



Republic of the Philippines

# Department of Education

DepEd Complex, Meralco Avenue, Pasig City

**STRENGTHENED SENIOR HIGH SCHOOL CURRICULUM**

## **PHYSICAL EDUCATION 2**

**(SPORTS AND DANCE)**

**Grade 11/12**

**Course Description:**

This course enhances learners' understanding of sports and dance as essential components of a healthy and active lifestyle. Learners will develop physical skills, coordination, and teamwork through various sports and dance activities that promote personal well-being and community engagement. They will also take an active role in organizing sports and dance events that encourage fitness, creativity, and social connection.

**Elective:** Academic

**Prerequisite:** None

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

**Schedule:** First Semester / Second Semester

**QUARTER 1 - SPORTS**

<b>CONTENT STANDARD</b>	The learners demonstrate understanding of sports to optimize personal health and promote community wellness.	
<b>PERFORMANCE STANDARD</b>	The learners organize sports events to optimize personal health, promote community wellness, and pursue an active lifestyle.	
	<b>LEARNING COMPETENCY</b>	<b>CONTENT</b>
	1. assess skill-related fitness components to enhance performance in a specific sport	Sport-Specific Skills <ul style="list-style-type: none"> <li>• Skill-Related Fitness</li> <li>Agility, Power, Speed, Balance, Reaction Time, Coordination</li> </ul>
	2. analyze the significance of active participation in sports in promoting holistic well-being and fostering lifelong fitness habits	Benefits of Engaging in Sports Activities <ul style="list-style-type: none"> <li>• Physical Health Benefits</li> <li>• Mental &amp; Emotional Benefits</li> <li>• Social Benefits</li> </ul>

<p>3. execute sport-specific skills to enhance health and performance</p>	<p>Sport-Specific Skills</p> <ul style="list-style-type: none"> <li>● Rules of the Sports</li> <li>● Fundamental Skills of the Sports</li> <li>● Sports Specific Drills</li> <li>● Enhancement of Skills</li> </ul> <p>Sports</p> <ul style="list-style-type: none"> <li>● Individual and Dual Sports Suggested Sports Activities <i>(e.g. Athletics, Martial Arts (Forms and Artistic), Bowling, Billiards, Gymnastics, Weightlifting, Archery, and Racket Games)</i></li> <li>● Team Sports <i>(e.g. Basketball, Volleyball, Football/Futsal, Baseball/Softball Flag Football, and Sepak Takraw).</i></li> </ul> <ul style="list-style-type: none"> <li>● Benefits of Engaging in Sports Activity</li> </ul>
<p>4. manage sports events to promote active participation for community wellness</p>	<p>Steps in Organizing Sports Events</p> <ul style="list-style-type: none"> <li>● Setting Goals and Objectives</li> <li>● Finding Resources</li> <li>● Creating Committee</li> <li>● Selecting Date &amp; Venue</li> <li>● Executing Event</li> <li>● Evaluating Activities</li> </ul> <p>Sports</p> <ul style="list-style-type: none"> <li>● Individual and Dual Sports <i>Suggested Sports Activities</i> <i>(e.g. Athletics, Martial Arts (Forms and Artistic), Bowling, Billiards, Gymnastics, Weightlifting, Archery, and Racket Games)</i></li> <li>● Team Sports <i>(e.g. Basketball, Volleyball, Football/Futsal, Baseball/Softball Flag Football, and Sepak Takraw)</i></li> </ul>

## QUARTER 2 - DANCE

<b>CONTENT STANDARD</b>	The learners demonstrate understanding of dance concepts and principles to optimize personal health and promote community wellness.	
<b>PERFORMANCE STANDARD</b>	The learners organize dance events to optimize personal health, promote community wellness, and pursue an active lifestyle	
<b>LEARNING COMPETENCY</b>	<b>CONTENT</b>	
1. explain the value of optimizing one’s health through dance activity participation	Benefits <ul style="list-style-type: none"> <li>• Aids in Weight Management</li> <li>• Improves cardiovascular health</li> <li>• Enhances Flexibility and Mobility</li> <li>• Boosts Coordination and Balance</li> <li>• Enhances Self-expression and Confidence</li> </ul>	
2. differentiate dance genres using elements of dances, movements, styles, and techniques	Dance <ul style="list-style-type: none"> <li>• Different Dance Genres</li> <li>• Elements of Dance</li> <li>• Appropriate Dance Styles and Techniques</li> </ul>	
3. apply the creative process to develop dance choreography using the various elements of dance	Choreography <ul style="list-style-type: none"> <li>• Choreographic forms, structures, styles, and creative processes of dance techniques</li> </ul>	
4. manage dance activities, showcasing refined presentation skills across diverse contexts and performance settings	Steps in Organizing Dance Activities <ul style="list-style-type: none"> <li>• Setting Goals and Objectives</li> <li>• Finding Resources</li> <li>• Creating Committee</li> <li>• Selecting Date and Venue</li> <li>• Executing Event</li> <li>• Evaluating Activities</li> </ul>	

	<p>Suggested Genres of Dance  <i>(e.g. Ballet, Philippine Folk Dance, Festival Dance, Social Dance, Modern &amp; Contemporary, Cheerdance, Hip hop, Popular Dance, Jazz)</i></p>
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**GLOSSARY**

- Adaptation***      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
  
- Aquatics***      It is defined as activities performed in the water that promote and enhance physical and mental fitness.
  
- Baseline***      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
  
- Biking-Cycling***      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.
  
- Body Exercise***      It refers to a planned, structured, and repetitive physical activity aimed at improving or maintaining physical fitness
  
- Choreography***      It is the art of creating and arranging dances. The word derives from the Greek for “dance” and for “write.” In the 17th and 18th centuries, it did indeed mean the written record of dances. In the 19th and 20th centuries, however, the meaning shifted, inaccurately but universally, while the written record came to be known as dance notation.
  
- Community***      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.
  
- Community Engagement***      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.
  
- Community Wellness***      It refers to the overall health, well-being, and prosperity of a community.

<b>Community-based</b>	It is used to describe an activity that is organized and takes place locally.
<b>Dynamic Stretching</b>	It is a method of stretching that involves controlled movements to warm up the muscles and enhance flexibility before exercise.
<b>FITT Principles</b>	It refers to the framework of <b>F</b> requency, <b>I</b> ntensity, <b>T</b> ime, and <b>T</b> ype, which are essential components for designing an effective workout plan tailored to individual fitness goals and needs.
<b>Fundamental Sport Skills</b>	These are movement skills applied to a sports situation.
<b>Individual Differences</b>	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.
<b>Laro ng Lahi</b>	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.
<b>Long-term Health</b>	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.
<b>Personal Health</b>	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.
<b>Physical Activity</b>	It is defined as any bodily movement produced by skeletal muscles that results in energy expenditure.
<b>Progression</b>	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.
<b>Reversibility</b>	It refers to the loss of training adaptations when an individual ceases their training, often summarized by the phrase "use it or lose it."

<b>Rules of Sports</b>	These are a set of regulations that govern the play, conduct, and overall structure of a sport. These rules ensure fair competition, safety, and an organized system for determining winners and maintaining standards across different sports disciplines.
<b>Skill-related Fitness</b>	It refers to abilities that help you learn athletic skills.
<b>SMART Goals</b>	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.
<b>Specificity</b>	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.
<b>Sport-specific Skills</b>	These are technical skills that apply directly to your sport.
<b>Sports</b>	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.
<b>Sports-specific Drills</b>	It is a tailored approach designed to enhance the physical abilities and skills required for a specific sport, optimizing an athlete's performance.
<b>Static Stretching</b>	It is a form of stretching in which a muscle is held in an elongated position without movement, promoting relaxation and increasing flexibility.
<b>Training Principles</b>	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

## REFERENCES

- Alstead, D. (2024, October 30). *13 fitness event ideas to boost business in 2025*. Xplor Gym UK. <https://xplorgym.co.uk/blog/fitness-event-ideas/>
- Basic Skills Fit Kids Healthy Kids. (n.d.). <https://fkhk.sportmanitoba.ca/basicskills#:~:text=Fundamental%20sport%20skills%20are%20these,to%20learn%20fundamental%20sport%20skills>.
- Box, A. G., Feito, Y., Brown, C., & Petruzzello, S. J. (2019). Individual differences influence exercise behavior: how personality, motivation, and behavioral regulation vary among exercise mode preferences. *Heliyon*, 5(4), e01459. <https://doi.org/10.1016/j.heliyon.2019.e01459>
- Clinic, C. (2024, August 1). How To Follow the FITT Principle for Fitness Success. Cleveland Clinic. <https://health.clevelandclinic.org/fitt-principle>
- Community fitness programs. (2023). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/community-fitness-programs> *community-based*. (2024).
- Cpt, K. D. M. R. (2024, August 19). 14 Benefits of Strength Training. Healthline. <https://www.healthline.com/health/fitness/benefits-of-strength-training>
- Cpt, S. C. (2023, September 18). What is dynamic stretching and how to do it. <https://www.medicalnewstoday.com/articles/dynamic-stretching>
- General Rules of Sports. (2024, September 5). Sports Encyclopedia. <https://scoremore.com/encyclopedia/2024/09/05/general-rules-of-sports/>
- Global Wellness Institute. (2023, August 21). What is Wellness? - Global Wellness Institute. <https://globalwellnessinstitute.org/what-is-wellness/>
- Gomez, F. (2024, June 7). What Are the 6 Components of Skill Related Fitness? wikiHow. <https://www.wikihow.com/SkillRelatedFitness#:~:text=Skill%2Drelated%20fitness%20refers%20to,%2C%20power%2C%20and%20reaction%20time>.
- Heil, S. H., Rey, C. N., Davis, D. R., & Higgins, S. T. (2020). A behavioral approach to the treatment of substance use disorders. Elsevier eBooks, 293–313. <https://doi.org/10.1016/b978-0-12-805469-7.00013-9>

Hevy Coach. (2024, May 10). Specificity Principle in Athletics and General Fitness - Hevy Coach. <https://hevycoach.com/glossary/specificity-principle/>

Initiative, M. W. (2023, October 19). What does it mean to have community wellness? *Salt Spring Exchange*. <https://saltspringexchange.com/2023/09/04/what-does-it-mean-to-have-community-wellness/>

Jackson, D. (2015, July 31). Reversibility - HSC PDHPE. HSC PDHPE. <https://pdhpe.net/factors-affecting-performance/how-does-training-affect-performance/principles-of-training/reversibility/>

Kohl, H. W., III, Cook, H. D., Environment, C. O. P. a. a. P. E. I. T. S., & Board, F. a. N. (2013, October 30). Physical Activity and Physical Education: Relationship to Growth, Development, and Health. Educating the Student Body - NCBI Bookshelf. <https://www.ncbi.nlm.nih.gov/books/NBK201497/>

Moody, A., & Images, A. T. (2011, July 8). What are the Benefits of Tae Bo? Livestrong.com. <https://www.livestrong.com/article/16440-benefits-tae-bo/>

Personal Health Resources. (n.d.). [https://www.ohioafp.org/wp-content/uploads/Personal\\_Health\\_Resource\\_Packet.pdf](https://www.ohioafp.org/wp-content/uploads/Personal_Health_Resource_Packet.pdf)

Physical Activity vs Physical Education. (n.d.).

[https://www.shapeamerica.org/MemberPortal/publications/resources/teachingtools/qualitytype/pa\\_vs\\_pe.aspx](https://www.shapeamerica.org/MemberPortal/publications/resources/teachingtools/qualitytype/pa_vs_pe.aspx)

Rubini, E. C., Costa, A. L. L., & Gomes, P. S. C. (2007). The Effects of Stretching on Strength Performance. *Sports Medicine*, 37(3), 213–224. <https://doi.org/10.2165/00007256-200737030-00003>

Sport. (2024). <https://dictionary.cambridge.org/us/dictionary/english/sport> dictionary.cambridge.org

Sports-specific Training: Techniques & Examples. (n.d.). StudySmarter UK. <https://www.studysmarter.co.uk/explanations/sports-science/sports-performance/sports-specific-training/#:~:text=Sports%2Dspecific%20training%20is%20a,strength%2C%20agility%2C%20and%20endurance.>

The principles of training - Principles of training - Edexcel - GCSE Physical Education Revision -Edexcel-BBC Bitesize. (2022, December 20). BBC Bitesize. <https://www.bbc.co.uk/bitesize/guides/zxhxnk/revision/1>