

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

Template 3: Unpacking of Learning Competencies

GRADE	SIX
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	PE6PF-IIIa-16	1	
	Physical Fitness	24. explains the indicators for fitness	PE6PF-IIIa-17		
2	Physical Fitness	25. assesses regularly participation in physical activities based on physical activity pyramid	PE6PF-IIIb-h-18	1	
3	Rhythm and dance	26. explains the nature/background of the dance	PE6RD-IIIb-1	1	

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4	Rhythm and dance	27. describes the skills involved in the dance	PE6RD-IIIb-2	1	
	Rhythm and dance	28. observes safety precautions	PE6RD-IIIb-h-3		
5-6	Rhythm and dance	29. executes the different skills involved in the dance	PE6RD-IIIc-h-4	2	
	Physical Fitness	30. recognizes the value of participation in physical activity	PE6PF-IIIb-h-19		
	Physical Fitness	31. displays joy of effort, respect for others and fair play during participation in physical activities	PE6PF-IIIb-h-20		
7	Physical Fitness	32. explains health and skill related fitness components	PE6PF-IIIa-21	1	
8	Physical Fitness	33. identifies areas for improvement	PE6PF-IIIb-h-22	1	
Periodic Test				2	
Total				10	

Note: use *itik-itik dance, indigenous, ethnic, traditional and creative dances*