

GRADE 10 – QUARTER 1

Content Standard	The learners demonstrate understanding of e-Health and e-Sports in promoting personal wellness for active and healthy living.	
Performance Standard	The learners participate in online health and sports activities in promoting personal wellness for active and healthy living.	
	CONTENT	LEARNING COMPETENCIES
		<i>The learners...</i>
	<p>Characteristics of an e-Health Literate Individual Examples: Competencies in a Wide Range of Literacies; and Ability to Actively Engage with Digital Services in Safeguarding Health and Well-Being</p>	1. describe the characteristics of an e-health literate individual;
	<p>e-Health Skills and Practices Includes Competencies for Mobile Health (Mhealth) and Telemedicine (Telehealth)</p>	2. integrate skills and practices to be e-health literate; and
	<p>Physical Activity Participation: e-Sports</p> <ul style="list-style-type: none"> ● Concepts and Principles of e-Sports <ol style="list-style-type: none"> 1. Competitive Gaming 2. Skill and Strategy 3. Teamwork and Communication ● Event Management Processes <ol style="list-style-type: none"> 1. Planning 2. Organizing 3. Directing 4. Controlling 5. Budgeting 6. Leading 7. Evaluating <p><i>Suggested Activities: League of Legends (LoL), Dota, Hearthstone, Starcraft II, Rocket League, Minecraft, Valorant, Attack Online 2, Crossfire, Mobile Legends, Garena Free Fire, FIFA Online 4, PUBG Mobile, Arena Valor, Tekken</i></p>	3. manage an e-sports event applying its concepts and principles.

GRADE 10 – QUARTER 2

Content Standard	The learners demonstrate understanding of maternal and child health issues prevention and recreational activities in promoting family wellness for active and healthy living.	
Performance Standard	The learners participate in recreational activities in promoting family wellness for active and healthy living.	
	CONTENT	LEARNING COMPETENCIES
		<i>The learners...</i>
	<p>Maternal and Child Health (MCH)</p> <ul style="list-style-type: none"> ● Concept and Importance of Maternal and Child Health ● Ways to Promote Maternal and Child Health 	1. analyze ways to safeguard the health and well-being of mothers and children;
	<p>Prevention of Maternal and Child Health Issues</p> <ul style="list-style-type: none"> ● Common Maternal and Child Health Issues ● Ways Families Can Help Prevent Maternal and Child Health Issues 	2. integrate ways to prevent issues affecting mothers and children into family roles and responsibilities;
	<p>Physical Activities and Maternal and Child Health</p> <ul style="list-style-type: none"> ● Role of Physical Activities in Preventing Maternal and Child Health Issues 	3. discuss the role of physical activities in safeguarding the health of mothers and children; and
	<p>Physical Activity Participation: Recreational Activities</p> <ul style="list-style-type: none"> ● Focus Foundational Skills <ol style="list-style-type: none"> 1. Outdoor Recreation Concepts <ul style="list-style-type: none"> - Moderate to Vigorous Activities - Natural Setting 2. Outdoor Recreation Principles <ul style="list-style-type: none"> - Minimizing Environmental Impact - Recognizing Risks 3. Fitness Concepts <ul style="list-style-type: none"> - Agility, Balance, Coordination, Flexibility, Muscular Endurance, and Cardiovascular endurance <p><i>Suggested Activities: Outdoor Recreation: Hiking/Trekking, Camping, Biking, Rock Climbing, Wall Climbing, Mountain Climbing, Water Rafting, Kayaking, Canoeing, Swimming, and/or Orienteering</i></p>	4. manage outdoor recreational activities applying its concepts, principles, and its required fitness concepts for active living.

GRADE 10 – QUARTER 3

Content Standard	The learners demonstrate understanding of community health issues, tone health, and ballroom dances in promoting community wellness for active and healthy living.	
Performance Standard	The learners participate in traditional dances and other physical activities in promoting community wellness for active and healthy living.	
	CONTENT	LEARNING COMPETENCIES <i>The learners...</i>
	<p>Community Health Issues and Concerns such as but not limited to Healthy Aging, Caring for the Elderly, Coping with Loss and Grief, Building Active Lifestyles, and Nurturing Healthy and Sustainable Environments</p> <p>Community Health Programs, Laws, and Policies</p> <ul style="list-style-type: none"> ●Community Health Programs (Emphasize Local Initiatives to Promote Community Health) ● Laws and Policies to Safeguard Community Health 	<p>1. discuss common community health issues, programs, and laws and policies;</p>
	<p>One Health</p> <ul style="list-style-type: none"> ● Concept and Principles ● Objectives and Applications 	<p>2. integrate the concept of One Health in understanding the interdependence of human, animal, and environmental health;</p>
	<p>Organizing Physical Activities for Community Health</p>	<p>3. organize physical activities to promote community health; and</p>
	<p>Physical Activity Participation: Dances Dances of the Traditionalist Communities</p> <ul style="list-style-type: none"> ● Origin and Cultural Context of the Dance ● Genre and Specific Dance Techniques ● Common Dance Terms and Steps ● Values Inherent in the Dance ● Fitness Components Developed <p><i>Suggested Activities: Dances from the ethnic groups of Mansaka, Tboli, Manobo, Blaan, Teduray, Bagobo, Ata, Mamanwa, Magguangan, Mandaya, Banwa-on, Bukidnon, Dulangan, Kalagan, Subanon, Tagakolu, Talaandig</i></p>	<p>4. perform dances to refine technical and expressive skills using genre and style specific techniques to master movement competence and physical activity participation.</p>

GRADE 10 – QUARTER 4

Content Standard	The learners demonstrate understanding of basic emergency care and services, basic life support, and emerging dances in promoting societal wellness for active and healthy living.	
Performance Standard	The learners participate in basic life support practices and emerging dances in promoting societal wellness for active and healthy living.	
	CONTENT	LEARNING COMPETENCIES <i>The learners...</i>
	Basic Emergency Care <ul style="list-style-type: none"> ● Nature and Objectives ● Principles and Guidelines ● Steps/Procedures 	1. integrate basic emergency care as part of first aid knowledge and skills;
	Basic Life Support <ul style="list-style-type: none"> ● Nature and Guidelines ● Steps/Procedures 	2. demonstrate skills in providing basic life support; and
	Physical Activity Participation: Dances Emerging/Popular Dances <ul style="list-style-type: none"> ● Origin and Cultural Context of the Dance ● Genre and Specific Dance Techniques ● Common Dance Terms and Steps ● Choreographic Intentions ● Values Inherent in the Dance ● Fitness Components Developed <p><i>Suggested Activities: Tiktok dance, Kpop Dances, Street Dance styles, Cheer dance</i></p>	3. manipulate combinations of the elements of dance and choreographic devices to communicate their choreographic intent to master movement competence and physical activity participation.