



## Grade LEVEL 1 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Kwenny A. Cuyos

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### I. Body Awareness

- A. Introduction to Warm-up, Stretching and Cool Down Exercises
- B. Body Movements
- C. Body Parts and Actions
- D. Body shapes and Balances
- E. Physical Fitness Test  
    "Simon Says"

### II. Indoor Games

(games that can be played at home with the family, modified)

- A. Importance of Physical Exercises
- B. Scavenger Hunt
- C. Yoga Freeze Dance
- D. Animal Laps
- E. Charades
- F. Simon Says

### III. Movement and Action Songs

- A. Introduction to movement and action songs
  - 1. Shake Your Sillies Out
  - 2. Baby Shark
  - 3. Tooty Ta

### IV. Rhythmic and Fitness Activities at Home

- A. Accumulated counts/ distances of the following:
  - 1. Hula Hoops
  - 2. Jumping Rope
  - 3. Running Distance
- B. Ball Handling
  - 1. Catching
  - 2. Passing
  - 3. Kicking

