



Grade LEVEL 10 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Lianne Sugar D. Monato

- I. Exercise and Weight Management**
 - A. Eating Habits and Physical Activity
 - B. Health-Related Fitness Tests
 - 1. Cardiovascular Endurance
 - 2. Muscular Endurance and Strength
 - 3. Flexibility
 - C. Skill-Related Fitness Tests
 - 1. Agility
 - 2. Coordination
 - 3. Balance
 - D. Fitness Test
 - Fitness Bingo Workout

- II. Physical Activity and Exercise**
 - A. Fitness: Walking
 - B. Fitness Workouts
 - C. Workout Program - Leg and Thigh Challenge
 - D. Sleek Arms Challenge

- III. Dance**
 - A. Zumba

- IV. Dual Sports**
 - A. Table Tennis Doubles

- V. Team Sports: Ultimate Frisbee and Handball**
 - A. Ball Handling Skills

- VI. Indoor Recreation**
 - A. Educational Board Games
 - B. Fun Relay Games with the Family

