



Grade LEVEL 9 - (Physical Education) Topic Outline SY 2021 - 2022

Teacher: Lianne Sugar D. Monato

I. Lifestyle and Weight Management

- A. Physical Activities
- 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 Test
 - Color Coding Fitness Workout

II. Fitness

- A. Walking
- B. Fitness Workouts
- C. Workout Program - Sleek Arms Challenge
- D. Plank Challenge

III. Dance

- A. Hip-hop / Modern Dance

IV. Dual Sports

- A. Table Tennis Singles

V. Team Sports: Futsal

- A. Ball Handling Skills / Footwork

VI. Indoor Recreation

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

