

# PHYSICAL EDUCATION

## Structuring Competencies in a Definitive Budget of Work

ing of Learning Competencies.

<b>GRADE</b>	<b>10</b>
<b>QUARTER</b>	FIRST
<b>Key Stage</b>	7-10.
<b>Key Stage Standards</b>	The learners demonstrate understanding of integrating physical activities behaviors in achieving an active lifestyle
<b>Domain</b>	Physical Fitness, Games and Sports, Rhythms and Dance
<b>Performance Standards</b>	The learners.... Maintains an active lifestyle to influence the physical activities participation of the community and society.
	practices healthy eating habits that support an active lifestyle
<b>Content Standards</b>	The learners .... Demonstrates understanding of lifestyle and weight management to promote societal fitness

<b>WEEK</b>	<b>Domain</b>	<b>Learning Competencies</b>	<b>Code</b>	<b>Number of Days Taught</b>	<b>Remarks</b>
1	Physical Fitness	1. assesses physical activity, exercise and eating habits	PE10PF-Ia-h39	1	
2	Physical Fitness	2. determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	PE10PF-Ia-40	1	
3-4.	Physical Fitness	3. engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	PE10PF-Ib-h45	3	

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5	Physical Fitness	4. applies correct techniques to minimize risk of injuries	PE10PF-lb-h56	1	
6	Physical Fitness	5. analyzes the effects of media and technology on fitness and physical activity	PE10PF-lb-46	1	
7	Physical Fitness	6. critiques (verifies and validates) media information on fitness and physical activity issues	PE10PF-lb-47	1	
8	Physical Fitness	7. expresses a sense of purpose and belongingness by participating in physical activity-related community services and programs Aero/Zumba	PE10PF-lb-h48	1	
<b>PERIODICAL TEST</b>				2	
<b>TOTAL</b>				10	

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ing of Learning Competencies.

<b>GRADE</b>	<b>10</b>
<b>QUARTER</b>	<b>SECOND</b>
<b>Key Stage</b>	<b>7-10.</b>
<b>Key Stage Standards</b>	The learners demonstrate understanding of integrating physical activities behaviors in achieving an active lifestyle
<b>Domain</b>	Physical Fitness, Games and Sports, Rhythms and Dance
<b>Performance Standards</b>	The learners .... Fitness maintains an active lifestyle to influence the physical activities participation of the community practices healthy eating habits that support an active lifestyle
<b>Content Standards</b>	The learners .... Demonstrates understanding of lifestyle and weight management to promote societal fitness

<b>WEEK</b>	<b>Domain</b>	<b>Learning Competencies</b>	<b>Code</b>	<b>Number of Days Taught</b>	<b>Remarks</b>
1	Physical Fitness	8. assesses physical activities, exercises and eating habits	PE10PF-IIa-h39	1	
2	Physical Fitness	9. determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	PE10PF-IIa40	1	
3-4.	Physical Fitness	10. engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	PE10PF-IIc-h45	2	

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5	Physical Fitness	11. applies correct techniques to minimize risk of injuries	PE10PF-IIc-h56	1	
6	Physical Fitness	12. analyzes the effects of media and technology on fitness and physical activity	PE10PF-IIb46	1	
7	Physical Fitness	13. critiques (verifies and validates) media information on fitness and physical activity issues	PE10PF-IIb47	1	
8	Physical Fitness	14. expresses a sense of purpose and belongingness by participating in physical Wellness/Dancercise	PE10PF-IIc-h48	1	
<b>PERIODICAL TEST</b>				2	
<b>TOTAL</b>				10	

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**TEMPLATE 3: Unpacking of Learning Competencies.**

<b>GRADE</b>	<b>GRADE 10</b>
<b>QUARTER</b>	<b>THIRD</b>
<b>Key Stage</b>	<b>7-10.</b>
<b>Key Stage Standards</b>	The learners demonstrate understanding of integrating physical activities behaviors in achieving an active lifestyle
<b>Domain</b>	Physical Fitness, Games and Sports, Rhythms and Dance
<b>Performance Standards</b>	The learners .... Fitness maintains an active lifestyle to influence the physical activities participation of the community practices healthy eating habits that support an active lifestyle
<b>Content Standards</b>	The learners .... Demonstrates understanding of lifestyle and weight management to promote societal fitness

<b>WEEK</b>	<b>Domain</b>	<b>Learning Competencies</b>	<b>Code</b>	<b>Number of Days Taught</b>	<b>Remarks</b>
1	Physical Fitness	15. assesses physical activities, exercises and eating habits	PE10PF-IIIah-39	1	
2	Physical Fitness	16. determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	PE10PF-IIIa40	1	
3	Physical Fitness	17. engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	PE10PF-IIIch-45	1	

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4	Physical Fitness	18. applies correct techniques to minimize risk of injuries	PE10PF-IIIch-56	1	
5	Physical Fitness	19. analyzes the effects of media and technology on fitness and physical activity	PE10PF-IIIb46	1	
6	Physical Fitness	20. critiques (verifies and validates) media information on fitness and physical activity issues	PE10PF-IIIb47	1	
7	Physical Fitness	21. expresses a sense of purpose and belongingness by participating in physical activity-related community services and programs	PE10PF-IIIch-48	1	
8	Physical Fitness	22. recognizes the needs of others in real life and in meaningful ways	PE10PF-IIIch-49	1	
	Dance;	<b>Hip Hop , Street Dance:</b>			
<b>PERIODICAL TEST</b>				2	
<b>TOTAL</b>				10	

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**TEMPLATE 3: Unpacking of Learning Competencies.**

<b>GRADE</b>		<b>GRADE 10</b>			
<b>QUARTER</b>		<b>FOURTH</b>			
<b>Key Stage</b>		<b>7-10.</b>			
<b>Key Stage Standards</b>		The learners demonstrate understanding of integrating physical activities behaviors in achieving an active lifestyle			
<b>Domain</b>		Physical Fitness, Games and Sports, Rhythms and Dance			
<b>Performance Standards</b>		The learners .... Fitness maintains an active lifestyle to influence the physical activities participation of the community practices healthy eating habits that support an active lifestyle			
<b>Content Standards</b>		The learners .... Demonstrates understanding of lifestyle and weight management to promote societal fitness fitness			
<b>WEEK</b>	<b>Domain</b>	<b>Learning Competencies</b>	<b>Code</b>	<b>Number of Days Taught</b>	<b>Remarks</b>
1	Physical Fitness	23. assesses physical activities, exercises and eating habits	PE10PF-IVah-39	1	
2	Physical Fitness	24. determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	PE10PF-IVa40	1	
3	Physical Fitness	25. engages in moderate to vigorous physical activities for atleast 60 minutes a day in our of school	PE10PF-IVc-h45	1	

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4	Physical Fitness	26. applies correct techniques to minimize risk of injuries	PE10PF-IVc-h56	1	
5	Physical Fitness	27. analyzes the effects of media and technology on fitness and physical activity	PE10PF-IVb46	1	
6	Physical Fitness	28. critiques (verifies and validates) media information on fitness and physical activity issues	PE10PF-IVb47	1	
7	Physical Fitness	29. expresses a sense of purpose and belongingness by participating in physical activity-related	PE10PF-IVc-h48	1	
8	Physical Fitness	30. recognizes the needs of others in real life and in meaningful ways	PE10PF-IIIch-49	1	
	Dance;	<b>Contemporary Dance, Cheer Dance:</b>			
<b>PERIODICAL TEST Performance Test</b>				3	
<b>TOTAL</b>				10	