



Grade LEVEL 7 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Lianne Sugar D. Monato

I. Fitness 1

- A. Introduction to Warm-Up, Stretching and Cool Down Exercises
- B. Health-Related Fitness Tests
 - 1. Cardiovascular Endurance
 - 2. Muscular Endurance and Strength
 - 3. Flexibility
- C. Skill-Related Fitness Tests
 - 1. Agility
 - 2. Coordination
 - 3. Balance
- D. Fitness Tests

II. Fitness 2

- A. Introduction to Walking
 - 1. Health Benefits
 - 2. Guidelines Before, During, and After A Walking Exercise
- B. Fitness Workouts
- C. Simple Workout Program

III. Dance

- A. Stretching Exercises
- B. Philippine Folk Dance
 - 1. Fundamental Arms and Feet Position
 - 2. Basic Dance Steps in Folk Dance
 - a. 2/4 Time Signature
 - b. ¾ Time Signature

IV. Individual Sports

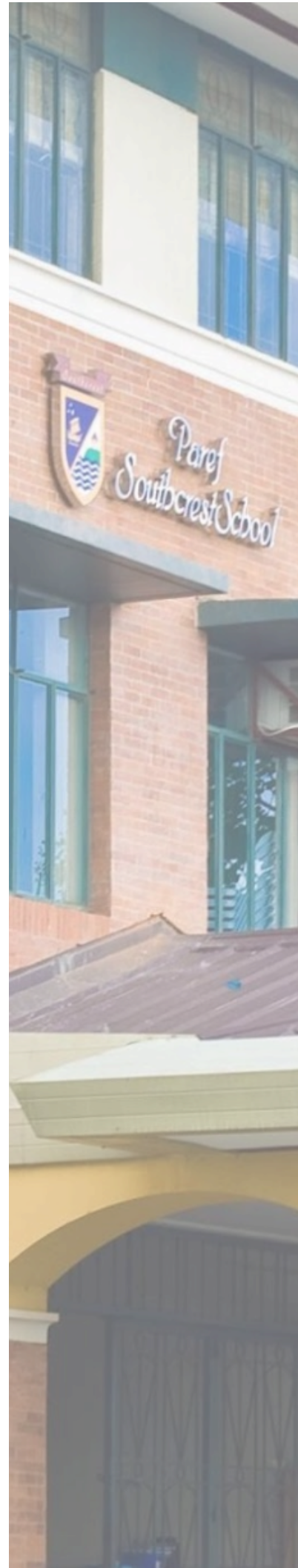
- A. Introduction to Chess

V. Dual Sports: Badminton Singles

- A. History and Rules
- B. Introduction to Basic Skills

VI. Team Sports: Volleyball

- A. History and Rules
- B. Ball Handling Skills





PAREF Southcrest

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VII. Indoor Recreation

- A. Educational Board Games
- B. Fun Relay Games with the Family

