**BUDGET OF WORK IN P.E. 2**

**1ST – 4TH GRADING**

***FIRST GRADING***

At the end of the First Grading Period, \_\_\_\_ out of \_\_\_\_ pupils have acquired the following skills and abilities w/ 75 proficiency.

|  |  |
| --- | --- |
|  Objectives | Number of days |
| Target | Actual |
| 1. **Movement Qualities**
2. Describes body shapes and actions
3. Explores body shapes and actions
4. Creates body shapes and actions
5. Demonstrates momentary stillness in symmetrical and asymmetrical shapes using body parts other than both feet as a base of support
6. **Motor**
7. Describes different movement skills
8. Differentiates movement skills such as jog and a run, a hop and a jump, a gallop and a slide
9. **Simple folk dance and rhythmic activities**
10. Recognizes simple folk dance and rhythmic routines
11. Demonstrates locomotor skills in response to even and uneven music
12. **Relays and races**
13. Demonstrates movement skills in relays and races
14. Participates in simple territory/ invasion game such as line, circle and shuttle relays
15. **Posture and Body Mechanics**
16. Exhibits correct body posture
17. Assesses his/her body posture
 | 42211 |  |

***SECOND GRADING***

At the end of the Second Grading Period, \_\_\_\_ out of \_\_\_\_ pupils have acquired the following skills and abilities w/ 75 proficiency.

|  |  |
| --- | --- |
|  Objectives | Number of days |
| Target | Actual |
| 1. **Movement Qualities**
2. Describes locomotor movements in a location, direction, level, pathway and plane
3. Follows instruction for directions, levels, pathways and planes
4. Performs locomotor movements in a location, direction, level, pathway and plane
5. **Motor**
6. Describes movement skills using movement patterns
7. Performs movement patterns like:
* Jump for distance, landing on both feet and bending the hips, knees and ankles to reduce the impact of force
* Skip and leap using proper form
1. **Simple folk dance and rhythmic activities**
2. Describes the steps in simple folk dance
3. Describes simple rhythmic activities
4. Performs rhythmic sequences with the use of implements such as a ribbon, hoop, ball, etc.
5. **Relays and races**
6. Familiarizes himself/herself in the skills of running
7. Participates in relays and races
8. **Posture and Body Mechanics**
9. Describes correct posture of sitting, walking, standing
10. Observes correct posture while sitting, walking, standing
 | 32311 |  |

***THIRD GRADING***

At the end of the Third Grading Period, \_\_\_\_ out of \_\_\_\_ pupils have acquired the following skills and abilities w/ 75 proficiency.

|  |  |
| --- | --- |
|  Objectives | Number of days |
| Target | Actual |
| 1. **Movement Qualities**
2. Describes the concept of moving and changing speed, direction in different situations
3. Describes the importance of speed and direction in performing movement skills
4. Shows how changing speed and direction can allow himself/herself to move away from one another
5. **Motor**
6. Demonstrates correct position of the hand and body while catching a ball in different levels
7. Explains the throwing and catching skills with partner in stationary and dynamic action
8. Performs throwing and catching skills with partner in stationary and dynamic action
9. **Dance Mixes**
10. Applies movement concepts in simple dance mixes such as kamayan, alahoy, apat-apat
11. Demonstrates movement concepts in simple dance and rhythmic routine
12. Performs simple folk dance and rhythmic routines
13. **Relays and Races**
14. Practices movement skills in throwing, catching and running
15. Competes in throw and catch relays and races
16. **Posture and Body**
17. Describes correct posture in picking up things, pulling/ pushing objects
 | 23311 |  |

***FOURTH GRADING***

At the end of the Fourth Grading Period, \_\_\_\_ out of \_\_\_\_ pupils have acquired the following skills and abilities w/ 75 proficiency.

|  |  |
| --- | --- |
|  Objectives | Number of days |
| Target | Actual |
| 1. **Movement Qualities(Relationships)**
2. Familiarizes in various movement activities involving person, objects, music and environment
3. Participates in self-testing activities in simple rolls such as Chinese get up, roll with a ball, beat a drum or tambourines.
4. Participates in dramatizing situations such as matter conditions
5. **Motor Skills**
6. Describes throwing patterns such as underhand and overhand motor skills
7. Describes striking skills
8. Demonstrates throwing patterns such as underhand and overhand motor skills
9. Demonstrates striking skills
10. **Simple Folk Dance**
11. Familiarizes with a rhythmic routines
12. Familiarizes with dance steps of a simple folk dance such as the Alitaptap
13. Performs the dance Alitaptap
14. **Relays and Races**
15. Describes tagging and dodging skills
16. Familiarizes in tagging and dodging skills
17. Performs tagging and dodging while participating in relays and races
18. **Posture and Body Mechanics**
19. Describes correct body posture
20. Checks his/her body posture
21. Performs activities that improve posture such as book relay, line walk
22. Assesses himself/herself for correct posture in different activities
 | 22312 |  |