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Most Essential Learning Competencies (MELCs)



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|-----|--|--|--|--------------|------------------------|
| | | | | 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 |

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| | design to achieve fitness | | | | |
| | | | Sets goals based on assessment results | | PE8PF-Ia-24 |
| | | | 2. Conducts physical activity and physical fitness assessments of family/school peers | Week 2 | PE8PF-Ib -36 |
| | | | 3. Prepares a physical activity program | Week 3 | PE8PF-Ic-27 |
| | | | 4. Describes the nature and background of the sport | Week 4 | PE8GS-Id-1 |
| | | | 5. Executes the skills involved in the sport | Weeks 5 to 8 | PE8GS-Id-h-4 |
| | | | 6. Monitors periodically progress towards the fitness goals | This competency is already embedded in other LCs. | PE8PF-Id-h-28 |
| | | | 7. Displays tolerance and acceptance of individuals with varying skills and abilities | This competency is already embedded in other LCs. | PE8PF-Id-h-37 |
| 2 nd | The learner demonstrates understanding of guidelines and principles in exercise program design to achieve fitness | The learner modifies physical activity program for the family/school peers to achieve fitness | 1. Undertakes physical activity and physical fitness assessments | This competency is already embedded in other LCs. | PE8PF-Iia-h-23 |
| | | | 2. Conducts physical activity and physical fitness | Week 1 | PE8PF-Iia-36 |

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| | | | assessments of family/school peers | | |
| | | | 3. Prepares a physical activity program | Week 2 | PE8PF-IIC-27 |
| | | | 4. Executes the skills involved in the sport | Weeks 3 to 8 | PE8GS-IIId-h-4 |
| | | | 5. Displays tolerance and acceptance of individuals with varying skills and abilities | This competency is already embedded in other LCs. | PE8PF-IIId-h-37 |
| 3 rd | The learner demonstrates understanding of guidelines and principles in exercise program design to achieve fitness | The learner modifies a physical activity program for the family/school peers to achieve fitness | 1. Undertakes physical activity and physical fitness assessments | This competency is already embedded in other LCs. | PE8PF-IIId-h-23 |
| | | | 2. Reviews goals based on assessment results | Week 1 | PE8PF-IIId-h-34 |
| | | | 3. Executes the skills involved in the sport | Weeks 3 to 8 | PE8GS-IIId-h-4 |
| | | | 4. Displays tolerance and acceptance of individuals with varying skills and abilities | This competency is already embedded in other LCs. | PE8PF-IIId-h-37 |
| 4 th | The learner demonstrates understanding of guidelines and principles in exercise program design to achieve fitness | The learner modifies a physical activity program for the family/school peers to achieve fitness | 1. Undertakes physical activity and physical fitness assessments | This competency is already embedded in other LCs. | PE8PF-IVa-h-23 |

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| | | | | | |
| | | | 2. Reviews goals based on assessment results | Week 1 | PE8PF-IVa-34 |
| | | | 3. Describes the nature and background of the dance | Week 2 | PE8RD-IVc-1 |
| | | | 4. Executes the skills involved in the dance | Weeks 3 to 8 | PE8RD-IVd-h-4 |
| | | | 5. Exerts best effort to achieve positive feeling about self and others | This competency is already embedded in other LCs. | PE8PF-IVd-h-38 |

Grade Level: Grade 9

Subject: Physical Education

| Quarter | Content Standards | Performance Standards | Most Essential Learning Competencies | Duration | K to 12 CG Code |
|-----------------|--|---|---|---|----------------------|
| 1 st | The learner demonstrates understanding of lifestyle and weight management to promote community fitness | The learner maintains an active lifestyle to influence the physical activity participation of the community practices healthy eating habits that support an active lifestyle | 1. Undertakes physical activity and physical fitness assessments | This competency is already embedded in other LCs. | PE9PF-Ia-h-23 |
| | | | 2. Performs appropriate first aid for injuries and emergency situations in physical activity and sports settings (e.g. cramps, sprain, heat exhaustion) | Weeks 1 & 2 | PE9PF-Ib-30 |
| | | | 3. Involves oneself in community service through sports officiating and physical activity programs | This competency is already embedded in other LCs. | PE9PF-Ie-h-41 |