

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

Template 3: Unpacking of Learning Competencies

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| GRADE | SIX |
| 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 | PE6PF-Ia-16 | 1 | |
| | Physical Fitness | 2. explains the indicators for fitness | PE6PF-Ia-17 | | |
| 2 | Physical Fitness | 3. assesses regularly participation in physical activities based on physical activity pyramid | PE6PF-Ib-h-18 | 1 | |
| 3 | Games and sports | 4. explains the nature/background of the games | PE6GS-Ib-1 | 1 | |

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| 4 | Games and sports | 5. describes the skills involved in the games | PE6GS-lb-2 | 1 | |
| | Games and sports | 6. observes safety precautions | PE6GS-lb-h-3 | | |
| 5-6 | Games and sports | 7. executes the different skills involved in the game | PE6GS-lc-h-4 | 2 | |
| | Physical Fitness | 8. recognizes the value of participation in physical activities | PE6PF-lb-h-19 | | |
| | Physical Fitness | 9. displays joy of effort, respect for others and fair play during participation in physical activities | PE6PF-lb-h-20 | | |
| 7 | Physical Fitness | 10. explains health and skill related fitness components | PE6PF-la-21 | 1 | |
| 8 | Physical Fitness | 11. identifies areas for improvement | PE6PF-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*