

Back to SCHOOL

TEACHERPH.COM





TEACHERPH

Most Essential Learning Competencies (MELCs)



			<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</i> participates and assesses performance in physical activities. <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

			4. Executes the different skills involved in the game	Weeks 2&8	PE4GS-Ic-h-4
			5. Displays joy of effort, respect for others and fair play during participation in physical activities	This competency is already embedded in other LCs.	PE4PF-Ib-h-20
2 nd	<i>The learner demonstrates understanding of participation in and assessment of physical activities and physical fitness</i>	<i>The learner participates and assesses performance in physical activities. assesses physical fitness</i>	1. Assesses regularly participation in physical activities based on physical activity pyramid	This competency is already embedded in other LCs.	PE4PF-IIb-h-18
			2. Executes the different skills involved in the game	Weeks 1 to 8	PE4GS-IIc-h-4
			3. Recognizes the value of participation in physical activities	This competency is already embedded in other LCs.	PE4PF-IIb-h-19
3 rd	<i>The learner demonstrates understanding of participation and assessment of physical activity and physical fitness</i>	<i>The learner participates and assesses performance in physical activities. assesses physical fitness</i>	1. Assesses regularly participation in physical activities based on physical activity pyramid	This competency is already embedded in other LCs.	PE4PF-IIIb-h-18

			2. Executes the different skills involved in the dance	Weeks 1 to 8	PE4GS-IIIc-h-4
			3. Recognizes the value of participation in physical activities	This competency is already embedded in other LCs.	PE4PF-IIIb-h-19
4 th	<i>The learner demonstrates understanding of participation and assessment of physical activity and physical fitness</i>	<i>The learner participates and assesses performance in physical activities. assesses physical fitness</i>	1. Assesses regularly participation in physical activities based on Philippines physical activity pyramid	This competency is already embedded in other LCs.	PE4PF-IVb-h-18
			2. Observes safety precautions	This competency is already embedded in other LCs.	PE4RD-IVb-h-3
			3. Executes the different skills involved in the dance	Weeks 1 to 7/4 th	PE4RD-IVc-h-4
			4. Recognizes the value of participation in physical activities	This competency is already embedded in other LCs.	PE4PF-IVb-h-19