



## Grade LEVEL 2 - (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
  - “Wheel Of Fortune”

### II. Indoor Games

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

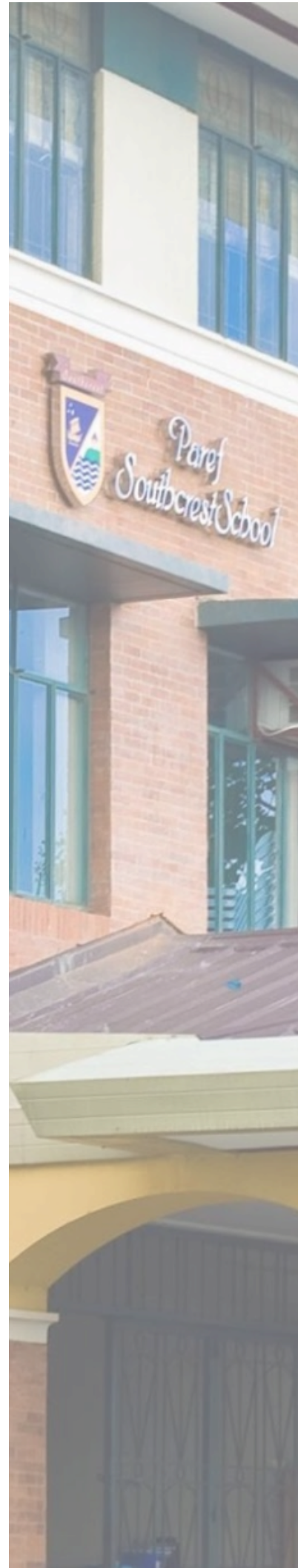
- A. Tag Games with Family
  - 1. Bees and Butterflies
  - 2. Hot Dog Tag
  - 3. Amoeba Tag
  - 4. Freeze Tag
  - 5. Fox
- B. Throwing Games with Family
  - 1. Wall Toss
  - 2. Throw and Catch

### III. Folk Dance

- A. Introduction to Folk Dance
- B. Paru-parung Bukid
  - 1. Background
  - 2. Basic Fundamental Steps
  - 3. Mastery of the Basic Steps
- C. Solidumay
  - 1. Background
  - 2. Basic fundamental steps
  - 3. Mastery of the basic steps

### IV. Rhythmic and Fitness Activities at Home

- A. Accumulated counts/ distances of the following:
  - 1. Hula Hoops
  - 2. Jumping Rope
  - 3. Running Distance





**PAREF Southcrest**

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- B. Dodgeball
- C. New Comb