

PHYSICAL EDUCATION

Structuring Competencies in a Definitive Budget of Work

TEMPLATE 3: Unpacking of Learning Competencies.

GRADE	9
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 Standards	The learners maintains an active lifestyle to influence the physical activities participation of the community practices healthy eating habits that support an active lifestyle
Content Standards	The learners Demonstrates understanding of lifestyle and weight management to promote community fitness

WEEK	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1	Physical Fitness	1. undertakes physical activity and physical fitness assessments	PE9PF-Ia-h23	1	
	Physical Fitness	2. assesses eating habits based on the Philippine Food Pyramid/My Food Plate	PE9PF-Ia-39		
2-3.	Physical Fitness	3. determines risk factors(obesity, physical inactivity, poor nutrition, smoking) for major non communicable diseases lifestyle-related (e.g. diabetes, heart disease, stroke, cancer)	PE9PF-Ia-40	2	

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4-5.	Games and Sports	4. officiates practice and competitive games	PE9GS-Ib-h-5	2	
6	Physical Fitness	5. distinguishes facts from myths and misinformation associated with eating habits	PE9PF-Ia-29	1	
7	Physical Fitness	6. monitors periodically one's progress towards the fitness goals	PE9PF-Ib-h-28	1	
8	Physical Fitness	7. performs appropriate first aid for injuries and emergency situations in	PE9PF-Ib-30	1	
		physical activity and sports settings (e.g. cramps, sprain, heat exhaustion)			
9-10.	Physical Fitness	8. involves oneself in community service through sports officiating and physical activity programs	PE9PF-Ie-h-41	2	
11	Physical Fitness	9. recognizes the needs of others in real life and in meaningful ways	PE9PF-Ie-h-42	1	
		Performance Test/Summative Test:		2	
PERIODICAL TEST				1	
OFFICIATING/Individual/Team			Total	14	

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GRADE	9
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 maintains an active lifestyle to influence the physical activities participation of the community practices healthy eating habits that support an active lifestyle
Content Standards	The learners Demonstrates understanding of lifestyle and weight management to promote community fitness

WEEK	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1	Physical Fitness	10. undertakes physical activity and physical fitness assessments	PE9PF-IIa-h-23	1	
	Physical Fitness	11. assesses eating habits based on the Philippine Food Pyramid/MyFoodPlate	PE9PF-IIa-39		
2	Physical Fitness	12. determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	PE9PF-IIa-40	1	
	Physical Fitness	13. distinguishes facts from myths and misinformation associated with eating habits	PE9PF-IIb-29		

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3-4.	Rhythmic Dance	14. describes the nature and background of the dance	PE9RD-IIb-1	2	
	Rhythmic Dance	15. executes the skills involved in the dance	PE9RD-IIb-h-4		
5	Physical Fitness	16. monitors periodically one's progress towards the fitness goals	PE9PF-IIb-h-28	1	
6	Physical Fitness	17. performs appropriate first aid for injuries and emergency situations in physical	PE9PF-IIb-h-30	1	
7	Physical Fitness	activity and dance settings (cramps,sprain, heat exhaustion)		1	
8-9.	Physical Fitness	18. involves oneself in community service through dance activities in thecommunity	PE9PF-IIg-h-41	2	
10	Physical Fitness	19. recognizes the needs of others in real life and in meaningful ways	PE9PF-IIa-h-42	1	
PERIODICAL TEST/Summative Test				2	
Dance: Cha-cha cha, swing standard			TOTAL	12	

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GRADE	GRADE 9
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 maintains an active lifestyle to influence the physical activities participation of the community practices healthy eating habits that support an active lifestyle
Content Standards	The learners demonstrates understanding of lifestyle and weight management to promote community fitness

WEEK	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1-2.	Physical Fitness	20. undertakes physical activity and physical fitness assessments	PE9PF-IIIa-h23	2	
	Physical Fitness	21. assesses eating habits based on the Philippine Food Pyramid/MyFoodPlate	PE9PF-IIIa-39		
3	Physical Fitness	22. determines risk factors related to lifestyle diseases (obesity, diabetes, heart disease)	PE9PF-IIIa-40	1	
	Physical Fitness	23. distinguishes facts from myths and misinformation associated with eating habits	PE9PF-IIIb-29		

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4	Rhythm and Dance	24. describes the nature and background of the dance	PE9RD-IIIb-1	1	
5	Rhythm and Dance	25. executes the skills involved in the dance	PE9RD-IIIb-h-4	3	
6-8.	Physical Fitness	26. monitors periodically one's progress towards the fitness goals	PE9PF-IIIb-h28	1	
9	Physical Fitness	27. performs appropriate first aid for injuries and emergency situations in physical	PE9PF-IIIb-h30	1	
		activity and dance settings (cramps,sprain, heat exhaustion)			
10	Physical Fitness	28. involves oneself in community service through dance activities in the community	PE9PF-IIIg-h41	1	
11	Physical Fitness	29. recognizes the needs of others in real life and in meaningful ways	PE9PF-IIIa-h42	1	
Dance: Ballroom Dance/ Latin : Tango, Swing: Summative/Performance Test				3	
TOTAL				14	

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GRADE	9
QUARTER	FOURTH
Kay 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 ... maintains an active lifestyle to influence the physical activities participation of the community practices healthy eating habits that support an active lifestyle
Content Standards	The learners demonstrates understanding on the guidelines and principles in exercise program design to achieve fitness.

WEEK	Domain	Learning Competencies	Code	Number of Days Taught	Remarks
1-2.	Games and Sports	30. discusses the nature and background of indoor and outdoor recreational activities	PE9GS-IVa-6	2	
3-4.	Games and Sports	31. participates in active recreation	PE9GS-IVb-h-7	2	
5-6.	Physical Fitness	32. advocates community efforts to increase participation in physical activities and improve nutrition practices	PE9PF-IVb-h-43	2	

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7-8.	Physical Fitness	33. practices environmental ethics (e.g Leave No Trace) during participation in recreational activities of the community	PE9PF-IVb-h-44	2	
	Leading I Sports:				
		Indoor/ / Dance. Etc.			
		Practicum. Organized games recreations.		3	
PERIODICAL TEST summativ Test, Performance Test.				2	
TOTAL				13	