



**ATENEO de DAVAO UNIVERSITY
HIGH SCHOOL**

Office of the Subject Area Coordinator - MAPEH

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**SCOPE AND SEQUENCE
MUSIC, ART, PHYSICAL EDUCATION, and HEALTH
GRADE 7
School Year 2013 - 2014**

A. MUSIC EDUCATION G7

TOPICS	NO. OF MEETINGS
<p><u>Introduction</u></p> <p>1. Getting to know; Orientation to Music Education 1 Scope and Sequence; Grading System; Class Rules, and Pre-Test</p>	<p>1 meeting</p>
<p><u>Unit 1: Basic Musical Rudiments Review</u></p> <p>1. Leveling-Off: The Musical Staff and the Guidelines in Writing the Symbols</p> <p>2. The Pyramid of Notes and Rests</p> <p>3. Notating the Pitch</p> <p>4. Notating the Meter</p> <p>5. Performance Task</p>	<p>1 meeting</p> <p>1 meeting</p> <p>1 meeting</p> <p>1 meeting</p> <p>1 meeting</p>
<p><u>Unit 2: Philippine Music Appreciation</u></p> <p>1. Music of the Highland Luzon</p> <p>2. Music of Lowland Luzon</p> <p>3. Music of Palawan, Mindoro,</p> <p>4. Music of Visayas</p> <p>5. Music of Mindanao</p> <p>6. Prominent Musical Styles of Philippine Music</p>	<p>2 meetings</p> <p>2 meetings</p> <p>2 meetings</p> <p>2 meetings</p> <p>2 meetings</p> <p>1 meeting</p>

7. Prominent Philippine Composers: Lucio D. San Pedro and Levi Celerio	1 meeting
8. Julian Felipe and the National Anthem	1 meeting
9. Performance Task	1 meeting

B. ART EDUCATION G7

TOPICS	NO. OF MEETINGS
Subject Orientation, Getting to Know, Rules and Regulations Diagnostic Test/Pretest	1 meeting
Unit I- Introduction to Arts Art & Life	1 meeting
Functions of Art	1 meeting
Art & Economy, Geography & Technology, Culture in the Locality	2 meetings
Unit II – Elements & Organization Lines & Color	1 meeting
Value, Texture & Shape	1 meeting
Painting, Sculpture & Architecture	2 meetings
Unit III – Performing Arts Philippine Dances	1 meeting
Philippine Theatre	1 meeting
Philippine Cinema	1 meeting
Photography	1 meeting
Unit IV- Arts & Culture in the Society Art in Cordillera	1 meeting
Art in Muslim Mindanao	1 meeting
Art during Spanish Time	1 meeting
19 th Century Art up to the present	1 meeting

C. PHYSICAL EDUCATION G7

TOPICS	NO. OF MEETINGS
Subject Orientation, Getting to know, Rules & Regulations	1 meeting
Pre – Test (Health & Skill – Related Physical Fitness Tests)	3 meetings
Unit 1 – Fitness	
Lesson 1 Physical Fitness	1 meeting
Lesson 2 The 3 Phases of Exercise Program	1 meeting
Lesson 3 Supplemental Activity	1 meeting
Unit 2 – Individual & Dual Sports	
Lesson 4 Foundation of Sports (Ancient Olympic Games)	1 meeting
Lesson 5 Sports in the Philippines	1 meeting
Lesson 6 Athletics	3 meetings
Lesson 7 Badminton	5 meetings
Unit 3 – SAYAW	
Lesson 8 Philippine Folk Dance	1 meeting
Lesson 9 Fundamental Position of the Arms & Feet	1 meeting
Lesson 10 Kuntao – Choreography	3 meetings
Post – Test (Health & Skill – Related Physical Fitness Tests)	3 meetings

D. HEALTH EDUCATION G7

TOPIC	NO. OF MEETINGS
Unit 1: Personal Health (6 sessions)	
Subject Orientation, Getting to Know, Rules and Regulations	1 meeting
Diagnostic Test/Pretest, Hook Activity (Optical Illusions	1 meeting
Health Triangle and its Dimensions <ul style="list-style-type: none"> The definition of health; importance of health and its dimensions 	

<ul style="list-style-type: none"> • the interplay among the dimensions of health • the health triangle 	
Physical Health <ul style="list-style-type: none"> • Posture • Hygiene • Good grooming • Exercise • 5senses • Diet • Ways on how to improve their physical health 	1 meeting
Nutrition <ul style="list-style-type: none"> • Balanced diet • Food pyramid guide • Recommended Daily Allowance/Servings • Planning of Daily Menu 	1 meeting
Emotional/Mental health <ul style="list-style-type: none"> • Definition • Signs of a mentally/emotionally healthy person • Managing negative emotions • Coping strategies • Building Self-esteem/ Self confidence 	1 meeting
Social Health <ul style="list-style-type: none"> • Definition of Social Health • Characteristics of Healthy relationships • Effective communication /Styles of Communication 	1 meeting
Unit 2: Growth and Development (3 sessions)	
Hook Activity; Basics of Puberty <ul style="list-style-type: none"> • Meaning of Puberty • Hormones responsible for the changes during Puberty • Difference between boys and girls during puberty • Onset of puberty 	1 meeting
Physical Changes During Puberty <ul style="list-style-type: none"> • Changes in the Body • Myths and Superstitions about puberty • Coping Strategies for handling physical changes 	1 meeting
Emotional and Social Changes During Puberty <ul style="list-style-type: none"> • Coping Strategies for handling social/emotional changes 	1 meeting
Unit 3: First Aid (6 sessions)	
Hook Activity; Knowing the Basics (AVR) <ul style="list-style-type: none"> • Definition of First Aid • General Principles of giving First Aid • ABCs of First Aid • Characteristics of a good First Aider • Common Accidents and Emergencies • Common emergency situations and medical conditions and appropriate safety measures/ interventions 	1 meeting
Basic First Aid Training- Bleeding Control and Bandaging Techniques:	1 meeting

<ul style="list-style-type: none"> • Folding and Square Knot • Techniques for Bandaging the following areas of the body: <ul style="list-style-type: none"> • Top of the Head/Back of the Head • Forehead/Eyes • Cheeks 	
Basic First Aid Training- Bleeding Control and Bandaging Techniques: <ul style="list-style-type: none"> • Shoulders • Chest • Back of the Chest • Forearm • Palms (vertical and horizontal) 	1 meeting
Basic First Aid Training- Bleeding Control and Bandaging Techniques: <ul style="list-style-type: none"> • Hips • Genitals • Arm Sling • Feet (shoes on and shoes off) 	1 meeting
Practice Day	1 meeting
Practical Exam/Return Demonstration/Simulation	1 meeting
Unit 4: Drug Education (3 Sessions)	
Introduction to Drug Education	1 meeting
Anti Smoking and Anti Alcoholism Campaign	1 meeting
Taking a Stand	1 meeting
Long Test	1 meeting

Prepared by:

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