



Republic of the Philippines

Department of Education

DepEd Complex, Meralco Avenue, Pasig City

STRENGTHENED SENIOR HIGH SCHOOL CURRICULUM

PHYSICAL EDUCATION 1

(FITNESS AND RECREATION)

Grade 11/12

Course Description:

This course equips learners with the knowledge and skills to enhance personal health through fitness, exercise, and outdoor recreational activities. Learners will engage in various physical activities that promote well-being, teamwork, and an appreciation for an active lifestyle. They will also organize fitness and outdoor recreational events that foster community wellness and encourage lifelong participation in physical activities.

Elective: Academic

Prerequisite: None

Time Allotment: 80 hours for one semester, 4 hours per week

Schedule: First Semester / Second Semester

QUARTER 1 – FITNESS

CONTENT STANDARD:	The learners demonstrate understanding of fitness and exercise to optimize personal health and promote community wellness.	
PERFORMANCE STANDARD:	The learners organize fitness events to optimize personal health, promote community wellness, and pursue an active lifestyle.	
	LEARNING COMPETENCY	CONTENT
	1. execute health-related fitness testing as a measure to improve health	PAR Q & You Health-Related Fitness Components <ul style="list-style-type: none"> ● Body Composition, Cardiovascular Endurance, Flexibility, Muscular Strength, Muscular Endurance
	2. explain the role of proper eating habits and practices in health and wellness	Eating Habits and Practices <ul style="list-style-type: none"> ● Positive/Negative Eating Habits ● Food sources that nourish and fuel the body
	3. demonstrate proper execution of different exercises	Types of Exercises

	<ul style="list-style-type: none"> ● Aerobic Exercises ● Strength Training Exercises <p><i>Suggested Activities: Bodyweight Exercises</i></p> <ul style="list-style-type: none"> ● Flexibility Exercises <p><i>Suggested Activities: Static and Dynamic</i></p> <p>Functional Training Exercises</p> <p><i>Suggested Activities: High-Intensity Interval Training (HIIT), Circuit Training</i></p>
<p>4. design a personalized exercise program based on training principles to improve health-related fitness</p>	<p>Training Principles</p> <ul style="list-style-type: none"> ● Overload ● Specificity ● Progression ● Reversibility ● Adaptation ● Individualization <p>Personalized Exercise Programming</p> <ul style="list-style-type: none"> ● SMART Goals ● Warm-up ● FITT Template ● Cool Down
<p>5. manage physical activities for health-related fitness to promote community wellness</p>	<p>Steps in Organizing Physical Activities</p> <ul style="list-style-type: none"> ● Setting Goals & Objectives ● Finding Resources ● Creating Committee ● Selecting Date & Venue ● Executing Event ● Evaluating Activities <p>Physical Activities for Health-Related Fitness</p> <p><i>Suggested Activities</i></p> <p><i>e.g. Fun Run, Fun Walk, Aero Marathon, Yoga Sessions</i></p>

QUARTER 2 – RECREATION

CONTENT STANDARD	The learners demonstrate understanding of outdoor recreational activities to optimize personal health and promote community wellness.	
PERFORMANCE STANDARD	The learners organize outdoor recreational events to optimize personal health, promote community wellness, and pursue an active lifestyle.	
LEARNING COMPETENCY	CONTENT	
1. apply different skills related to outdoor recreational activities	<p>Outdoor Recreational Activity Skills</p> <ul style="list-style-type: none"> ● Survival Skills <ul style="list-style-type: none"> - Compass and map reading, orienteering, tent pitching, knot-tying, ● Environmental Protection <ul style="list-style-type: none"> - 7 Leave No Trace Principles 	
2. manage injuries and temperature-related conditions in outdoor recreational activity participation	<p>Safety in Outdoor Recreational Activities</p> <ul style="list-style-type: none"> ● Risk analysis and management of injuries (e.g., falls, trips, slips, wounds, fractures, cuts, bruises, insect and animal bites.) ● Proper hydration and managing temperature-related conditions (dehydration, hyperthermia, hypothermia) 	
3. organize an outdoor recreational activity, applying appropriate skills and safety measures to optimize personal health and promote community wellness for active and lifelong learning	<p>Organizing Outdoor Recreational Activities</p> <ul style="list-style-type: none"> ● Setting Goals and Objectives ● Finding Resources ● Creating Committee ● Selecting Date and Venue ● Executing Event ● Evaluating Activities <p>Outdoor Recreational Activities</p> <ul style="list-style-type: none"> ● School backyard camping 	

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| | <ul style="list-style-type: none"> • Urban trekking, mountaineering, biking • Aquatic activities |
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GLOSSARY

<i>Adaptation</i>	It refers to the physiological changes that occur in the body as it responds to repeated physical activity, allowing for improved efficiency, endurance, and strength over time
<i>Aquatics</i>	It is defined as activities performed in the water that promote and enhance physical and mental fitness.
<i>Baseline</i>	It refers to the initial assessments or starting point of an individual's fitness level, physical capabilities, and overall health, which are used to measure progress and tailor training interventions over time
<i>Biking-Cycling</i>	It is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.
<i>Body Exercise</i>	It refers to a planned, structured, and repetitive physical activity aimed at improving or maintaining physical fitness
<i>Community</i>	It refers to a group of individuals who engage in physical activities together, often within organized programs that promote social support and collective health benefits.
<i>Community Engagement</i>	It is a strategic process with the specific purpose of working with identified groups of people, whether they are connected by geographic location, special interest, or affiliation to identify and address issues affecting their well-being.
<i>Community Wellness</i>	It refers to the overall health, well-being, and prosperity of a community.
<i>Community-based</i>	It is used to describe an activity that is organized and takes place locally.
<i>Dynamic Stretching</i>	It is a method of stretching that involves controlled movements to warm up the muscles and enhance flexibility before exercise.

Exercises	It refers to physical activities to make or keep your body healthy.
Fitness	It is one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior.
Fitness event	It refers to organized, engaging physical activities or competitions.
FITT Principles	It refers to the framework of F requency, I ntensity, T ime, and T ype, which are essential components for designing an effective workout plan tailored to individual fitness goals and needs.
Fundamental Sport Skills	These are movement skills applied to a sports situation.
Health-related Fitness (HRF)	A type of fitness focused on improving overall health and well-being by enhancing cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
High-Intensity Interval Training (HIIT) Workout	It is a workout method that alternates short bursts of intense anaerobic exercise with brief recovery periods, maximizing cardiovascular and muscular fitness in a shorter time frame than traditional exercise routines.
Individual Differences	It refers to the unique variations in individuals' responses to physical activity, influenced by factors such as personality traits, physiological characteristics, and lifestyle choices, which can significantly affect their exercise behavior and training outcomes.
Laro ng Lahi	Traditional Filipino games, or indigenous games in the Philippines, are games that are played across multiple generations, usually using native materials or instruments. In the Philippines, due to limited resources for toys, children usually invent games that do not require anything but players. There are different kinds of Filipino traditional games that are well-suited for kids, and the games also stand as one of the different cultural and traditional games of the Philippines.
Long-term Health	It refers to the sustained benefits of regular physical activity, which include reduced risks of chronic diseases, improved mental well-being, and enhanced overall quality of life as individuals age.

Mountaineering	It is the sport of attaining, or attempting to attain, high points in mountainous regions, mainly for the pleasure of the climb. Although the term is often loosely applied to walking up low mountains that offer only moderate difficulties, it is more properly restricted to climbing in localities where the terrain and weather conditions present such hazards that, for safety, a certain amount of previous experience will be found necessary.
Outdoor Recreational Activity	This is physical activity in outdoors or natural settings that provides opportunities to connect individually, in small groups, or as a community to the outdoor environment.
Personal Health	It is the ability to take charge of your health by making conscious decisions to be healthy. It not only refers to the physical well-being of an individual, but it also comprises the wellness of emotional, intellect, social, economical, spiritual, and other areas of life.
Physical Activity	It is defined as any bodily movement produced by skeletal muscles that results in energy expenditure.
Progression	It refers to the systematic increase in the difficulty or complexity of exercises to continue challenging the body and promote improvements in strength, endurance, or overall fitness.
Recreational Activity	It refers to leisure pursuits engaged in for enjoyment and relaxation, such as going to the gym, fishing, or watching movies, as described in the provided text.
Reversibility	It refers to the loss of training adaptations when an individual ceases their training, often summarized by the phrase "use it or lose it."
Rhythmic Activities	These are the physical manifestations of the mental and emotional response of the individual to rhythm.
School	It refers to an educational institution where physical education (PE) is taught, aiming to promote physical activity, develop motor skills, and encourage lifelong fitness habits among students through structured programs and activities.
School Backyard Camping	It is an outdoor recreational activity that involves staying temporarily in a tent, camper, or other portable shelter away from home. It typically takes place in natural settings such as forests, mountains, or near lakes and rivers.
Skill-related Fitness	It refers to abilities that help you learn athletic skills.

SMART Goals	It refers to objectives that are Specific, Measurable, Achievable, Relevant, and Time-bound, providing a structured approach to goal-setting that enhances motivation and accountability in physical activity.
Specificity	It refers to the concept that training should be tailored to the specific demands of an activity that the body adapts specifically to the type and intensity of exercise performed, which enhances performance in that particular activity.
Sport-specific Skills	These are technical skills that apply directly to your sport.
Sports	It is a game, competition, or activity needing physical effort and skill that is played or done according to rules, for enjoyment and/or as a job.
Sports-specific Drills	It is a tailored approach designed to enhance the physical abilities and skills required for a specific sport, optimizing an athlete's performance.
Static Stretching	It is a form of stretching in which a muscle is held in an elongated position without movement, promoting relaxation and increasing flexibility.
TABATA	It is a form of high-intensity interval training (HIIT) characterized by 20 seconds of maximum effort exercise followed by 10 seconds of rest, repeated for a total of eight rounds, resulting in a four-minute workout designed to enhance both aerobic and anaerobic fitness levels.
Taebo	It is a body fitness system that combines martial arts techniques, such as kicks and punches, with aerobic exercise to promote overall fitness and cardiovascular health.
Team Building	It is the action or process of causing a group of people to work together effectively as a team, especially by means of activities and events designed to increase motivation and promote cooperation.
Training Principles	It refers to the foundational guidelines—specifically overload, progression, and specificity—that inform the design and implementation of effective training programs to ensure continuous improvement and achievement of individual fitness goals
Urban Trekking	It is a walk in the city that includes a sense of adventure. It embraces the urban environment by adventuring through parks, climbing stairwells, crossing intersections, and meandering through the city's obstacles of life. You can do urban hikes with your friends or by yourself.

- Weight Exercise** It is a form of physical activity that involves lifting weights or using resistance to enhance muscle strength and endurance.
- Wellness** It is defined as the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health, encompassing physical, mental, emotional, and social well-being.
- Zumba Dance** It is a dance-based aerobic exercise program that combines Latin and International music with dynamic movements, designed to improve cardiovascular fitness while providing a fun and engaging workout experience for participants of all ages and fitness levels.

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