



Grade LEVEL 5 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Kwenny A. Cuyos

I. Health-Enhancing Fitness 2

- 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. Just Dance
- B. Yoga

III. Philippines Folk Dances

- A. Tiklos
 - 1. Brief history and background of the dance
 - 2. Basic Fundamental Steps of Folk Dance
 - 3. Tiklos

IV. Creative Dances

- A. Introduction to different Creative Dances
- B. Teaching basics of creative dances
 - 1. Modern
 - 2. Contemporary
 - 3. Hip Hop
- C. Mastery of the Basic Dance Steps

V. Volleyball

VI. Table Tennis

