

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

Template 3: Unpacking of Learning Competencies

GRADE	FIVE
Quarter	Third
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	23. describes the physical activity pyramid	PE5PF-IIIa-16	1	
	Physical Fitness	24. explains the indicators for fitness	PE5PF-IIIa-17		
2	Physical Fitness	25. assesses regularly participation in physical activities based on physical activity pyramid	PE5PF-IIIb-h-18	1	

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3	Rhythm and dance	26. explains the nature/background of the dance	PE5RD-IIIb-1	1	
4	Rhythm and dance	27. describes the skills involved in the dance	PE5RD-IIIb-2	1	
	Rhythm and dance	28. observes safety precautions	PE5RD-IIIb-h-3		
5-6	Rhythm and dance	29. executes the different skills involved in the dance	PE5RD-IIIc-h-4	2	
	Physical Fitness	30. recognizes the value of participation in physical activities	PE5PF-IIIb-h-19		
	Physical Fitness	31. displays joy of effort, respect for others and fair play during participation in physical activities	PE5PF-IIIb-h-20		
7	Physical Fitness	32. explains health and skill related fitness components	PE5PF-IIIa-21	1	
8	Physical Fitness	33. identifies areas for improvement	PE5PF-IIIb-h-22	1	
Periodic Test				2	
Total				10	

NOTE: use carinosa dance