



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
SCHOOLS DIVISION OF RIZAL



CAINTA SENIOR HIGH SCHOOL

Cainta, Rizal

**Weekly Home Learning Plan (ODL/MDL)
Grade 11 PHYSICAL EDUCATION AND HEALTH
Quarter 3 Week 6**

Date: March 21, 23, 25, 2022

**Time: 11:00-12:00
4:00-5:00pm**

CLASS SCHEDULE FOR THE THIRD QUARTER SY2021-22			
GRADE 11		GRADE 12	
Day 1 - Monday and Wednesday		Day 1 - Monday and Wednesday	
Regular Sched		Regular Sched	
Time	Subject	Time	Subject
6:30-7:00	Preparation	6:30-7:00	Preparation
7:00-11:00	Pagbasa at Pagsusuri	7:00-11:00	Media and Information
12:00-4:00	Statistics and Probability	12:00-4:00	3i's (Inquiries, Investigation and Immersion)
11:00-12:00/4:00-5:00	P.E.2	11:00-12:00/4:00-5:00	P.E.4
Day 2 - Tuesday and Thursday		Day 2 - Tuesday and Thursday	
Regular Sched		Regular Sched	
Time	Subject	Time	Subject
6:30-7:00	Preparation	6:30-7:00	Preparation
7:00-11:00	Reading and Writing	7:00-12:00	Filipino sa Piling Larang
12:00-4:00	Physical Science/DRRR	12:00-5:00	Personal Development

Day 1 (Monday / March 21, 2022)

Content Standard:

The learner demonstrates understanding of sports in optimizing one's health as a habit; as requisite for physical activity assessment performance, and as a career opportunity.

Performance Standard:

The learner leads sports events with proficiency and confidence resulting in independent pursuit and in influencing others positively.

Learning Competencies: At the end of the lesson, the learners are expected to:

1. Observe Personal Safety Protocol to Avoid Dehydration, Overexertion, Hypothermia and Hyperthermia during MVPa Participation;
2. Discuss the nature and background of basketball;
3. Execute basic skills and tactics in basketball;
4. Familiarize with the different facilities and equipment used in basketball;
5. Exhibit enjoyment in playing basketball.

Time	TASK/ACTIVITY
4:00p-4:05pm	Self-prayer, self-preparation, and preparation of learning materials
4:05-4:10pm	Do a warm-up/stretching exercises (5 mins)
4:10-4:20pm	What's In: Answer Activity 1.1: Identify Me (page 3) What's New: Answer Activity 1.2: My Favorite Team (page 4)

4:20-5:00pm	What Is It: Read and discover the Nature, Background and History of Basketball (pages 5-10)
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Day 2 (Wednesday) March 23, 2022

Content Standard:

The learner demonstrates understanding of sports in optimizing one's health as a habit; as requisite for physical activity assessment performance, and as a career opportunity.

Performance Standard:

The learner leads sports events with proficiency and confidence resulting in independent pursuit and in influencing others positively.

Learning Competencies: At the end of the lesson, the learners are expected to:

1. Observe Personal Safety Protocol to Avoid Dehydration, Overexertion, Hypothermia and Hyperthermia during MVPA Participation;
2. Discuss the nature and background of basketball;
3. Execute basic skills and tactics in basketball;
4. Familiarize with the different facilities and equipment used in basketball;
5. Exhibit enjoyment in playing basketball.

Time	TASK/ACTIVITY
4:00-4:05pm	Self-prayer, self-preparation, and preparation of learning materials.
4:05-4:10pm	Do a warm-up/stretching exercises (5 mins)
4:10-4:25pm	What is It: Review the lesson about the Nature, Background and History of Basketball (pages 5-10)
4:25-4:50pm	What's More: Read and find out the different temporary health conditions that may hinder the players to perform these physical activities at their best (page 11) and answer the given activity (Activity 1.3) on page 12.
4:50-5:00pm	What I Can Do Do Activity 1.4 on page 13
	Integrative Performance Performance Task No.6: Photo Essay Make sure to follow the instructions

Day 3 (Friday) March 25, 2022

Day 3 -Friday		Day 3 -Friday	
Assessment ,Reflection		Assessment ,Reflection	
Time	Subject	Time	Subject
6:30-7:00	Preparation	6:30-7:00	Preparation
7:00-9:00	Pagbasa at Pagsusuri	7:00-9:00	Media and Information Literacy
9:00-11:00	Statistics and Probability	9:00-11:00	3i's(Inquiries, Investigation and Immersion)
11:00-11:30	P.E. 2	11:00-11:30	P.E. 4
12:00-2:00	Reading and Writing	12:00-2:00	Filipino sa Piling Larang
2:00-4:00	Physical Science/DRRR	2:00-4:00	Personal Development

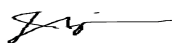
Subject: Physical Education and Health (HOPE 2)

	Self-prayer, self-preparation, review lessons for the week
11:00-11:30am	Answers 15 -item HOPE 2 Assessment week 6 in GForm
	Finalized and submit Assessment in your Google Classroom

Note:

1. Subject teacher can be reached thru online (fb / messenger / email / google classroom) for learners' questions, and clarification during class hour.
2. You can access and download the soft copy of the module in CSHS Portal

Prepared by:



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Teacher

Checked by:



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Noted by:

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PRINCIPAL II