

Back to SCHOOL



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





TEACHERPH

Most Essential Learning Competencies (MELCs)



			4. Practices environmental ethics (e.g Leave No Trace) during participation in recreational activities of the community	This competency is already embedded in other LCs.	PE9PF-IVb-h-44
--	--	--	---	---	-----------------------

Grade Level: Grade 10

Subject: Physical Education

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1 st	The learner demonstrates understanding of lifestyle and weight management to promote societal fitness	The learner maintains an active lifestyle to influence the physical activity participation of the community and society practices healthy eating habits that support an active lifestyle	1. Assesses physical activity, exercise and eating habits	This competency is already embedded in other LCs.	PE10PF-Ia-h-39
			2. Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	Weeks 1 to 8	PE10PF-Ib-h-45
			3. Expresses a sense of purpose and belongingness by participating in physical activity-related community services and programs	This competency is already embedded in other LCs.	PE10PF-Ib-h-48

2 nd	The learner demonstrates understanding of lifestyle and weight management to promote societal fitness	The learner maintains an active lifestyle to influence the physical activity participation of the community and society practices healthy eating habits that support an active lifestyle	1. Assesses physical activities, exercises and eating habits	This competency is already embedded in other LCs.	PE10PF-IIa-h-39
			2. Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	Weeks 1 to 8	PE10PF-IIc-h-45
3 rd	The learner demonstrates understanding of lifestyle and weight management to promote societal fitness	The learner maintains an active lifestyle to influence the physical activity participation of the community and society practices healthy eating habits that support an active lifestyle	1. Assesses physical activities, exercises and eating habits	This competency is already embedded in other LCs.	PE10PF-IIIa-h-39
			2. Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	Weeks 1 to 7	PE10PF-IIIC-h-45

			3. Expresses a sense of purpose and belongingness by participating in physical activity-related community services and programs	This competency is already embedded in other LCs.	PE10PF-IIIc-h-48
4 th	The learner ... demonstrates understanding of lifestyle and weight management to promote societal fitness	The learner ... maintains an active lifestyle to influence the physical activity participation of the community and society practices healthy eating habits that support an active lifestyle	1. Assesses physical activities, exercises and eating habits	This competency is already embedded in other LCs.	PE10PF-IVa-h-39
			2. Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	Weeks 1 to 8	PE10PF-IVc-h-45