

# Back to SCHOOL



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# Most Essential Learning Competencies (MELCs)



Grade Level: Grade 5

Subject: Physical Education

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1 <sup>st</sup>	<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.</i>  assesses physical fitness	1. Assesses regularly participation in physical activities based on the Philippines physical activity pyramid	This competency is already embedded in other LCs.	<b>PE5PF-Ib-h-18</b>
			2. Observes safety precautions	This competency is already embedded in other LCs.	<b>PE5GS-Ib-h-3</b>
			3. Executes the different skills involved in the game	Weeks 1 to 8	<b>PE5GS-Ic-h-4</b>
			4. Displays joy of effort, respect for others and fair play during participation in physical activities	This competency is already embedded in other LCs.	<b>PE5PF-Ib-h-20</b>
2 <sup>nd</sup>	<i>The learner demonstrates understanding of participation in and assessment of physical activity and physical fitness</i>	<i>The learner participates and assesses performance in physical activities.</i>  assesses physical fitness	1. Assesses regularly participation in physical activities based on the Philippines physical activity pyramid	This competency is already embedded in other LCs.	<b>PE5PF-IIb-h-18</b>

			2. Observes safety precautions	This competency is already embedded in other LCs.	<b>PE5GS-IIb-h-3</b>
			3. Executes the different skills involved in the game	Weeks 1 to 8	<b>PE5GS-IIc-h-4</b>
			4. Displays joy of effort, respect for others and fair play during participation in physical activities	This competency is already embedded in other LCs.	<b>PE5PF-IIb-h-20</b>
3 <sup>rd</sup>	<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 the Philippines physical activity pyramid	This competency is already embedded in other LCs.	<b>PE5PF-IIIb-h-18</b>
			2. Observes safety precautions	This competency is already embedded in other LCs.	<b>PE5RD-IIIb-h-3</b>
			3. Executes the different skills involved in the dance	Weeks 1 to 8	<b>PE5RD-IIIC-h-4</b>

			4. Recognizes the value of participation in physical activities	This competency is already embedded in other LCs.	<b>PE5PF-IIIb-h-19</b>
4 <sup>th</sup>	<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.</i>  assesses physical fitness	1. Assesses regularly participation in physical activities based on the Philippines physical activity pyramid	This competency is already embedded in other LCs.	<b>PE5PF-IVb-h-18</b>
			2. Executes the different skills involved in the dance	Weeks 1 to 8	<b>PE5RD-IVc-h-4</b>
			3. Recognizes the value of participation in physical activities	This competency is already embedded in other LCs.	<b>PE5PF-IVb-h-19</b>

**Grade Level: Grade 6**

**Subject: Physical Education**

<b>Quarter</b>	<b>Content Standards</b>	<b>Performance Standards</b>	<b>Most Essential Learning Competencies</b>	<b>Duration</b>	<b>K to 12 CG Code</b>
1 <sup>st</sup>	<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.</i>  assesses physical fitness	1. Assesses regularly participation in physical activities based on the Philippines physical activity pyramid	This competency is already embedded in other LCs.	<b>PE6PF-Ib-h-18</b>
			2. Observes safety precautions	This competency is already embedded in other LCs.	<b>PE6GS-Ib-h-3</b>