



COURSE TITLE	COURSE CODE
PHYSICAL EDUCATION AND HEALTH 3	CORE SUBJECT 15-3
COURSE PREREQUISITE/CO-REQUISITE	UNITS
N/A	1.5

COURSE OUTLINE
COURSE DESCRIPTION
<p><i>Physical Education and Health</i> offers experimental learning for learners to adopt an active life for fitness and lifelong health. The knowledge, skills and understanding which physical and health literacy competencies support them in accessing, synthesizing and evaluating information; making informed decisions; enhancing this course on dance; includes rhythmical movement patterns; the promotion and appreciation of the Philippine folk dance; indigenous and traditional dances as well as other dance forms. It consists of an array of offering which learners can choose from.</p>

MIDTERM						
WEEK/ QUARTER	MOST ESSENTIAL LEARNING COMPETENCIES	CONTENT/ TOPIC(S)	LEARNING RESOURCES	LR DEVELOPER	LINK (if any)	ASSESSMENT
1	Class orientation 1.Class Procedure 2.Grading System	1.Classroom Orientation 2.Introduction of P.EH 3				Mission and Vision of the University of Makati



	3.Class Requirements Introduction of P.E 3 -Overview of the subject					Submission of COR and other P.E Class requirements.
2-4	Distinguish the characteristics of different dances and classify them based on their nature, origin, and form.	Introduction to Dance 1.Brief History and Nature of Dance. 2.Benefits of Dance and Creative Movement 3.Elements of Dance	Powerpoint File Name: Introduction to Dance	Kio Mae D. Marvida		Dance Presentation 1.Create a dance presentation by group. 2.Minimum of 1 minute's maximum of 2 minutes. 3.Costume is not required 4.You will have graded using the criteria



5-6	Determine and identify the various dance-related injuries.	Dance- Related injuries 1.Injury risk Factors 2.Injury Prevention	Powerpoint File name: Dance Related Injuries	Kio Mae D. Marvida		Research 1.Interview a member an of dance group regarding the type of dance and training that he/she engages in. (Follow the interview questions provided) 2. The interview should be done via online (fb messenger) 3. Screenshot your conversation for documentation. 4. Five points each questions. 2. Quiz for Topic 1&2
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7-8	Recognize folk dance in the Philippines and perform the fundamental positions of folk dance.	Dance as an art 1.Folk Dance in the Philippines 2.Fundamental Position of Arms and Feet	Powerpoint File name: Folk Dance in the Philippines	Kio Mae. Marvida	https://www.youtube.com/watch?v=8bTPxBOeTog	Perform Fundamental Positon of Folk Dance
9	MIDTERM EXAM & COMPLETION OF REQUIRMENTS					
FINAL TERM						
WEEK/ QUARTER	MOST ESSENTIAL LEARNING COMPETENCIES	CONTENT/ TOPIC(S)	LEARNING RESOURCES	LR DEVELOPER	LINK (if any)	ASSESSMENT
10	Identify and discuss dancesports as a competitive sport. Distinguish and classify the characteristics of various styles of dancesports.	Dance as Competition -Dancesport	Powerpoint File name: Dancesport	Kio Mae D. Marvida	Standard 1. https://www.youtube.com/results?search_query=a+million+dreams+waltz - waltz 2. https://www.youtube.com/watch?v=9nXMxcD8DcQ - tango 3. https://www.youtube.com/watch?v=CPsCeAVazE8 - foxtrot 4. https://www.youtube.com/watch?v=c8ivQ5qM-uA – Viennese waltz	Let’s Watch! 1.Watch atleast two dancesport videos and answer the following questions. 2.Here are the Links/ Attached file 3.Five (5) points each Questions. 4.Activity sheet will be provided -Quiz



					<div> <div>5.</div> <div> https://www.youtube.com/watch?v=urH6A5Sx8d8 - quickstep</div> <div>Latin</div> <div>1.</div> <div> https://www.youtube.com/watch?v=fqaY9cIGi5Y - samba</div> <div>2.</div> <div> https://www.youtube.com/watch?v=8X-owgLsbKk - chachacha</div> <div>3.</div> <div> https://www.youtube.com/watch?v=U_suI3imSMQ - rumba</div> <div>4.</div> <div> https://www.youtube.com/watch?v=JvAWgX8e76g – paso doble</div> <div>5.</div> <div> https://www.youtube.com/watch?v=eZ20Dq6MJX4 – jive</div> </div>
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		-Basic cheerleading motion				maximum of 32 seconds. 4.You will be graded using the criteria.
14-15	Display knowledge regarding hip hop and street dance.	Hiphop and Streetdance - History of Hip Hop and street dance -Fundamentals and chracteritics of Hip-hop Dance -Elements of Streer dance -Different street dance styles	Powerpoint File name: Hip Hop and Street Dance	Kio Mae D. Marvida		Just Dance 1.Create your own hip-hop dance steps 2.Use hip-hop music 3.Minimum of 1-minute maximum of 2 minutes. 4.You will be graded using the criteria
16	Final Practical Examination, Completion of final requirements.					

LEARNING RESOURCES
PHYSICAL EDUCATION AND HEALTH VOLUME II
COURSE REQUIREMENTS
1. Written Tasks – Short and Long Quizzes, written activities 2. Performance Tasks 3. Midterm Examination 4. Final Examination
GRADING SYSTEM
Written Tasks – 25% Performance Tasks – 50% Midterm and Final Examination – 25%



CLASSROOM POLICIES

Attendance:

- Fifteen minutes’ grace period will be given to each student each session. After the said grace period student who failed to present themselves in-class are considered absent.
- Students that accumulates four (4) unexcused absences are already considered Dropped.
- For excused absences students will present and excused letter prior or after to the class schedule if it due to university’s activity. In case of health related absence, a physician’s certification may be presented after the committed absence.

Uniform: Prescribed P.E Uniform

Class Standing:

- Students who missed any practical or written examination may not be permitted to take the said exams unless an excused absence is committed.

Student who cannot participate in any practical application of lesson may be given complimentary activity for him/her to finish the course.

COURSE PROGRAM				
COURSE TITLE		SCHEDULE	TIME	ROOM
Physical Education and Health 3		Please refer to your Certificate of Registration		
PREPARED BY	SUBJECT COORDINATOR	ACADEMIC HEAD	PRINCIPAL	DEAN
Ms. KIO MAE D. MARVIDA	Ms. FILIPINA A. RAMOS	Ms. JENNITH Z. REYES	Dr. LAARNI EVELYN A. SANTIAGO	Dr. JAYSON BERGANIA