



Grade LEVEL 3 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Kwenny A. Cuyos

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
 - “This Is How I Do It” Exercise

II. Indoor Games

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

- A. Relay Games
 - 1. Lemon and Spoon
 - 2. Dress Up Relay
 - 3. Fish in the Market
 - 4. Water Relay
 - 5. Locomotor actions
 - 6. What Sports is This?

III. Folk Dance

- A. Introduction to Folk Dance
- B. Kunday - Kunday
 - 1. Background
 - 2. Basic fundamental steps
 - 3. Mastery of the basic steps
- C. Cariñosa
 - 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
- B. Dodgeball
- C. Kickball

