

**Physical Education I**  
**Budget of Work**  
**First Quarter**

CONTENT STANDARDS/ PERFORMANCE STANDARDS	( Learning Competencies)	Code	Week No.	No. of Days
The learner . . . demonstrates understanding awareness of body parts in preparation for participation in physical activities.	1. describes the different parts of the body and their movements through enjoyable physical activities	PE1BM-Ia-b-1	1	1
	2. creates shapes by using different body parts	PE1BM-Ic-d-2	2	1
	3. shows balance on one, two, three, four and five body parts	PE1BM-Ie-f-3	3	1
	4. exhibits transfer of weight	PE1BM-Ig-h-4	4	1
	5. recognizes the importance of participating in fun and enjoyable physical activities	PE1PF-Ia-h-1	5	1
	6. engages in fun and enjoyable physical activities with coordination Suggested learning activities <ul style="list-style-type: none"> <li>☛ action songs</li> <li>☛ singing games</li> <li>☛ simple games</li> <li>☛ chasing and fleeing games</li> <li>☛ mimetics</li> </ul>	PE1PF-Ia-h-2	6-8	3
<b>TOTAL</b>	<b>6</b>			<b>8</b>

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**Second Quarter**

CONTENT STANDARDS/ PERFORMANCE STANDARDS	( Learning Competencies)	Code	Week No.	No. of Days
The learner . . . demonstrates understanding of space awareness in preparation for participation in physical activities.	7. identifies locomotor skills	<b>PE1BM-IIa-b-5</b>	1	1
	8. demonstrates moving within a group without bumping or falling using locomotors skills	<b>PE1BM-IIc-e-6</b>	2	1
	9. executes locomotor skills while moving in different directions at different spatial levels	<b>PE1BM-IIf-h-7</b>	3	1
	10. engages in fun and enjoyable physical activities with coordination	<b>PE1PF-IIa-h-2</b>	4	1
	11. illustrates/demonstrate acceptable responses to challenges, successes, and failures during participation in motor fitness activities	<b>PE1PF-IIa-h-3</b>	5	1
	12. demonstrates acceptable responses to challenges, successes, and failures during participation in physical activities Suggested learning activities ☛ action songs ☛ singing games ☛ simple games ☛ chasing and fleeing games ☛ mimetics	<b>PE1PF-IIa-h-4</b>	6 - 8	3
<b>TOTAL</b>	<b>6</b>		<b>8 weeks</b>	<b>8</b>

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**Third Quarter**

CONTENT STANDARDS/ PERFORMANCE STANDARDS	( Learning Competencies)	Code	Week No.	No. of Days
The learner . . . demonstrates understanding of qualities of effort in preparation for participation in physical activities.	13. describes the difference between slow and fast, heavy and light, free and bound movements	<b>PE1BM-IIIa-b-8</b>	1	1
	14. demonstrates contrast between slow and fast speeds while using locomotor skills	<b>PE1BM-IIIc-d-9</b>	2	1
	15. demonstrates the difference between heavy and light while moving	<b>PE1BM-IIIe-f-10</b>	3	1
	16. demonstrates the difference between free and bound	<b>PE1BM-IIIg-h-11</b>	4	1
	17. demonstrates the difference between free and bound	<b>PE1PF-IIIa-h-2</b>	5	1
	18. engages in fun and enjoyable physical activities	<b>PE1PF-IIIa-h-6</b>	6	1
	19. enumerates the characteristics of a good team player	<b>PE1PF-IIIa-h-7</b>	7	1
	20. differentiates sharing from cooperating	<b>PE1PF-IIIa-h-8</b>	8	1
	21. demonstrates the characteristics of sharing and cooperating in physical activities Suggested learning activities <ul style="list-style-type: none"> <li>☛ action songs</li> <li>☛ singing games</li> <li>☛ simple games</li> <li>☛ chasing and fleeing games</li> <li>☛ mimetics</li> </ul>	<b>PE1PF-IIIa-h-9</b>	2	2
<b>TOTAL</b>	<b>9</b>		<b>10 weeks</b>	<b>10</b>

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**Fourth Quarter**

CONTENT STANDARDS/ PERFORMANCE STANDARDS	( Learning Competencies)	Code	Week No.	No. of Days
The learner . . . demonstrates understanding of relationships of movement skills in preparation for participation in physical activities	22. identifies movement relationships	<b>PE1BM-IVa-b-12</b>	1	1
	23. demonstrates relationship of movement	<b>PE1BM-IVc-e-13</b>	2	1
	24. performs jumping over a stationary object several times in succession, using forward- and- back and side-to-side movement patterns	<b>PE1BM-IVf-h-14</b>	3	1
	25. engages in fun and enjoyable physical activities	<b>PE1PF-IVa-h-2</b>	4	1
	26. shows interest in participating in physical activities	<b>PE1PF-IVa-h-9</b>	5	1
	27. follows simple instructions and rules	<b>PE1PF-IVa-h-10</b>	6	1
	28. enjoys participating in physical activities Suggested learning activities <ul style="list-style-type: none"> <li>☛ action songs</li> <li>☛ singing games</li> <li>☛ simple games</li> <li>☛ chasing and fleeing games</li> <li>☛ mimetics</li> </ul>	PE1PF-IVa-h-11	7-9	3
	<b>TOTAL</b>	<b>7</b>		<b>9 weeks</b>