



Grade LEVEL 11 & 12 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Lianne Sugar D. Monato

First Semester

- I. Fitness and Health**
 - A. Warm-Up, Stretching, and Cool Down Routine
 - B. Physiological Indicators in Physical Activity (Heart Rate, Rate of Perceived Exertion and Pacing)
 - C. FITT Principle
 - D. Motivation and Stress Management in Physical Fitness
 - E. Health-Related Fitness Components
 - F. Skill Related Fitness Components
 - G. Fitness Workouts

Second Semester

- II. Dance**
 - A. Aerobic Dance
 - B. Traditional Dances
 - C. Modern and Contemporary Dance
 - D. Cheer Dance
 - E. Hip-Hop/Street Dance
 - F. Festival Dance
- III. Sports**
 - A. Sports Officiating
- IV. Recreational Activities**
 - A. Light and Low Impact Physical Activities
 - B. Recreational Games at Home

