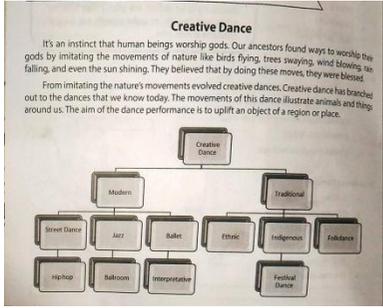
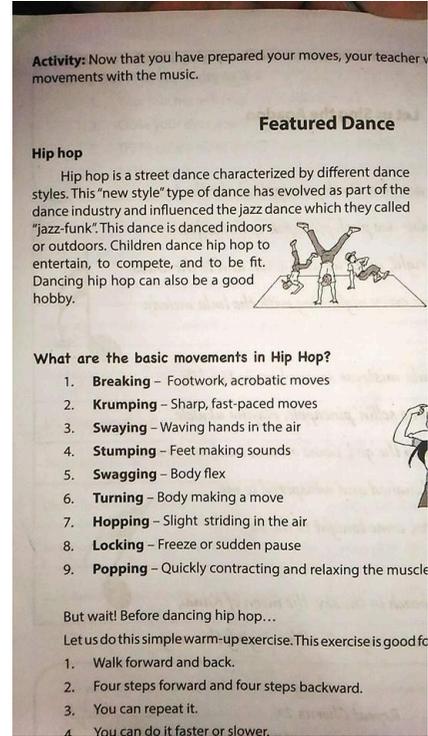


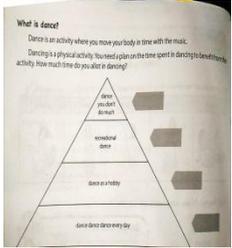


GRADES 1 to 12
DAILY LESSON LOG

School:		Grade Level:	VI
Teacher:		Learning Area:	MAPEH-P.E.
Teaching Dates and Time:	WEEK 5	Quarter:	4TH QUARTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I. OBJECTIVE/S	P.E	P.E	P.E	P.E	HOLIDAY CHINESE NEW YEAR
A. Content Standard	demonstrates understanding of participation and assessment of physical activity and physical fitness	demonstrates understanding of participation and assessment of physical activity and physical fitness	demonstrates understanding of participation and assessment of physical activity and physical fitness	demonstrates understanding of participation and assessment of physical activity and physical fitness	
B. Performance Standard	Participates and assesses performance in physical activities. Assesses physical fitness	Participates and assesses performance in physical activities. Assesses physical fitness	Participates and assesses performance in physical activities. Assesses physical fitness	Participates and assesses performance in physical activities. Assesses physical fitness	
C. Learning Competencies (write the LC Code)	describes the Philippines physical activity pyramid PE6PF-IVa-				
II. CONTENT	Fitness enhancement through creative dances				
III. LEARNING RESOURCES					
A. References					
1. TG/CG pages					
2. Learner's Materials pages					
3. Textbook pages	P. 236-248	P. 236-248	P. 236-248	P. 236-248	
4. Materials downloaded from LRMDs					
B. Other Learning Materials					

IV. PROCEDURES					
A. Reviewing previous lesson and presenting new lesson	What is Itik- Itik dance? Maglalatik dance?	Review on Filipino Physical pyramid activity	Review on past lesson on dancing	Review on past lesson creative dancing	
B. Establishing a purpose for the lesson	Explain the pyramid? 	Give the different dance movements and let the students analyze them.	What is creative dance? 	Present another kind of a dance- the Featured Dance which is the hip hop and interpretative dance.	
C. Presenting examples/instances of the lesson	Discuss and describe the Philippine physical activity pyramid.	Discuss the benefits of dancing to fitness. Give the fitness components that are improved in dancing.	Have you danced a creative dance or watch some of it? Describe what you have seen.	What is hip hop dancing? 	
D. Discussing new concepts and practicing new skills #1	What are the components of physical activity?	How can dance make you fit?	Discuss: What are benefits that you can get from creative dancing?	What are the basic movements in Hip hop?	

<p>E. Discussing new concepts and practicing new skills #2</p>	<p>. The teachers will show examples of physical fitness?</p>	<p>Discuss on Facts about dancing</p>	<p>What type of dances are shown in the following pictures” write the names of the dances below each picture? p.239- the 21st Century MAPEH IN ACTION</p>	<p>What fitness will be developed in dancing hip hop?</p> <ul style="list-style-type: none"> ● Cardio vascular endurance ● Legs muscles ● Thights ● Hamstrings ● Calf muscles ● Lower legs 	
<p>F. Developing mastery (lead to formative assessment 3)</p>		<p>Ask: what is dance?</p>	<p>Group Activy 3 groups will create dance steps of their own and should give a name for that dance step.</p>	<p>1. What should we do first before dancing hip hop?</p>	
<p>G. Finding practical application of concepts and skills in daily living</p>	<p>What do you mean by ‘Keep healthy by keeping active”</p>				
<p>H. Making generalization and abstractions about the lesson</p>	<p>What is physical pyramid activity?</p>	<p>Dance is an activity where you move your body in time with the music</p>	<p>Creative dances are an instinct that human beings worship Gods.</p>	<p>Dancing hip hop can also be a good for of exercise.</p>	
<p>I. Evaluating learning</p>	<p>True or False 1. The Filipino Pyramid Activity guide is a plan that is prepared for someone to be guided in having an active lifestyle. 2. It is composed of 4 parts namely minimal, often, regularly and habitually. 3. Habitual activities must be done once a week.</p>	<p>True or False about dancing. 1. It makes you weak. 2. It makes develop your muscles. 3. It makes you unimaginate and uncreative. 4. It helps your self-expression. 5. It boost your self-esteem.</p>	<p>1. Give the benefits we can get from creative dancing.</p>	<p>Put a check i8f it is a step in hiphop dancing. 1. Breaking 2. Krumping 3. Swaying 4. Stumping 5. Swagging 6. Turning 7. Locking 8. Popping 9. Tumbling 10. Hopping</p>	

	<p>4. Minimal activities include sleeping.</p> <p>5. Regular activities includes recreational activities.</p> <p>Answer T T F T F</p>			Answers all check except 9	
J. Additional activities for application or remediation					
V. REMARKS					
VI. REFLECTION					
A. No. of learners who earned 80% in the evaluation					
B. No. of learners who acquired additional activities for remediation who scored below 80%					
C. Did the remedial lessons work? No. of learners who have caught up with the lesson.					
D. No. of learners who continue to require remediation.					
E. Which of my teaching strategies worked well? Why did these work?					
F. What difficulties did I encountered which my principal can help me solve?					
G. What innovation or localized materials did I used/discover which I wish to share with other teachers?					

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