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Most Essential Learning Competencies (MELCs)



			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

	actions in preparation for various movement activities				
			2. Performs body shapes and actions	Weeks 3&8	PE3BM-Ic-d-15
			3. Demonstrates movement skills in response to sounds and music	This competency is already embedded in other LCs.	PE3MS-Ia-h-1
			4. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE3PF-Ia-h-2
	<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	PE3BM-IIa-b-17
2 nd			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	PE3BM-IIc-h-18

			3. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE3PF-IIa-h-2
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. Describes movements in a location, direction, level, pathway and plane	Weeks 1&2	PE3BM-IIIa-b-17
			2. Moves: ➤ at slow, slower, slowest/fast, faster, fastest pace using light, lighter, lightest/strong, stronger, strongest force with smoothness	Weeks 3&8	PE3BM-IIIc-h-19
			3. Demonstrates movement skills in response to sound	This competency is already embedded in other LCs.	PE3MS-IIIa-h-1
			4. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE3PF-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. Participates in various movement activities involving person, objects, music and environment	Weeks 1&2	PE3BM-IV-a-b-20
			2. Moves:	Weeks 3&8	PE3BM-IV-c-h-21

			<ul style="list-style-type: none"> ➤ individually, with partner, and with group ➤ with ribbon, hoop, balls, and any available indigenous/improvised materials ➤ with sound in indoor and outdoor settings		
			3. Demonstrates movement skills in response to sounds and music	This competency is already embedded in other LCs.	PE3MS-IV-a-h-1
			4. Engages in fun and enjoyable physical activities	This competency is already embedded in other LCs.	PE3PF-IV-a-h-2

Grade Level: Grade 4

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 participation and assessment of physical activities and physical fitness</i>	<i>The learner participates and assesses performance in physical activities.</i> <i>assesses physical fitness</i>	1. Describes the physical activity pyramid	Week 1	PE4PF-Ia-16
			2. Assesses regularly participation in physical activities based on physical activity pyramid	This competency is already embedded in other LCs.	PE4PF-Ib-h-18
			3. Observes safety precautions	This competency is already embedded in other LCs.	PE4GS-Ib-h-3