

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

Template 3: Unpacking of Learning Competencies

GRADE	FIVE
Quarter	Second
Key Stage	4-6
Key Stage Standards	The learner demonstrates understanding of principles in movement and fitness for active participation
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	12. describes the physical activity pyramid	PE5PF-IIa-16	1	
	Physical Fitness	13. explains the indicators for fitness	PE5PF-IIa-17		
2	Physical Fitness	14. assesses regularly participation in physical activities based on physical activity pyramid	PE5PF-IIb-h-18	1	

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3	Games and sports	15. explains the nature/background of the games	PE5GS-IIb-1	1	
4	Games and sports	16. describes the skills involved in the games	PE5GS-IIb-2	1	
	Games and sports	17. observes safety precautions	PE5GS-IIb-h-3		
5-6	Games and sports	18. executes the different skills involved in the game	PE5GS-IIc-h-4	2	
	Physical Fitness	19. recognizes the value of participation in physical activities	PE5PF-IIb-h-19		
	Physical Fitness	20. displays joy of effort, respect for others and fair play during participation in physical activities	PE5PF-IIb-h-20		
7	Physical Fitness	21. explains health and skill related fitness components	PE5PF-IIa-21	1	
8	Physical Fitness	22. identifies areas for improvement	PE5PF-IIb-h-22	1	
Periodic Test				2	
Total				10	

Note: *use agawan base, lawin at sisiw and agawan panyo games*