

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

TEMPLATE 3: Unpacking of Learning Competencies.

GRADE	8
QUARTER	FIRST
Key Stage	7-10.
Key Stage Standards	The learners demonstrate understanding of integrating physical activities behaviors in achieving an active lifestyle
Domain	Physical Fitness, Games and Sports, Rhythms and Dance
Performance Standard	The learners Designs a physical activities program for the family/school peers to achieve fitness
Content Standards	The learners demonstrates understanding of guidelines and principles in exercise program design to achieve fitness

WEEK	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1-2.	Physical Fitness	1. undertakes physical activity and physical fitness assessments	PE7PF-Ia-h23	2	
	Physical Fitness	2. conducts physical activity and physical fitness assessments of family/school peers	PE8PF-Ib -36		
3	Physical Fitness	3. sets goals based on assessment results	PE7PF-Ia24	1	
	Physical Fitness	4. identifies training guidelines and FITT principles	PE7PF-Ib25		

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

4	Physical Fitness	5. recognizes barriers(low level of fitness, lack of skill and time) to exercise	PE7PF-lb26	1	
	Physical Fitness	6. prepares an exercise program	PE7PF-lc27		
5-7.	Games and Sports	7. describes the nature and background of the sport	PE7GS-lb-5	3	
	Games and Sports	8. executes the skills involved in the sport	PE7GS-lbh-4		
8	Physical Fitness	9. monitors periodically one's progress towards the fitness goals	PE7PF-lb-h28	1	
	Physical Fitness	10. distinguishes from fallacies and misconceptions about the physical activity participation	PE7PF-lb29		
9	Physical Fitness	11. performs appropriate first aid for sports-related injuries (e.g. cramps,sprain, heat exhaustion)	PE7PF-lb30	1	
10	Physical Fitness	12. assumes responsibility for achieving personal fitness	PE7PF-lb-h31	1	
	Physical Fitness	13. displays tolerance and acceptance of individuals with varying skills and abilities	PE8PF-lb-h-37		
PERIODICAL TEST/SUMMATIVE/ PEROFRMANCE TEST				3	
TOTAL				13	

SKILLS:
volleyball

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

TEMPLATE 3: Unpacking of Learning Competencies.

GRADE	GRADE 8
QUARTER	SECOND
Key Stage	7-10.
Key Stage Standards	The learners demonstrate understanding of integrating physical activities behaviors in achieving an active lifestyle
Domain	Physical Fitness, Games and Sports, Rhythms and Dance
Performance Standards	The learners modifies physical activities program for the family/school peers to achieve fitness
Content Standards	The learners demonstrates understanding of guidelines and principles in exercise program design to achieve fitness

WEEK	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1-2.	Physical Fitness	14. undertakes physical activity and physical fitness assessments	PE7PF-IIah-23	2	
	Physical Fitness	15. conducts physical activity and physical fitness assessments of family/school peers	PE8PF-lia-36		
3	Physical Fitness	16. sets goals based on assessment results	PE8PF-lib-24	1	
	Games and Sports	17. recognizes barriers (low level of fitness, lack of skill and time) to exercise	PE8PF-lid-h-26		

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

4	Physical Fitness	18. prepares a physical activity program	PE8PF-lic-27	1	
5-7.	Games and Sports	19. describes the nature and background of the sport	PE8GS-lic-1	3	
	Games and Sports	20. executes the skills involved in the sport	PE8GS-Ild-h-4		
8	Physical Fitness	21. monitors periodically progress towards the fitness goals	PE8PF-Ild-h-28	1	
9	Physical Fitness	22. distinguishes facts from fallacies and misconceptions about physical activity participation	PE8PF-Ild-29	1	
	Physical Fitness	23. performs appropriate first aid for injuries and emergency situations in physical activity and sport settings	PE8PF-Ild-30		
	Playing:	Basketball			
		summative/ PPERFORMANCE TEST		2	
PERIODICAL TEST				1	
TOTAL				12	

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

TEMPLATE 3: Unpacking of Learning Competencies.

GRADE	8
QUARTER	THIRD
Key Stage	7-10.
Key Stage Standards	The learners demonstrate understanding of integrating physical activities behaviors in achieving an active lifestyle
Domain	Physical Fitness, Games and Sports, Rhythms and Dance
Performance Standards	The learners Modifies a physical activities program for the family/school peers to achieve fitness.
Content Standards	The learners demonstrates understanding of guidelines and principles in exercise program design to achieve fitness

WEEK	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1	Physical Fitness	24. assumes responsibility for achieving fitness	PE8PF-IId-h-31	1	
	Physical Fitness	25. displays tolerance and acceptance of individuals with varying skills and abilities	PE8PF-IId-h-37		
2	Physical Fitness	26. undertakes physical activity and physical fitness assessments	PE8PF-IIIah-23	1	
	Physical Fitness	27. reviews goals based on assessment results	PE8PF-IIIa34		

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

3	Physical Fitness	28. addresses barriers (low level of fitness, lack of skill and time) to exercise	PE8PF-IIIb33	1	
4-6.	Games and Sports	29. describes the nature and background of the sports	PE8GSIIIc-1	3	
	Games and Sports	30. executes the skills involved in the sports	PE8GS-IIId-h-4		
7	Physical Fitness	31. monitors periodically one's progress towards the fitness goals	PE8PF-IIIdh-28	1	
8	Physical Fitness	32. performs appropriate first aid for dance-related injuries (e.g. cramps, sprain, heat exhaustion)	PE8PF-IIId30	1	
9	Physical Fitness	33. assumes responsibility for achieving achieving fitness	PE8PF-IIIdh-31	1	
	Physical Fitness	34 display tolerance and acceptance of individuals with skills and abilities	PE8PF-IIIdh-32		
	Games;	Futsal:			
		Performance Test/ Summative Test:		2	
PERIODICAL TEST				1	
TOTAL				12	

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

TEMPLATE 3: Unpacking of Learning Competencies.

GRADE	8				
QUARTER	FOURTH				
Key Stage	7-10.				
Key Stage Standards	The learners demonstrate understanding of integrating physical activities behaviors in achieving an active lifestyle				
Domain	Physical Fitness, Games and Sports, Rhythms and Dance				
Performance Standards	The learners modifies physical activites program /school peers to achieve fitness				
Content Standards	The learners demonstrates understanding of guidelinesand principles in exercise program design to achieve fitness				
WEEK	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1	Physical Fitness	35. undertakes physical activity and physical fitness assessments	PE8PF-IVah-23	1	
	Physical Fitness	36. reviews goals based on assessment results	PE8PF-IVa34		
2	Physical Fitness	37. addresses barriers (low level of fitness, lack of skill and time) to exercise	PE8PF-IVb33	1	
	Rhythmic and Dances	38. describes the nature and background of the dance	PE8RD-IVc1		

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

3-5.	Rhythmic and Dances	39. executes the skills involved in the dance	PE8RD-IVdh-4	3	
6	Physical Fitness	40. monitors periodically one's progress towards the fitness goals	PE8PF-IVdh-28	1	
7	Physical Fitness	41. performs appropriate first aid for dance-related injuries (e.g. cramps, sprain, heat exhaustion)	PE8PF-IVd30	1	
8	Physical Fitness	42. analyzes the effect of exercise and physical activity participation on fitness	PE8PF-IVh35	1	
9	Physical Fitness	43. assumes responsibility for achieving fitness	PE8PF-IVdh-31	1	
10	Physical Fitness	44. exerts best effort to achieve positive feeling about self and others	PE8PF-IVd-h-38	1	
	Dance:	Sua ku Sua.			
		Performance Test: Summative Test:		2	
PERIODICAL TEST				1	
TOTAL				13	