

# 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>Fourth</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	34. describes the physical activity pyramid	PE6PF-IVa-16	1	
	Physical Fitness	35. explains the indicators for fitness	PE6PF-IVa-17		
2	Physical Fitness	36. assesses regularly participation in physical activities based on physical activity pyramid	PE6PF-IVb-h-18	1	
3	Rhythm and dance	37. explains the nature/background of the dance	PE6RD-IVb-1	1	

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4	Rhythm and dance	38. describes the skills involved in the dance	PE6RD-IVb-2	1	
	Rhythm and dance	39. observes safety precautions	PE6RD-IVb-h-3		
5-6	Rhythm and dance	40. executes the different skills involved in the dance	PE6RD-IVc-h-4	2	
	Physical Fitness	41. recognizes the value of participation in physical activities	PE6PF-IVb-h-19		
	Physical Fitness	42. displays joy of effort, respect for others and fair play during participation in physical activities	PE6PF-IVb-h-20		
7	Physical Fitness	43. explains health and skill related fitness components	PE6PF-IVa-21	1	
8	Physical Fitness	44. identifies areas for improvement	PE6PF-IVb-h-22	1	
<b>Periodic Test</b>				<b>2</b>	
<b>Total</b>				<b>10</b>	

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