

# Back to SCHOOL



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





TEACHERPH

# Most Essential Learning Competencies (MELCs)



			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>

			3. Executes the different skills involved in the game	Weeks 1 to 8	<b>PE6GS-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>PE6PF-Ib-h-20</b>
2 <sup>nd</sup>	<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 the Philippines physical activity pyramid	This competency is already embedded in other LCs.	<b>PE6PF-IIb-h-18</b>
			2. Observes safety precautions	This competency is already embedded in other LCs.	<b>PE6GS-IIb-h-3</b>
			3. Executes the different skills involved in the game	Weeks 1 to 8	<b>PE6GS-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>PE6PF-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>PE6PF-IIIb-h-18</b>
			2. Observes safety precautions	This competency is already embedded in other LCs.	<b>PE6RD-IIIb-h-3</b>
			3. Executes the different skills involved in the dance	Weeks 1 to 8	<b>PE6RD-IIIc-h-4</b>

			4. Displays joy of effort, respect for others during participation in physical activities	This competency is already embedded in other LCs.	<b>PE6PF-IIIb-h-20</b>
4 <sup>th</sup>	<i>The learner . . .</i> demonstrates understanding of participation and assessment of physical activity and physical fitness	<i>The learner . . .</i> participates and assesses performance in physical activities.  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-IVb-h-18</b>
			2. Executes the different skills involved in the dance	Weeks 1 to 8	<b>PE6RD-IVc-h-4</b>
			3. Displays joy of effort, respect for others during participation in physical activities	This competency is already embedded in other LCs.	<b>PE6PF-IVb-h-20</b>

**Grade Level: Grade 7**

**Subject: Physical Education**

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st	The learner demonstrates understanding of guidelines and principles in exercise program design to achieve personal fitness	The learner designs an individualized exercise program to achieve personal fitness	1. Undertakes physical activity and physical fitness assessments	This competency is already embedded in other LCs.	<b>PE7PF-Ia-h-23</b>
			2. Sets goals based on assessment results	Week 1	<b>PE7PF-Ia-24</b>