



Instructional Planning

(The process of systematically planning, developing, evaluating and managing the instructional process by using principles of teaching and learning - D.O. 42, s. 2016)



Detailed Lesson Plan (DLP) Format

DLP No.:	Learning Area:	Grade Level:	Quarter:	Duration:	Date:
10	Physical Education	1	1st	40 min.	
Learning Competency/ies: <small>(Taken from the Curriculum Guide)</small>		Engages in fun and enjoyable physical activities with coordination.			Code: PE1 PF - la-h - 2
Key Concepts / Understandings to be Developed		Participating in fun and enjoyable physical activities help improve our health. <i>(Ang pagsalmot sa nagkalain-laing pisikal/paunat nga mga kalihokan makatabang sa pag-ugmad sa akong lawas.)</i>			
Domain	Adapted Cognitive Process Dimensions (D.O. No. 8, s. 2015)	OBJECTIVES:			
Knowledge <small>The fact or condition of knowing something with familiarity gained through experience or association</small>	Remembering	Repeat the movements of physical activities with coordination learned in the previous lessons			
	Understanding				
Skills <small>The ability and capacity acquired through deliberate, systematic, and sustained effort to smoothly and adaptively carryout complex activities or the ability, coming from one's knowledge, practice, aptitude, etc., to do something</small>	Applying	Execute the action songs, singing games, simple games, chasing games and mimetics learned.			
	Analyzing				
	Evaluating	Coordinate with the group to display the given task.			
	Creating	Make their own simple game using coordination of body movements.			
Attitude	Receiving Phenomena	Describe what physical activities can do to our health.			
Values	Valuing	Practice volunteerism in the performance of group activities.			
2. Content		Different Body Parts and their Movements (Body Awareness)			
3. Learning Resources		Physical Education 1 LM, Module 3 page 168-171; TM pages 11-13, music player			
4. Procedures					
4.1	Introductory Activity	Singing of the Action Song learned (page 11 TM).(Up and down and shake, shake, shake 2x. Shake to the right and shake to the left, turn around and shake, shake, shake) Dancing the learned dance steps with music			
5	minutes				
4.2	Activity	Divide the class into 3 groups: Let them play the ff.: Group 1: Tap my Palm Group 2: Patintero Group 3: Catch the It			
7	minutes				
4.3	Analysis	"What do you feel after playing these games: 1. Tap my Palm 2. Patintero 3. Catch the It (Happy). "What will you feel if you just sit the whole day?" (Lonely). What must you do when your friends are playing or dancing?" (Join with them)			
3	minutes				

4.4 Abstraction			
5	minutes	Discuss the importance and the health benefits of participating in fun and enjoyable physical activities.	
4.5 Application			
10	minutes	Bring the pupils outside and let each group pick an activity to perform: (dance, action song, games, mimetics)	
4.6 Assessment			
5	minutes	Analysis of Learners' Products	Observation Method of Pupils Performance: 1) Dance 2) Action Song 3) Game
4.7 Assignment			
2	minutes	Enhancing / improving the day's lesson	Memorize the Action Song you learned today
4.8 Concluding Activity			
3	minutes	"What did you feel after doing the activities? (Happy) Is it the same feeling if you just sit down and watch others move?" (No) What can participating in physical activities and games do to help our body?" (It can improve our health)	
5. Remarks			
6. Reflections			
A. No. of learners who earned 80% in the evaluation.		C. Did the remedial lessons work? No. of learners who have caught up with the lesson.	
B. No. of learners who require additional activities for remediation.		D. No. of learners who continue to require remediation.	
E. Which of my learning strategies worked well? Why did these work?			
F. What difficulties did I encounter which my principal or supervisor can help me solve?			
G. What innovation or localized materials did I use/discover which I wish to share with other teachers?			

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