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Most Essential Learning Competencies (MELCs)



			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

			4. Officiates practice and competitive games	Weeks 3 & 8	PE9GS-Ib-h-5
2 nd	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-IIa-h-23
			2. Executes the skills involved in the dance	Weeks 1 to 8	PE9RD-IIb-h-4
			3. Monitors periodically one's progress towards the fitness goals	This competency is already embedded in other LCs.	PE9PF-IIb-h-28
			4. Performs appropriate first aid for injuries and emergency situations in physical activity and dance settings (cramps, sprain, heat exhaustion)	This competency is already embedded in other LCs.	PE9PF-IIb-h-30
			5. Involves oneself in community service through dance activities in the community	This competency is already embedded in other LCs.	PE9PF-IIg-h-41
3 rd	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	1. undertakes physical activity and physical fitness assessments	This competency is already embedded in other LCs.	PE9PF-IIIa-h-23

		practices healthy eating habits that support an active lifestyle			
			2. executes the skills involved in the dance	Weeks 1 to 8	PE9RD-IIIb-h-4
			3. performs appropriate first aid for injuries and emergency situations in physical activity and dance settings (cramps, sprain, heat exhaustion)	This competency is already embedded in other LCs.	PE9PF-IIIb-h-30
			4. involves oneself in community service through dance activities in the community	This competency is already embedded in other LCs.	PE9PF-IIIg-h-41
4 th	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. Discusses the nature and background of indoor and outdoor recreational activities	Week 1	PE9GS-IVa-6
			2. Participates in active recreation	Weeks 2 to 8	PE9GS-IVb-h-7
			3. Advocates community efforts to increase participation in physical activities and improve nutrition practices	This competency is already embedded in other LCs.	PE9PF-IVb-h-43

			4. Practices environmental ethics (e.g Leave No Trace) during participation in recreational activities of the community	This competency is already embedded in other LCs.	PE9PF-IVb-h-44
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Grade Level: Grade 10

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 societal fitness	The learner maintains an active lifestyle to influence the physical activity participation of the community and society practices healthy eating habits that support an active lifestyle	1. Assesses physical activity, exercise and eating habits	This competency is already embedded in other LCs.	PE10PF-Ia-h-39
			2. Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school	Weeks 1 to 8	PE10PF-Ib-h-45
			3. Expresses a sense of purpose and belongingness by participating in physical activity-related community services and programs	This competency is already embedded in other LCs.	PE10PF-Ib-h-48