



**ATENEO de DAVAO UNIVERSITY
HIGH SCHOOL**

Office of the Subject Area Coordinator - MAPEH

Acacia St., Matina, Davao City 8021, Philippines FAX (6382) 299-240 TEL (6382) 299-2404

**SCOPE AND SEQUENCE
PHYSICAL EDUCATION, HEALTH, and MUSIC
THIRD YEAR
School Year 2013 - 2014**

A. PHYSICAL EDUCATION 3

TOPIC	NO. OF MEETINGS
Introduction/Orientation of the subject matter: *Getting to know *Introduction of health education (scope and sequence, requirements, and grading system) *Classroom routines *House rules *Introduction of Performance Task (1)	1 meeting
Unit 1 Physical Fitness *Hook Activity ; KWHL; Review on Physical Fitness Components (Health-related and Skill-related) (1) *Skill-related Fitness Assessment Tests (2) *Personal Maximal Heart Rate(PMHR) and Training Heart Rate(THR) (1) *Fitness Program (1)	5 meetings
Unit 2 Foreign Folk Dance *Folk Dance: Terms, Formations, and Fundamental Steps (2) * History, brief description, and basic steps of La Cucaracha/Tarantella/Varsoviene (1) *Basic Figures of La Cucaracha/Tarantella/Varsoviene (2) *Dance Practice (3)	8 meetings
Unit 3 Sports Officiating Badminton *History, Equipment, Basic Skills of Badminton (1) *Rules, Game Officials and their Roles (1) *Officiating a game and critiquing (2)	20 meetings

<p>Basketball *History, Equipment, Basic Skills of Basketball (1) *Rules, Game Officials and their Roles (1) *Officiating a game and critiquing (2)</p> <p>Volleyball *History, Equipment, Basic Skills of Volleyball (1) *Rules, Game Officials and their Roles (1) *Officiating a game and critiquing (2)</p> <p>Kickball *History, Equipment, Basic Skills of Kickball (1) *Rules, Game Officials and their Roles (1) *Officiating a game and critiquing (2)</p> <p>*Officiating Activities (4)</p>	
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B. HEALTH EDUCATION 3

TOPIC	NO. OF MEETINGS
Preliminaries:	
I. Orientation/Introduction to Health Education	1 meeting
Unit 1: (Mental Health)	1 meeting
1. Mental Health: Definition and Characteristics	1 meeting
2. Factors affecting mental health	1 meeting
3. Types of Mental Disorder	1 meeting
4. Prevention of Mental Disorder	1 meeting
5. Aging and Death	
6. Programs and services for the Aged and Death of Loved one	
	2 meetings
Unit 2: (Population Education)	1 meeting
1. Responsible Parenthood	3 meetings
2. Family Planning	
3. Ways of family planning	
3.1 Natural	
3.2 Artificial	1 meeting
4. Family Planning within the context of the community and country	
	1 meeting
Unit 3: (Consumers Health Education)	1 meeting
1. Product and Health Services	
2. Advertisement of Health Products and Services	1 meeting
3. Quacks: Danger of Quackery	1 meeting
4. Health Consumerism: basic right and responsibilities	
5. Legal protections of consumers	1 meeting

Unit 4: (Drug Education) <ol style="list-style-type: none"> 1. Narcotics 2. 3 types of Drugs <ol style="list-style-type: none"> 2.1 Depressant 2.2 Stimulant 2.3 Hallucinogens 3. Negative Effects of Drugs (narcotics) 4. Dangerous Drug Acts 	1 meeting 2 meetings 2 meetings 1 meeting
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C. MUSIC EDUCATION 3

TOPICS	NO. OF MEETINGS
<u>Introductory Unit</u> <ol style="list-style-type: none"> 1. Getting to know; Orientation to Music Education 4 Scope and Sequence; Grading System; Orientation of their Final Project 	1 meeting
<u>Unit 1: Reinforcement on Basic Musical Rudiments</u> <ol style="list-style-type: none"> 1. Leveling-Off Activity / Pre-Test 2. Musical Scales 3. Major Scales on Sharp 4. Major Scales on Flat 5. Performance Task 	1 meeting 1 meeting 2 meetings 1 meeting 1 meeting
<u>Unit 2: History of Western Music</u> <ol style="list-style-type: none"> 1. Early Years of Western Music (Pre-historic, Medieval, Renaissance Periods) 2. Baroque Period Life and music of Johann Sebastian Bach 3. Classical Period Life and music of Wolfgang Amadeus Mozart Life and music of Ludwig Van Beethoven 	1 meeting 2 meetings 3 meetings

<p>4. Romantic Period</p> <p>Life and music of Frederic Chopin</p> <p>Life and music of Peter Ilyich Tchaikovsky</p> <p>5. Performance Task</p>	<p>2 meetings</p> <p>1 meeting</p>
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