



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:
5	Physical Education	One	1st	1 day	
Learning Competency/ies: <i>(Taken from the Curriculum Guide)</i>		Exhibits transfer of weight			Code: PE1BM-Ig-h-4
Key Concepts / Understandings to be Developed		Our body can transfer weight from one body part to another part.			
Domain	Adapted Cognitive Process Dimensions (D.O. No. 8, s. 2015)	OBJECTIVES:			
Knowledge <i>The fact or condition of knowing something with familiarity gained through experience or association</i>	Remembering				
	Understanding	Interpret the understanding of the transfer of weight			
Skills <i>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</i>	Applying	Execute the transfer of weight through balancing skills			
	Analyzing				
	Evaluating				
	Creating				
Attitude	Receiving Phenomena	Demonstrate the value of sportsmanship			
Values	Valuing	Elicit the value of sportsmanship in playing games			
2. Content		Body Awareness (Different body parts and their movements)			
3. Learning Resources		K to 12 Grade 1 PE CG p.12; Grade 1 PE TG pp. 5-6; LM pp. 159-160; MISOSA 4-module 4			
4. Procedures					
4.1 Introductory Activity		Let the children perform the warm-up exercises. Have the children sing an action song, "Head, Shoulders, Knees, and Toes". Then have them play a game, "Piko". Ask the pupils to say something about the game.			
3	minutes				
4.2 Activity		The teacher demonstrates balancing skills with the music emphasizing the transfer of weight by switching body parts. Let pupils follow the movement demonstrated by the teacher.			
5	minutes				

4.3 Analysis	5 minutes	Ask: How did you find the activity? What did you feel when you switch the position of your body parts? Did you feel the transfer of weight of your body as you switch?
4.4 Abstraction	10 minutes	What are the different movements can we demonstrate in transferring weight? How do we exhibit the transfer of weight? <i>(Elicit five ways from the pupils)</i>
4.5 Application	7 minutes	Group the pupils. Assign each group to execute the different body movements 
4.6 Assessment	5 minutes	Analysis of Learners' Products Evaluate the pupils if they have properly demonstrated the assigned body movement. 1) raise knees right & left 2) bend body to the right & left with arm raised 3) twist body to the right-center-left 4) squat down, stand up
4.7 Assignment	2 minutes	Enhancing / improving the day's lesson Practice performing the transfer of weight through different body movements.
4.8 Concluding Activity	3 minutes	Have the pupils do the cooling down activities.
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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