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Most Essential Learning Competencies (MELCs)



			4. Displays joy of effort, respect for others during participation in physical activities	This competency is already embedded in other LCs.	PE6PF-IIIb-h-20
4 th	<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.	PE6PF-IVb-h-18
			2. Executes the different skills involved in the dance	Weeks 1 to 8	PE6RD-IVc-h-4
			3. Displays joy of effort, respect for others during participation in physical activities	This competency is already embedded in other LCs.	PE6PF-IVb-h-20

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.	PE7PF-Ia-h-23
			2. Sets goals based on assessment results	Week 1	PE7PF-Ia-24

			3. Prepares an exercise program	Week 2	PE7PF-Ic-27
			4. Describes the nature and background of the sport	Week 3	PE7GS-Id-5
			5. Executes the skills involved in the sport	Weeks 4 to 8	PE7GS-Id-h-4
			6. Monitors periodically one's progress towards the fitness goals	This competency is already embedded in other LCs.	PE7PF-Id-h-28
2 nd	<i>The learner demonstrates understanding of guidelines and principles in exercise program design to achieve personal fitness</i>	<i>The learner modifies the individualized exercise program to achieve personal fitness</i>	1. Undertakes physical activity and physical fitness assessments	Week 1	PE7PF-IIa-h-23
			Reviews goals based on assessment results		PE7PF-IIa-24
			2. Describes the nature and background of the sport	Week 2	PE7GS-IIId-5
			3. Executes the skills involved in the sport	Weeks 3 to 8	PE7GS-IIId-h-4
3 rd	The learner demonstrates understanding of guidelines and principles in exercise program design to achieve personal fitness	The learner demonstrates understanding of guidelines and principles in exercise program design to achieve personal fitness	1. Undertakes physical activity and physical fitness assessments	Week 1	PE7PF-IIIa-h-23

				Week 2	
			2. Reviews goals based on assessment results		PE7PF-IIIa-34
			3. Describes the nature and background of the dance		PE7RD-IIIId-1
			4. Executes the skills involved in the dance		PE7RD-IIIId-h-4
4th	The learner demonstrates understanding of guidelines and principles in exercise program design to achieve personal fitness	The learner modifies the individualized exercise program to achieve personal fitness	1. Undertakes physical activity and physical fitness assessments	Week 1	PE7PF-IVa-h-23
			2. Reviews goals based on assessment results		PE7PF-IVa-34
			3. Describes the nature and background of the dance	Week 2	PE7RD-IVc-1
			4. Executes the skills involved in the dance	Weeks 3 to 8	PE7RD-IVd-h-4

Grade Level: Grade 8

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	The learner designs a physical activity program for the family/school peers to achieve fitness	1. Undertakes physical activity and physical fitness assessments	Week 1	PE8PF-Ia-h-23