

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:
7	Physical Education	1	1st	40 min.	
Learning Competency/ies: <i>(Taken from the Curriculum Guide)</i>		Recognizes the importance of participating in fun and enjoyable physical activities.		Code: PE1 PF -la-h - 1	
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 <i>The fact or condition of knowing something with familiarity gained through experience or association</i>	Remembering	Identify the importance of participating in fun and enjoyable physical activities			
	Understanding	Compare how they feel when they participate in physical activities than just watching their classmates do the activities.			
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 actions using their body parts.			
	Analyzing				
	Evaluating	Describe how they feel when participating in physical activities.			
	Creating				

Attitude	<i>Receiving Phenomena</i>	Show diligence in performing the activity
Values	<i>Valuing</i>	Follow the ways of doing the activities that avoid them from hurting others while doing physical activities.
2. Content		Different Body Parts and their Movements (Body Awareness)
3. Learning Resources		Physical Education 1 LM, Module 3 p 168; TM pages 10-11
4. Procedures		
4.1	Introductory Activity	Let the pupils stand up when their name is called to check their attendance and their attire. This will prepare them for the activity
2	minutes	
5	minutes	<p>1. Show picture of children's activities shown on page 168 of LM. 2. Instruct the pupils to sit down if they have tried doing the activities as shown in each picture.</p> <div style="text-align: center;"> </div>

4.3 Analysis	5 minutes	Ask them these questions: 1. What does the illustration in each picture tell you? (Demonstrating different kinds of play). 2. Which of these activities have you participated in?(All,answer vary). 3. Do you love to play games? (Yes). What games? (Luksong tinik,skipping rope, patintero).	
4.4 Abstraction	6 minutes	ASK them these questions: 1. Can you tell the difference of how you feel when you join physical activities?(Yes, its quite tiresome). What do you feel? (Feel active and happy). 2. What happens if you just sit and watch children play? (I feel lonely, i will not enjoy). 3. Did you know that playing and participating in physical activities help improve your physical fitness and health? (Yes)	
4.5 Application	10 minutes	Let the pupils follow the activity shown in the pictures. Emphasize that they should perform each one correctly to avoid hurting other classmates. (Actions of: dribbling, hula hoop, walking, jogging, dancing)	
4.6 Assessment	5 minutes	Tests	Tell if these activities can help improve your health or not. Mark a check (✓) if it can help improve health and mark ex (X) if no* 
4.7 Assignment	5 minutes	Enhancing / improving the day's lesson	Bring a picture of children or your photograph doing physical activities
4.8 Concluding Activity	2 minutes	Sing action song: Kung Ikaw Malipayon... pakpak, ambak etc.	
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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