



ATENEO DE DAVAO UNIVERSITY  
HIGH SCHOOL

MUSIC, ART, PHYSICAL EDUCATION AND HEALTH (MAPEH)  
SCOPE AND SEQUENCE  
SY 2014-2015

**Grade 8**  
**Physical Education 8**

**Unit 1: Physical Fitness**

**Content Standard:**

The learner demonstrates understanding of health-related fitness (HRF) as critical of achieving family/school fitness.

**Performance Standard:**

The learner plans appropriate HRF activities for the members of the family/school to attain the desired level of fitness.

**Performance Task:**

Your goal is to make/organized your own fitness plan which includes the warm up exercises, aerobics dance exercise and Cool down Exercises to achieve for family wellness. You will act as gym instructor. The audience is a family/classmates and teacher who wants to be physically fit (Overweight and underweight). The family/classmates hired you to be their physical instructor. They have asked you to help them improve their physical condition by giving them appropriate physical enhancement activities and record their weaknesses and strengths vis-à-vis the components of HRF and consider also the work/job of a person. At the end of the sessions you need to organize a complete and appropriate health related fitness plan for their family.

**Topics:**

- Introduction to Physical Fitness
- Components of Physical Fitness
- Health Related Fitness
- Physical Fitness Test Battery
- FITT Principle of Training
- Physical Activity Training Program

**Textbook:**

- A compilation for Music, Art, Physical Education and Health (MAPEH) second year, Libosada, Ralph V. 2013

**References:**

- <http://exercise.about.com/od/weightloss/g/FITTprinciple.htm>
- <http://www.bringithomepersonaltraining.com/components-of-physical-fitness/>

## Unit 2: Asian Folk Dances

### Content Standard:

The learner demonstrates understanding of Asian Folk dances to promote family/school wellness.

### Performance Standard:

The learner performs skillfully an Asian Folk dance as an excellent physical activity with the family/school.

### Performance Task:

Your goal is to show the culture and way of life of the Asian country through dance. You are a choreographer/performer at the national office of tourism. The audience is a group of 3 foreign visitors (who wants to know the culture and way of life of the country (teachers). Your group should prepare at least one Asian folk dance to present to the visitors for them to understand and appreciate well the culture and way of life of that country and also promote the culture and way of life. And the benefit that will derive from dancing the folk dance is focused on the Physical fitness of an individual.

### Topics:

- Introduction to Asian Folk Dances
- Asian Folk Dance (history, costume, music, count, formation and basic steps)

### Textbook:

- International Folk Dance book compilation

### References:

- [http://en.wikipedia.org/wiki/Category:Asian\\_dances](http://en.wikipedia.org/wiki/Category:Asian_dances)
- [http://en.wikipedia.org/wiki/Parasol\\_dance](http://en.wikipedia.org/wiki/Parasol_dance)  
(Copiaco, Hazel P. et al. MAPEH HIGH SCHOOL SERIES Our world of MAPEH. Quezon City: Vibal Publishing House, Inc., 2011.)
- <http://www.youtube.com/watch?v=WxyNcX-u9Z4>
- <http://conperey.blogspot.com/2009/11/ubd.html>

### Unit 3: Team Sports

#### Content Standard:

The learner demonstrates understanding of the benefits that the family/school can derive from performing team sports.

#### Performance Standard:

The learner performs appropriate team sports with the family/school that will promote family/school wellness.

#### Performance Task:

Your goal is to coach a team. You will act as a coach of a team who joined an inter school league. The audience will be your classmates and the teacher. The team asks you to be their coach for the coming inter school league. They ask you to train them the basic skills and rules and regulation that they should follow; as a coach you will going to make a plan to improve the skills of your player, make your own routine and drills. At the end of the sessions you need to compile the rules and regulations of each sport, elimination system, officials of each game, score sheets needed for the sports and applying the basic skills.

#### Topics:

- Basketball (history, rules, basic skills, playing and officiating)
- Volleyball (history, rules, basic skills, playing and officiating)
- Kickball (history, rules, basic skills, playing and officiating)

#### Textbook:

- A compilation for Music, Art, Physical Education and Health (MAPEH) second year, Libosada, Ralph V. 2013

#### References:

- [http://en.wikipedia.org/wiki/Team\\_sport](http://en.wikipedia.org/wiki/Team_sport)
- <http://en.wikipedia.org/wiki/Basketball>
- <http://en.wikipedia.org/wiki/Volleyball>
- <http://sportsvite.com/sports/Kickball/rules>