



Unit	Week No.	Content	Detail	Activities / Graded Assignments	Exam Content	Government Objectives	
Warm Up	1	ORIENTATION					
		Classroom Rules	N/A	N/A	N/A	N/A	
1: Body Management and Movement Skills	2	STATIC MOVEMENTS				Strand 3: Standard H3.1 Move body while standing still, moving and using equipmet	
		Body movements in daily life	Non- locomotor skills, standing, sitting, twisting, bending, swaying, curling	Create shapes by using non-locomotor movements			
		3			Different types of body movements		N/A
		4			Practice static body movement		
	5	MOTION BODY MOVEMENTS	Locomotor skills, hop, walk, jump, gallop, run, climb, changing direction	Executes the locomotor skills using simple games.	N/A		
		Motion body movements					
	6-7	BODY MOVEMENTS WITH EQUIPMENT					
		Body movements with various equipment	Kicking a ball, tossing and cathing a ball, throw, rolling a hula-hoop, bouncing a ball	Perform body movements using equipment	N/A		
8-9		Learning Obstacle and Relay Games and Races	Miscellaneous games, Obstacle relay, chain tag, hop scotch,	Play games by recognizing terms for moving in relation to others	N/A		
2. Games and Sports						Satrand 3: Standard H3.1 Play miscellaneous games and participate in physical activities requiring natural movement.	



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Review for Midterm	10	REVIEW FOR MIDTERM TEST	Practical Test: The students will execute some body movements through games to test their balance, speed and flexibility.							
		N/A								
3. Postures and Body Mechanics	11	POSTURES AND BODY MECHANICS	Postures, body mechanics	Practice correct posture while sitting, standing, walking, picking up things, pulling and pushing objects.	N/A	Demonstrate understanding of improving posture and related activities.				
		Posture								
	12	Body mechanics - lifting, pulling					Stop games like The Boat is Sinking, Musical Chairs	Play music and perform task oriented games at the same time	N/A	Show understanding of task-oriented games while singing
	13	RHYTHMS AND DANCES		N/A	Show understanding of task-oriented games while singing					
		Stop dance - The Boat is Sinking	Stop games like The Boat is Sinking, Musical Chairs							
	14	Stop and think - Musical Chairs					N/A	Show understanding of task-oriented games while singing		
4. Rhythms and Dances	15	NATIVE GAMES		N/A	N/A	Learn the movement concepts used in participating native games				
	16	Monkey steal post	Native Games							
		17					Crows hatch eggs			
	18	GROUP GAMES	Group games, Over and Under, Dragons Tail, Trip to Jerusalem	Participate in simple group games	N/A	Strand 3: Standard H3. 1 Play miscellaneous games and participate in physical activities requiring natural movement. 2. Enjoy in participating in various challenging physical activities				
		Trip to Jerusalem / Dragons Tail								
		19					Over and under / Stuck in the Mud			
Final Test	20	Practical Test: The students will execute some body movements through games to test their agility, speed and endurance.								