



Unit	Week No.	Content	Detail	Activities / Graded Assignments	Government Objectives
1:Body movements activities		BODY MOVEMENTS AND BASIC STRETCHES			
		Principles of body movements	Taking forces is the body movement which the body has to use force against the weight while moving.		n/a
		Taking forces	Body movement: the body has to use force against the weight while moving such as running and jumping		n/a
	1	Using forces	Kicking the ball, throwing the ball and hitting the ball		n/a
		Balancing movements	Body movement in patterns that they perform can do without falling such as pyramid	SCORED Performing a pyramid. Students will take force on their body movement. This test is 10 Points	n/a
		BODY MOVEMENTS AND BASIC STRETCHES	Basic stretch is the movement activity that promotes physical fitness in many ways	N/A	6. Arrange patterns of integrated movements and control themselves when using kinaesthetic skills in accord with the patterns prescribed.
		Principles of body movements	Squat down and lean forward with both arms stretched forward. Raise the heels up and keep the weight on toes.		
		Sit with knee bent and roll forward	Place both palms on the mat away from toes. Sit with both arms shoulder-width apart.		
	2	Sit with knee bent and roll backward	Squat on the mat and stretch both arms straight forward.		
		Headstand with knee bent	Bent down the body to touch the floor forward with both hands in front with both arms shoulder-width apart.		



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1:Body movements activities		BODY MOVEMENTS AND BASIC STRETCHES			7. Play games leading to chosen sports and kinaesthetic activities in relays.
	3	*Principles of body movements*			
		Cartwheel progression	Left hand on the floor, leave the other hand and bend down the body to the side. Push the other foot to the ground and then get back in position		
		Doing pyramid of acrobat with two people	First player kneels on the floor and place both hands on the floor with arm stretched out. The back is parallel to the floor.		
		Doing pyramid of acrobat with three people(standing on the lap)	Two players have to stand as a base and turn face to face. Other player stands on the lap and stretch both arms to the side.	SCORED Performing base will take force on their body movement. This test is 10 Points	
2. Physical exercises		PHYSICL EXERCISES			
	4	Rhythmic freehand exercises	freehand postures and rhythmic freehand postures. Standing straight up with arms akimbo. Placing feet above shoulder-width apart, stretching the chest		
GAMES AND PHYSICAL ACTIVITIES					
Principles of exercise		Activity using more muscles and other organs of the body to work such as running and soccer		8. Control movements regarding accepting and using forces and balance.	
Expression of movement. Shift, spin, jump, swing.	repeat basic movements: Body movement while standing still and body movement using a ball.				
Minor games	Point jumping, catching mouse and express bus game.				
3. Physical Activities and Sports					



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		GAMES AND PHYSICAL ACTIVITIES			
3. Physical Activities and Sports	5	*Games leading to sports*	They have more rules. They focused on training the basic sport skills for players.		9. Show mechanical skills in participating in physical activities and playing sports.
		Circle football	Players create a circle and hold hands. One kicks the ball whoever makes the ball out of the circle will be punished.		
		Hurdle racing	Create 2 points: starting and ending points. Place pieces of wood in equal distance between the points. Players have to reach the point and has to go back, the first group to complete the game is the winner.		11. Explain principles and participate in at least one recreational activity.
		GAMES AND PHYSICAL ACTIVITIES			
		Activities in relays	Competition, team work		n/a
	6-7	Throwing the ball	Players make 2 lines face to face. Player throws the ball back and forth without repeating the same player. Begin with first pair until last pair.		n/a
		Passing the ball	Divide into 2 groups. Everyone stands in a row and keeps feet apart. The player at the head of the rows ends the ball between the legs of the other person repeat the same steps and do not drop the ball on the ground.		n/a
		GAMES AND PHYSICAL ACTIVITIES			
	8-9	Local games	Put each pole 5 meters apart. 2 groups, each group face to face. The first player in line holds the wood run to the opposite team and back to give the wood to the next player.	SCORED: Students will be tested on the Local wood run games 15 points	Racing, spooning up the seeds, snatching the last person of the row, catching a person when song stops.



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3. Physical Activities and Sports		TYPES OF SPORTS			
	10	Types of sports	Sports can be classified into several types: Outdoor and Indoor. Team players and single player		n/a
	11	Sports: Takraw	Getting used to Takraw ball		n/a
	12-13	Basic skills and rules of Takraw	Throw the ball up and let it fall. Catch the ball when it bounces up. Keep kicking the ball into the air. Use all parts of the body to touch the ball in different ways. Roll the ball forward with your left and right hand.		The ready position. Kicking the ball with inside, instep and outside of the foot. New words: Dribbling the ball
		International sports	Athletics. Ready-set-run Football		
		RECREATIONAL ACTIVITIES			
	14	The different types of activity	Talking about it so the teacher can advice the students about what they would enjoy the most.		n/a
	15	Principle of choosing recreational activity	Evaluate those points: Status, Location, Society, Benefit and your physical condition		n/a
	16	Types of recreational activity	Talking about it so students can choose the one that they would enjoy the most.		Planting flowers, camping, walking are recreational activity



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3. Physical Activities and Sports		PHYSICAL FITNESS			
		Activities for physical activity	Explain the benefits such as. Muscles strength, elasticity, endurance of the muscular exertion		n/a
	17	Types of physical fitness	Force with handedness; and follow this exercise with an endurance test: Slough exercise that will also evaluate the flexibility of students		n/a
		Slouch: Flexibility and endurance	Straighten the legs and place both feet upright to the ground Put your feet at the centre of the woodland stretch your arms. Bend forward at the wood.		n/a
	18	50 meter running: Speed and Long Jump	Test: refer to the book for the physical fitness table of 11 years old female students	SCORED: Students will be tested on a 50 meter length 15 points	n/a
	19	Thirty minutes stand and sit	lay your back. Place both toes apart 30 centime. Bend the knees at the right angle Place both hands behind the neck. Have a friend push the feet on the pad. You must pull up the body into a sitting position with head down between the knees and elbows shut.		n/a
		Improvement of physical fitness	Stand up on one leg and stretch out the arms. Stand with one foot. Stretch out one hand backwards		
FINAL TEST	20	FINAL END OF TERM TEST	Practical test: Fitness	n/a	n/a