



ATENEO DE DAVAO UNIVERSITY
HIGH SCHOOL

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

Grade 9
Physical Education 9

Unit 1: PHYSICAL FITNESS – SKILL-RELATED FITNESS

Content Standard:

The learner demonstrates understanding of skill-related fitness (SRF) as an important factor to one's wellness and productive life.

Performance Standard:

Learners, working individually, identify activities and design a program which will sustain their skill-related fitness in order to accomplish daily tasks efficiently.

Performance Task:

You will make a fitness program in your school through designing and conduct a skill – related fitness program. You are one of the designer and conductor. You have been assigned to design a program at same time to conduct it that supports healthy and active lifestyle and also to develop the potentials of each student in your school especially in sports. The designed program must be appropriate and contain pertinent information about physical fitness. You need to convince one student per grade/year level to engage in the program you design to help active people maintain their active lifestyle as well as to encourage those who are not. According to studies, there was a sleep decline in adhering to active lifestyle in your school. As grade nine students, you must convince other student to engage in physical activities through designing and conduct a program to encourage people to evaluate their own fitness level so that they will life a healthy and active lifestyle. The designed program must appropriate to the different skill – related fitness components, age and training heart rate (THR).

Topics:

- Introduction of Physical Fitness
- Components of Physical Fitness – Health-Related Fitness and Skill-Related Fitness
- Personal Maximal Heart Rate and Training Heart Rate(PMHR and THR)
- Skill – Related Fitness Components and tests
 - Agility
 - Balance
 - Coordination
 - Power
 - Reaction Time
 - Speed

Textbook:

- MAPEH Compilation for PEHM 3 by Aiza Bordios., et al.
- Exploring with MAPEH III Victoria C. Banzon., et al.
- MAPEH in Action 3
- Wow MAPEH III Imelda Faculin, Ph.D., et al.,
- Keeping Fit: Living Fully III, Ronualdo U. Dizer., et al.

References:

- google.com.
- Whyzz.com.
- Stanford Encyclopedia of philosophy
- journals.humankinetics.com/apaq-back-issues/apaqvolume20issue1january/attentiondeficithyperactivitydisorderareviewofresearchon
ness

Unit 2: SOCIAL DANCE

The learner demonstrates understanding of the purpose of learning social dances and its significance to fitness.

Performance Standard:

Learners, by pair or group, perform properly and gracefully the basic figures and choreograph a routine of a social dance to present the proper and correct way to socialize and improve fitness through dance.

Performance Task:

The Grade nine level of Ateneo de Davao high school will hold the annual Juniors Promenade a few months from now. It will be held at the quadrangle of Ateneo High School and will be witnessed by the students, faculty, and staff of grade nine of Ateneo High School. As part of the program, they ask all grade nine students to perform different Social dances to show the proper ways and behavior while dancing.

The head committee of the program is now looking for dancers who'll be able to best present a social dance through a dance showcase of their chosen social dance. The class is expected to perform the proper execution, costume, and gracefulness during the performance.

Topics:

- Introduction of Social Dances
- History of the following social dances:
 - Cha-Cha
 - Samba
 - Tango
 - Jive
 - Waltz
- Proper way of holding and position of pairs
- Basic steps of the following social dances
 - Cha-Cha
 - Samba
 - Tango
 - Jive
 - Waltz

Textbook:

- Exploring with MAPEH III Victoria C. Banzon., et al.
- MAPEH in Action III
- Wow MAPEH IV Imelda Faculin, Ph.D., et al.,
- Keeping Fit: Living Fully III, Ronualdo U. Dizer., et al.

References:

- Google.com
- Wikipedia.com
- www.pleasedancewithme.com/danceshistories.htm
- *Dancing into the Third Age: Social Dance as Cultural Text - Research in Progress* by Helen Thomas Lesley Cooper

Unit 2: SPORTS OFFICIATING

Content Standards:

The learner demonstrates understanding of the purpose of sports officials and their roles and its implication to the result of the sports events.

Performance Standards:

Learners, individually apply the rules of the game and eventually works in teams (as game officials) to provide an orderly sports event.

Performance Task:

You will effectively officiate in a 1-day sports league to be organized by the Davao City Sports Council. You are one of the officials chosen by the city Sports committee for the 1-day sports league. The 1-day league is expected to be witnessed by a lot of sports enthusiasts in Davao City. The Davao City Sports Council thought of an activity that will encourage public and private sectors to be one in promoting sports in the city. The qualified city sports officials are lacking because of the upcoming national games to be held in another city. The council is looking for additional officials who can handle in basketball, volleyball, kickball, and/or badminton. This aims to promote not only sports, but as well as the expertise of the city's available sports officials. The officials are also expected to be honest and credible to make good judgments.

Topics:

- Introduction of Sports officiating
- Badminton
 - Rules and Regulations (Review)
 - Game Mechanics
 - Roles and Position of Officials
 - Hand Signals
- Basketball
 - Rules and Regulations (Review)
 - Game Mechanics
 - Roles and Position of Officials
 - Hand Signals
- Volleyball
 - Rules and Regulations (Review)
 - Game Mechanics
 - Roles and Position of Officials
 - Hand Signals
- Kickball
 - Rules and Regulations (Review)
 - Game Mechanics
 - Roles and Position of Officials
 - Hand Signals

Textbook:

- Exploring with MAPEH III Victoria C. Banzon., et al.
- MAPEH in Action III
- Wow MAPEH IV Imelda Faculin, Ph.D., et al.,
- Keeping Fit: Living Fully III, Ronualdo U. Dizer., et al.

References:

- Current research in Sports officiating and decision-making (PDF) by Dosseville F., et al
- Google.com
- Wikipidia.com
- www.bls.gov/ooh/entertainment-and-sports/umpires-referees-and-other-sports-officials.