



Unit	Week No.	Content	Detail / Vocab.	Activities / Graded Assignments	Exam Content	Government Objectives
Warm Up	1	ORIENTATION				
		Classroom Rules	N/A	N/A	N/A	N/A
1: Exercises	2	BODY MOVEMENTS		Do the different body movements while standing still	N/A	Strand 3: Standard H3.1Control body movements while standing still. Moving and using equipment.
	3	Basic body movements	Kneeling, standing, stretching, swinging			
	4	Body movements while standing still				
	5	MOVEMENT SKILL	walking, running, leaping	Executes properly various movement skills, showing walking, running, leaping	N/A	
		Body movements while moving				
	6	MANIPULATIVE SKILLS	Bouncing, tossing, kicking	Performs accurately the skills in bouncing, tossing, kicking	N/A	
	7	Body movement using equipment				
2. Fun Games		MINOR GAMES	Starting point, finish line, alley	Engage actively in playing the minor games	Mid Term Grading Movement and Manipulative skills	Strand 3: Standard H3.1 Move body using kinaesthetic skills in playing miscellaneous games
	8	Car racing				
	9	Ring call ball				
	10	Police and thieves				



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3. Posture and Body Mechanics		CORRECTIVE EXERCISES	Posture, conditioning, flexibility, exercises	1.Performes corrective exercises such as conditioning and flexibility exercises. 2. Executes properly the different exercises for the neck, arm, shoulder	N/A	Show understanding of corrective exercises to improve posture.
	11	Conditioning and flexibility exercises				
	12	Different exercises for the neck, arm and shoulder				
4. Lead-up Organized games		LEAD-UP GAMES			N/A	Strand 3: Standard H3.1 Observe the rules, regulations and agreements of physical exercises, games an d folk games by themselves
	13	Shark attack	Lead-up games	Participates actively in playing lead- up and organized game		
	14	Volley-basketball	Shark attack			
	15	Box ball	Volley-basketball			
		ORGANIZED GAMES		Participate and engage in simple competitions of relays and races	N/A	Play organized games and participate in physical activities requiring movements while standing still moving and using equipment
	16	Dodge ball	Dodge ball			
	17	Mind ball	Mind ball			
	18	Red light, green light	Red light, green light			
	19	Dragons tail				
Final Test	20	Practical End of Term Test	The students will play games to test their agility, balance, speed and flexibility.			