine Food Pyramid/ My Food Plate	Assess eating habits based on the importance of having healthy weight in relation to sports officiating	Sports Officiating: Philippine Food Pyramid	PE9PF-Ia-39	LM pp 16-20, 73	speaker laptop TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6	1	Determines risk factors (obesity, physical inactivity, poor nutrition, smoking) for major non communicable diseases lifestyle-related (e.g diabetes, heart disease, stroke, cancer)	Identify the risk factors (obesity, physical inactivity, poor nutrition, smoking) for major non communicable diseases, lifestyle related (e.g. diabetes, heart disease, stroke and cancer)	Sports Officiating: Risk Factors	PE9PF-Ia-40	Youtube/Google	speaker laptop TV
Day 7-8	2	Officiates practice and competitive games	Perform the different hand signals in volleyball, basketball and soccer	Sports Officiating: Hand Signals	PE9GS-Ib-h-5	LM pp 26-28	basketball volleyball ball soccer ball
Day 9	1	Distinguishes facts from myths and misinformation associated with eating habits Monitors periodically one's progress towards the fitness goals	Distinguish facts from myths and misinformation associated with eating habits Evaluate weight by solving the body mass index	Facts, Myths and Misinformation Associated with Eating Habits Sports Officiating: BMI	PE9PF-Ia-29 PE9PF-Ib-h-28	You tube/ Google LM pp 52-53	speaker laptop TV meter stick weighing scale
Day 10	1	Performs appropriate first aid for injuries and emergency situations in physical activity and sports settings(e.g. cramps, sprain, heat, exhaustion)	Demonstrate the basics of first aid for injuries and emergency situations in physical activity and in sports settings	Sports Officiating: Basic First Aid	PE9PF-Ib-30	LM pp 9-14	speaker laptop TV first aid kit
Day 11	1	Involves oneself in community service through sports officiating and physical activity programs Recognizes the needs of others in real life and in meaningful ways	Actively involve self in community sports program Display a humble attitude in winning or losing before and after the game	Performance Task	PE9PF-Ie-h-41 PE9PF-Ie-h-42		speaker laptop TV basketball volleyball ball soccer ball
Day 12	1	Summative Test					

SECOND QUARTER

CONTENT STANDARDS	1. Demonstrates understanding of lifestyle and weight management to promote community fitness
PERFORMANCE STANDARDS	2. Maintains an active lifestyle to influence the physical activity participation of the community 3. Practices healthy eating habits that support an active lifestyle

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 1-3	3	Undertakes physical activity and physical fitness assessments	Perform properly the different physical fitness tests	PPFT	PE9PF-IIa-h-23	PPFT Manual	whistle meter sticks weighing scale stopwatch first aid kit
Day 4	1	Assesses eating habits based on the Philippine Food Pyramid/ My Food Plate Determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease) Distinguishes facts from myths and misinformation associated with eating habits	Evaluate eating habit based on the Philippine Food Pyramid/My Food Plate Discuss the risk factors related to lifestyle diseases (obesity, diabetes, heart disease) Explain the importance of a healthy lifestyle against myths and misinformation associated with eating habits	Lifestyle and Weight Mgt.: Philippine Food Pyramid Risk Factors Myths And Misinformation Associated with Eating Habits	PE9PF-IIa-39 PE9PF-IIa-40 PE9PF-IIb-29	LM p 73 Youtube/ Google Youtube/ Google	Chart of Food Pyramid speaker laptop TV speaker laptop TV
Day 5	1	Describes the nature and background of the dance	Explain the historical and cultural background of the dance	Social/ Ballroom Dances	PE9RD-IIb-1	LM pp 74-76	speaker laptop TV

DAY	NO. OF DAYS	LEARNING COMPETENCIES	OBJECTIVES	SUBJECT MATTER	CODE	REFERENCE	MATERIALS
Day 6-9	4	Executes the skill involved in the dance	Perform gracefully the skills involved in the dance	Social (Community Dance, Mixers, Festival) and Ballroom Dances (Cha-Cha-Cha, Waltz)	PE9RD-IIb-h-4	LM pp 82-91	speaker laptop TV
Day 10	1	Monitors periodically one's progress towards the fitness goals	Make a fitness program to monitor one's progress towards the fitness goal	Activity No. 11a & 11b	PE9PF-IIb-h-28	LM pp 93-95	speaker laptop TV
Day 11	1	Performs appropriate first aid for injuries and emergency situations in physical activity and dance settings (cramps, sprains, heat exhaustion)	Demonstrate proper first aid for injuries and emergency situations in physical activity and dance settings	Common Injuries Encountered in Dance Settings	PE9PF-IIb-h-30	Youtube/ Google	first aid kit speaker laptop TV
Day 12	1	Involves oneself in community service through dance activities in the community Recognizes the needs of others in real life and meaningful ways	Perform community service through dance activities in the community Show respect to others rights in real life in meaningful ways	Activity 17: <i>Project COrP</i>	PE9PF-IIg-h-41 PE9PF-IIa-h-42	LM p 108	speaker laptop TV
Day 13	1	Summative Test					

THIRD QUARTER

CONTENT STANDARDS	1. Demonstrates understanding of lifestyle and weight management to promote community fitness
PERFORMANCE STANDARDS	1. Maintains an active lifestyle to influence the physical activity of the community 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	Describes the nature and background of the dance	Present a video clip of festival dances and discuss its nature and background	Festival Dances	PE9RD-IIIb-1	LM pp 125-126	speaker player/laptop TV first aid kit	
Day 2	1	Executes the skills involved in the dance	Gracefully perform the skills involved in festival dances	Basic Dance Steps	PE9RD-IIIb-h-4	LM pp 128-130		
Day 3-4	2	Involves oneself in community service through dance activities in the community	Appreciate the health benefits of doing festival dances	Activity 11: <i>Project COrP</i>	PE9PF-IIIg-h-41	LM pp148-150		
Day 5	1	Recognizes the needs of others in real life and meaningful ways	Explain how dancing contributes to the improvement of cardio-vascular endurance	Activity 4: Festival Dancing and Fitness	PE9PF-IIIa-h-42			
Day 6-12	7		Create and perform the chosen festival dance for graded performance	Performance Task				
Day 13	1	Summative Test						

FOURTH QUARTER

CONTENT STANDARDS	1. Demonstrates understanding of lifestyle and weight management to promote community fitness
PERFORMANCE STANDARDS	1. Maintains an active lifestyle to influence the physical activity participation of the community 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	Discusses the nature and background of indoor and outdoor recreational activities	Differentiate indoor from outdoor recreational activity	Active Recreation *Indoor *Outdoor Note: Activities not limited to the above list	PE9GS-IVa-6	LM pp 169-184	stopwatch whistle map first aid kit laptop speaker TV
Day 3-4	2	Participates in active recreation	Participate in active recreation to achieve a healthy lifestyle	Activity: <i>Fitness and Fun Games</i>	PE9GS-IVb-h-7	LM pp 186-194	
Day 5-6	2	Advocates community efforts to increase participation in physical activities and improve nutrition practices	Advocate participation to recreational activities to improve nutrition practices	Activity: <i>Fitness and Recreation as One</i>	PE9PF-IVb-h-43	LM pp 185-202	
Day 7	1	Practices environmental ethics (e.g. Leave no Trace) during participation in recreational activities of the community	Practice environmental ethics during recreational activities (e.g. Leave no Trace)	Essential Tips for the Outdoors	PE9PF-IVb-h-44	LM pp 178-179	
Day 8	1	Summative Test					

