

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

Template 3: Unpacking of Learning Competencies

GRADE	FIVE
Quarter	First
Key Stage	4-6
Key Stage Standards	The learner demonstrates understanding of principles in movement and fitness for active participation in various physical activities
Domain	Physical fitness, Games and Sports, Rhythms and Dance
Performance Standards	The learner... participates and assesses performance in physical activities. Assesses physical fitness
Content Standards	The learner demonstrates understanding of participation and assessment of physical activities and physical fitness

Week	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1	Physical Fitness	1. describes the physical activity pyramid	PE5PF-Ia-16	1	
	Physical Fitness	2. explains the indicators for fitness	PE5PF-Ia-17		
2	Physical Fitness	3. assesses regularly participation in physical activities based on physical activity pyramid	PE5PF-Ib-h-18	1	

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3	Games and sports	4. explains the nature/background of the games	PE5GS-lb-1	1	
4	Games and sports	5. describes the skills involved in the games	PE5GS-lb-2	1	
	Games and sports	6. observes safety precautions	PE5GS-lb-h-3		
5-6	Games and sports	7. executes the different skills involved in the game	PE5GS-lc-h-4	2	
	Physical Fitness	8. recognizes the value of participation in physical activities	PE5PF-lb-h-19		
	Physical Fitness	9. displays joy of effort, respect for others and fair play during participation in physical activities	PE5PF-lb-h-20		
7	Physical Fitness	10. explains health and skill related fitness components	PE5PF-la-21	1	
8	Physical Fitness	11. identifies areas for improvement	PE5PF-lb-h-22	1	
Periodic Test				2	
Total				10	

Note: use *Tumbang preso, Tamaang Tao/batuhang bola, Tatsing, Syato/Basagang Palayok* and kick ball games