

# PHYSICAL EDUCATION

## Structuring Competencies in a Definitive Budget of Work

**Template 3: Unpacking of Learning Competencies**

<b>GRADE</b>	<b>SIX</b>
<b>Quarter</b>	<b>Second</b>
<b>Key Stage</b>	<b>4-6</b>
<b>Key Stage Standards</b>	The learner demonstrates understanding of principles in movement and fitness for active participation in various physical activities
<b>Domain</b>	Physical fitness, Games and Sports, Rhythms and Dance
<b>Performance Standards</b>	The learner... participates and assesses performance in physical activities. Assesses physical fitness
<b>Content Standards</b>	The learner demonstrates understanding of participation and assessment of physical activities and physical 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	12. describes the physical activity pyramid	PE6PF-IIa-16	1	
	Physical Fitness	13. explains the indicators for fitness	PE6PF-IIa-17		
2	Physical Fitness	14. assesses regularly participation in physical activities based on physical activity pyramid	PE6PF-IIb-h-18	1	
3	Games and sports	15. explains the nature/background of the games	PE6GS-IIb-1	1	

# PHYSICAL EDUCATION

## Structuring Competencies in a Definitive Budget of Work

4	Games and sports	16. describes the skills involved in the games	PE6GS-IIb-2	1	
	Games and sports	17. observes safety precautions	PE6GS-IIb-h-3		
5-6	Games and sports	18. executes the different skills involved in the game	PE6GS-IIc-h-4	2	
	Physical Fitness	19. recognizes the value of participation in physical activities	PE6PF-IIb-h-19		
	Physical Fitness	20. displays joy of effort, respect for others and fair play during participation in physical activities	PE6PF-IIb-h-20		
7	Physical Fitness	21. explains health and skill related fitness components	PE6PF-IIa-21	1	
8	Physical Fitness	22. identifies areas for improvement	PE6PF-IIb-h-22	1	
<b>Periodic Test</b>				2	
<b>Total</b>				10	

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