



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	Quarter:	Duration:	Date:
9	Physical Education	1	1st	40 min.	
Learning Competency/ies: <i>(Taken from the Curriculum Guide)</i>		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-lainang pisikal/paugnat 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 movements forward, backward, curtsy and move around.			
	Understanding				
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 dance steps and dance with the music.			
	Analyzing				
	Evaluating				
	Creating	Make their own dance step using the same music.			
Attitude	<i>Receiving Phenomena</i>	Perform the dance steps with confidence and coordination with the group.			
Values	<i>Valuing</i>	Join the group dance cooperatively.			
2. Content		Different Body Parts and their Movements (Body Awareness)			
3. Learning Resources		Physical Education 1 LM, Module 3 page 171; TM pages 12-13, music player			
4. Procedures					
4.1 Introductory Activity	5 minutes	1. Introduce the terms: clap, curtsy, turn to the right, turn to the left 2. Guide them in memorizing the words by repetition.			
4.2 Activity	5 minutes	1. Let the pupils perform the said movements while saying the words.			
4.3 Analysis	5 minutes	Divide the class into 4 groups and let them perform the movements again and find out why some of their classmates cannot do the movement correctly.			
4.4 Abstraction	5 minutes	Ask them these questions: a. What do you do in counts 1,2,3,4? (Clapping the hands) b. What do you do in counts 5,6,7,8? (curtsy) c. How about in counts 8,7,6,5? (Four steps turn to the right) d. How about in counts 4,3,2,1? (Four steps turn to the left)			

4.5 Application			
5	minutes	Let the class perform the dance steps with music. Observe the pupils on coordination of body movements and correct performance.	
4.6 Assessment			
10	minutes	Analysis of Learners' Products	Have each group perform the dance step with music while other groups critique the performers for coordination of movements. For the second play of music, let each group try to make their own movements with the same music.
4.7 Assignment			
2	minutes	Enhancing / improving the day's lesson	Practice the dance step.
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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