



Grade LEVEL 6 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Kwenny A. Cuyos

I. Health-Enhancing Fitness 3

A. Health-Related Fitness Test

1. Flexibility
2. Cardiovascular Endurance
3. Muscular Strength
4. Muscular Endurance

B. Skill - Related Fitness Test

1. Agility
2. Power
3. Coordination
4. Speed
5. Balance
6. Reaction Time

C. Physical Fitness Test

II. Recreational Activities at Home (with family)

A. Introduction to Sports

1. Badminton
2. Volleyball

III. Philippines Folk Dances

A. Cariñosa

1. Brief history and background of the dance
2. Basic Fundamental Steps of Folk Dance
3. Carinosa steps

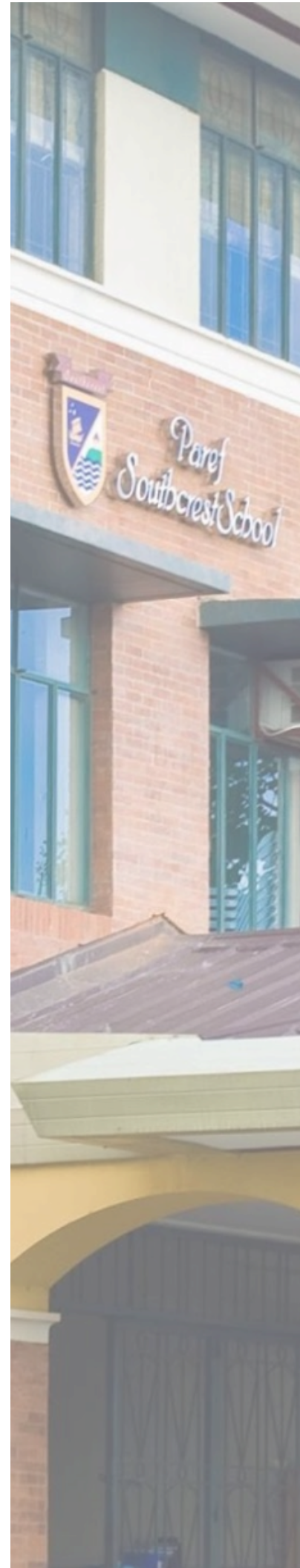
IV. Creative Dances

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





PAREF Southcrest

Grade LEVEL 6 - (Physical Education)
Topic Outline
SY 2021 - 2022

Teacher: Kwenny A. Cuyos

- V. Futsal**
 - A. Rules
 - B. Corrective Exercises
- VI. Table Tennis**

