



**ATENEO de DAVAO UNIVERSITY
HIGH SCHOOL**

Office of the Subject Area Coordinator - MAPEH

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

A. PHYSICAL EDUCATION 4

TOPICS	NO. OF MEETINGS
Orientation and Imposing of Classroom Rules and Regulations	1 meeting
UNIT 1: PHYSICAL FITNESS	
1. Discussion Physical Fitness Test	1 meeting
2. Review and Application of Physical Fitness Tests	1 meeting
3. Evaluation (Physical Fitness tests) Practical	1 meeting
4. Evaluation (Physical Fitness tests) Written	3 meetings
UNIT II: SPORTS MANAGEMENT	
1. Sports Management (Individual and Dual Sports)	1 meeting
2. Intramural Program	1 meeting
3. Types and selection of Tournaments	2 meetings
4. Application and Evaluation of Sports management (Individual and Dual)(Chess, table tennis, scrabble, etc..)	3 meetings
5. Sports Management (Written)	1 meeting
UNIT III: SPORTS MANAGEMENT	
1. Sports Management Review (Team Sports)	1 meeting
2. Intramural Program Review	2 meetings
3. Types and selection of Tournaments Review	1 meeting

4. Application and Evaluation of Sports management (Sports Management)	4 meetings
5. Sports Management (Written)	1 meeting
UNIT IV: BALLROOM DANCING	
1. Introduction of Ballroom Dancing	1 meeting
2. Practices for the given basic steps including their on creative steps for advance ballroom dancing	1 meeting
3. Evaluation (Ballroom Dancing) Practical	4 meetings
4. Evaluation (Ballroom Dancing) Written	1 meeting

B. HEALTH EDUCATION 4

TOPIC	NO. OF MEETINGS
Preliminaries: Orientation/Introduction to Health Education	1 meeting
Unit 1: (Mental Health)	
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	1 meeting
6. Programs and services for the Aged and Death of Loved one	1 meeting
Unit 2: (Population Education)	
1. Responsible Parenthood	2 meetings
2. Family Planning	1 meeting
3. Ways of family planning	3 meetings
3.1 Natural	
3.2 Artificial	
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	1 meeting
2. Advertisement of Health Products and Services	1 meeting
3. Quacks: Danger of Quackery	1 meeting
4. Health Consumerism: basic right and responsibilities	1 meeting
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 4

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 2. Pre-test and Leveling-Off Activity 3. Guidelines on Song Composition 	1 meeting 1 meeting 1 meeting
<u>Unit 1: Reinforcement on Basic Musical Rudiments</u> <ol style="list-style-type: none"> 1. Review on the Scales (Major Scales) 2. Transposition 3. Basic Chords: Triads 4. Performance Task 	1 meeting 3 meetings 3 meetings 1 meeting
<u>Unit 2: Music of the Twentieth Century</u> <ol style="list-style-type: none"> 1. Introduction to the 20th Century Music 2. Composers of the 20th Century Music (Claude Debussy, Igor Stravinsky, and Arnold Schoenberg) 	1 meeting 3 meetings

<p>3. Musical Styles of the 20th Century Music (Ragtime, Jazz, Blues, Swing, Musical Theater, Rock Styles, Big Bands, Dance Music)</p>	<p>3 meetings</p>
<p>4. Performance Task</p>	<p>1 meeting</p>

Prepared by:

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