



Grade LEVEL 4 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Kwenny A. Cuyos

I. Health-Enhancing Fitness 1

- A. Introduction to Fitness Components and Tests
- B. Health-Related Fitness Test
 - 1. Flexibility
 - 2. Cardiovascular Endurance
 - 3. Muscular Strength
 - 4. Muscular Endurance
- C. Skill - Related Fitness Test
 - 1. Agility
 - 2. Power
 - 3. Coordination
 - 4. Speed
 - 5. Balance
 - 6. Reaction Time
- D. Physical Fitness Test

II. Recreational Activities at Home (with family)

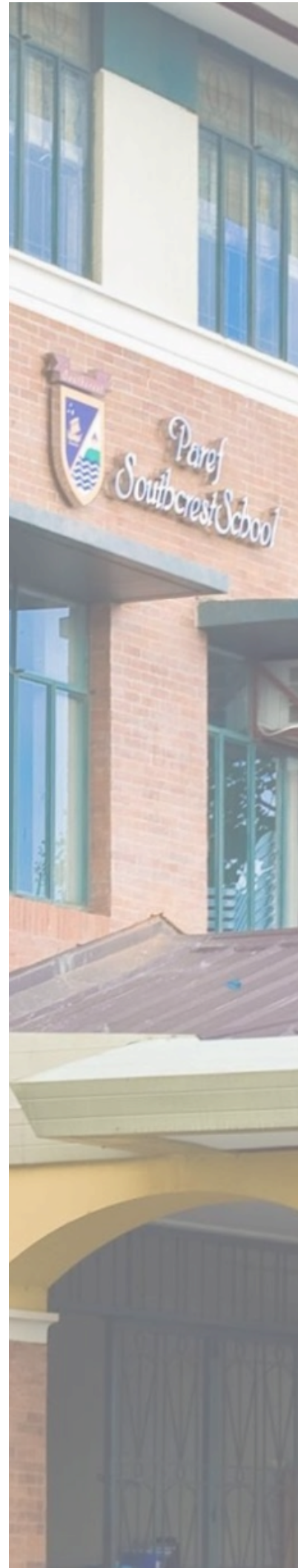
- A. Introduction to different recreational activities
- B. Recreational Activities with Family
 - 1. Relay Games
 - Maria went to town
 - Lemon and Spoon
 - 2. Zumba

III. Philippines Folk Dances

- A. Introduction of Philippines Folk Dances
- B. Itik - Itik
 - 1. Brief history and background of the dance
 - 2. Basic Fundamental

IV. Creative Dances

- A. Introduction to different Creative Dances
- B. Teaching basics of creative dances
 - 1. Modern
 - 2. Contemporary
 - 3. Hip Hop





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C. Mastery of the Basic Dance Steps

V. Volleyball

1. Rules and regulations
2. Service and Receiving

VI. Badminton

1. Serving and Receiving
2. Rules

