

Back to SCHOOL



[TEACHERPH.COM](https://www.teacherph.com)





TEACHERPH

Most Essential Learning Competencies (MELCs)



Grade Level: Grade 1

Subject: Physical Education

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1 st	The learner demonstrates understanding awareness of body parts in preparation for participation in physical activities.	The learner performs with coordination enjoyable movements on body awareness.	1. Creates shapes by using different body parts	Weeks 1&3	PE1BM-Ic-d-2
			2. Shows balance on one, two, three, four and five body parts	Weeks 4&6	PE1BM-Ie-f-3
			3. Exhibits transfer of weight	Weeks 7&8	PE1BM-Ig-h-4
			4. Engages in fun and enjoyable physical activities with coordination <i>Suggested learning activities</i> ➤ action songs ➤ singing games ➤ simple games ➤ chasing and fleeing games ➤ mimetics	This competency is already embedded in other LCs.	PE1PF-Ia-h-2
2 nd	The learner demonstrates understanding of space awareness in preparation for participation in physical activities	<i>The learner performs</i> movement skills in a given space with coordination	1. Moves within a group without bumping or falling using locomotor skills	Weeks 1&4	PE1BM-IIc-e-6
			2. Executes locomotor skills while moving in different directions at different spatial levels	Weeks 5&8	PE1BM-IIf-h-7

			3. Engages in fun and enjoyable physical activities with coordination	This competency is already embedded in other LCs.	PE1PF-IIa-h-2
3 rd	<i>The learner demonstrates understanding of qualities of effort in preparation for participation in physical activities.</i>	<i>The learner performs movements of varying qualities of effort with coordination.</i>	1. Demonstrates the difference between slow and fast, heavy and light, free and bound movements	Weeks 1&2	PE1BM-IIIa-b-8
			2. Demonstrates contrast between slow and fast speeds while using locomotor skills	Weeks 3&8	PE1BM-IIIc-d-9
			3. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE1PF-IIIa-h-6
			4. Demonstrates the characteristics of sharing and cooperating in physical activities	This competency is already embedded in other LCs.	PE1PF-IIIa-h-9
4 th	<i>The learner demonstrates understanding of relationships of movement skills in preparation for participation in physical activities</i>	<i>The learner performs movements in relation to a stationary or moving object/person with coordination.</i>	1. Demonstrates relationship of movement	Weeks 1&4	PE1BM-IVc-e-13

			2. Performs jumping over a stationary object several times in succession, using forward- and- back and side-to-side movement patterns	Weeks 5&8	PE1BM-IVf-h-14
			3. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE1PF-IVa-h-2
			4. Follows simple instructions and rules	This competency is already embedded in other LCs.	PE1PF-IVa-h-10

Grade Level: Grade 2

Subject: Physical Education

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1 st	<i>The learner demonstrates understanding of body shapes and body actions in preparation for various movement activities</i>	<i>The learner performs body shapes and actions properly.</i>	1. Creates body shapes and actions	Weeks 1&4	PE2BM-Ie-f-2
			2. Demonstrates momentary stillness in symmetrical and asymmetrical shapes using body parts other than both feet as a base of support	Weeks 5&8	PE2BM-Ig-h-16
			3. Demonstrates movement skills in response to sound and music	This competency is already embedded in other LCs.	PE2MS-Ia-h-1
			4. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE2PF-Ia-h-2