**LESSON PLAN**

Subject: PE101 Date Created: June 9, 2018

Schedule & Venue: (9:00AM - 12:00AM) MW Date of Plan: June 11, 2018

Instructor: Jane Manguiran Last Updated: June 9, 2018

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| Lesson Outline | Objectives | Instruction/Procedure | Motivation | Materials Needed |
| The students can determine the importance of physical fitness and can also explain the different components of physical fitness. | Students can explain the aspects of physical fitness, list and define factors that impact physical fitness, and create physical fitness personal plan. | Engage the students with topic by asking them what the term ‘Physical fitness’ is to them. Show a video clip about physical fitness. Then divide the class into 7 groups and give each group a marker. Let them write each physical fitness components and explain. Let them report their work in front of the class after 45 minutes. After each report they will prepare ¼ piece of paper and write their learnings about the lesson for today. | The group who receives the highest grade will be given plus points and a chocolate bar. | Manila Paper, Marker |

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| This lesson will allow students to determine different physical fitness test exercise and perform each test with the materials provided. | Students will able to learn about the different physical fitness test exercise. Performing the test exercise can help keep student’s body at a healthy weight. This can also decrease a person’s risk of developing certain diseases like obesity, type 2 diabetes, and high blood pressure. | Divide the class into 7 groups, each member of the group must explain the different types of physical fitness test that they could remember. They will be given 20-30 minutes for this activity. After 30 minutes, they will report their ideas in front of the class. After each report of the group, the teacher will give a quick explanation regarding each test. After the report, Students will do a short exercise before performing the different types of physical fitness test provided by the teacher. The materials are scattered around the gym area in order for the students to freely perform the exercises. They will perform this activity for the entire encounter | Students with the highest number of physical fitness test that they could remember will be given plus points and a chocolate bar. | Chalk, measuring stick, small traffic cones, weight balance, tape measure, |

Prepared by: Approved by:

**Jane Manguiran Benedict Sanchez**

Physical Education Teacher MAPEH Section Coordinator