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Most Essential Learning Competencies (MELCs)



			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

2 nd	<i>The learner demonstrates understanding of locations, directions, levels, pathways and planes</i>	<i>The learner performs movements accurately involving locations, directions, levels, pathways and planes.</i>	1. Describes movements in a location, direction, level, pathway and plane	Weeks 1&2	PE2BM-IIa-b-17
			2. Moves in: <ul style="list-style-type: none"> ➤ personal and general space ➤ forward, backward, and sideward directions ➤ high, middle, and low levels ➤ straight, curve, and zigzag pathways diagonal and horizontal planes	Weeks 3&8	PE2BM-IIc-h-18
			3. Demonstrates movement skills in response to sounds and music	This competency is already embedded in other LCs.	PE2MS-IIa-h-1
			4. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE2PF-IIa-h-2
			5. Maintains correct posture and body mechanics while performing movement	This competency is already embedded in other LCs.	PE2PF-IIa-h-14
3 rd	<i>The learner demonstrates understanding of movement in relation to time, force and flow</i>	<i>The learner performs movements accurately involving time, force, and flow.</i>	1. Moves: at slow, slower, slowest/fast, faster, fastest pace using light, lighter, lightest/strong, stronger, strongest force with smoothness	Weeks 1&8	PE2BM-IIIC-h-19

			2. Demonstrates movement skills in response to sound and music	This competency is already embedded in other LCs.	PE2MS-IIIa-h-1
			3. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE2PF-IIIa-h-2
4 th	<i>The learner demonstrates understanding of movement activities relating to person, objects, music and environment</i>	<i>The learner performs movement activities involving person, objects, music and environment correctly</i>	1. Moves: individually, with partner, and with group with ribbon, hoop, balls, and any available indigenous/improvised materials, with sound, in indoor and outdoor settings	Weeks 1&8	PE2BM-IV-c-h-21
			2. Demonstrates movement skills in response to sound	This competency is already embedded in other LCs.	PE2MS-IV-a-h-1
			3. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE2PF-IV-a-h-2
			4. Maintains correct body posture and body mechanics while performing movement activities	This competency is already embedded in other LCs.	PE2PF-IV-a-h-14

Grade Level: Grade 3

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</i>	<i>The learner performs body shapes and actions properly.</i>	1. Describes body shapes and actions	Weeks 1&2	PE3BM-Ia-b-1