

GRADE 4 – FIRST QUARTER

Content Standard	The learners demonstrate understanding of hygiene practices, basic health appraisals, and target games in promoting personal wellness for active and healthy living.
Performance Standard	The learners participate in health practices and target games in promoting personal wellness for active and healthy living.
CONTENT	LEARNING COMPETENCIES
Introduction to Personal Health <ul style="list-style-type: none"> ● Concept of Personal Health ● Importance of Personal Health for Active Living 	The learners... <ol style="list-style-type: none"> 1. explain the concept and importance of personal health for active living; 2. demonstrate proper personal hygiene practices;
Personal Hygiene Practices <ul style="list-style-type: none"> ● Objective: To Keep Body Clean, Healthy, And Disease-Free ● Examples: Proper Handwashing, Care of the Sense Organs, Oral Care, Body Care, and Genital Care 	
Current Health Status and Body Awareness <ul style="list-style-type: none"> ● Conduct of Health Appraisal Procedures (Height and Weight Measurement (BMI), Hearing Test, Vision Screening, Scoliosis Test, Health Examination (Skin, Hair, And Nail), and Dental Examination ● Identification of Health Concerns and Corrective Action 	<ol style="list-style-type: none"> 3. relate current health status to body awareness; and
Physical Activity Participation: Target Games <ul style="list-style-type: none"> ● Focus Foundational Skills <ol style="list-style-type: none"> 1. Movement Concept <ul style="list-style-type: none"> - Relationship with People and Object 2. Movement Skills <ul style="list-style-type: none"> - Locomotor, Manipulative 3. Fitness Concepts <ul style="list-style-type: none"> - Agility, Balance, Coordination, Speed - Intensity: Moderate to Vigorous Physical Activities (MVPA) 4. Game Concepts <ul style="list-style-type: none"> - Positioning (People and Location in Space) - Relationship to Objects: Sending Away (Throw and Strike) <p>Suggested Activities: Philippine Traditional Games (Tatsing, Calahoyo, Tumbang Preso, Tamaang-Tao, Batuhang Bola, Bati-Cobra, and/or Other Variations of Unpublished Games in the Locality)</p>	<ol style="list-style-type: none"> 4. perform physical activities using target game concepts with agility, balance, coordination, and speed for active and healthy living: <ol style="list-style-type: none"> a. locomotor skills by avoiding an object or obstacles, and b. manipulative skills by sending or propelling an object to an intended area.

GRADE 4 – SECOND QUARTER

Content Standard	The learners demonstrate understanding of healthy family, roles and responsibilities of family members, and invasion games in promoting family wellness for active and healthy living.	
Performance Standard	The learners participate in daily life activities and invasion games in promoting family wellness for active and healthy living.	
CONTENT		LEARNING COMPETENCIES
<p>Characteristics of a Healthy Family</p> <ul style="list-style-type: none"> • Examples: Respects Members’ Opinions and Healthy Boundaries, Enforces Clear, Fair, And Age-Appropriate Rules; And Communicates Openly and Manages Conflict Effectively <p>Importance of Promoting a Healthy Family</p> <ul style="list-style-type: none"> • develops positive self-concept of members, makes members feel secured and loved, and helps in the healthy development of children 		<p>The learners...</p> <ol style="list-style-type: none"> 1. explain the characteristics and importance of promoting a healthy family;
<p>Roles And Responsibilities Of Family Members In Promoting Family Health</p> <ul style="list-style-type: none"> • Parent/S Or Guardian/S • Child/Children • Other Family Members 		<ol style="list-style-type: none"> 2. demonstrate one’s roles and responsibilities in promoting family health;
<p>Physical Activity Participation in Improving Family Health</p> <ul style="list-style-type: none"> • Examples of Physical Activities for Families (Dance, Zumba, Exercise, Cooking Together, Gardening, Etc.) <p>Benefits of Physical Activities on Family Health</p> <ul style="list-style-type: none"> • Examples: prevents diseases among family members, strengthens bond and overall relationship 		<ol style="list-style-type: none"> 3. participate in various physical and daily life activities to improve family health; and
<p>Physical Activity Participation: Invasion Games</p> <ul style="list-style-type: none"> • Focus Foundational Skills <ol style="list-style-type: none"> 1. Movement Concept <ul style="list-style-type: none"> - Relationship with People and Object 2. Movement Skills <ul style="list-style-type: none"> - Locomotor, Manipulative 3. Fitness Concepts <ul style="list-style-type: none"> - Agility, Balance, Coordination, Speed - Intensity: Moderate to Vigorous Physical Activities (MVPA) 4. Game Concepts <ul style="list-style-type: none"> - Positioning (Attacking by Creating and Moving into Space and Defending by Denying Space) <p><i>Suggested Activities: Philippine Traditional Games (Agawan Base, Agawan Sulok, Lawin at Sisiw, Ubusang Lahi, Agawan Panyo, Patintero, Langit-Lupa, Araw-Lilim, Kawat-Kawat, and/or other variations of unpublished games in the locality)</i></p>		<ol style="list-style-type: none"> 4. perform physical activities using invasion game concepts with agility, balance, and coordination for active living: <ol style="list-style-type: none"> a. locomotor skills by avoiding an object or obstacles, and b. manipulative skills by sending or propelling an object to an intended area.

GRADE 4 – THIRD QUARTER

Content Standard:	The learners demonstrate understanding of healthy eating, and rhythmic activities and dances in promoting community wellness for active and healthy living.	
Performance Standard:	The learners participate in rhythmic activities and dances in promoting community wellness for active and healthy living.	
	CONTENT	LEARNING COMPETENCIES
	<p>Concept of Safe and Healthy Eating</p> <ul style="list-style-type: none"> ● Right to Food (Right of the Child to Nutrition) ● Examples of Healthy and Less Healthy Foods ● Food Safety <p>Importance of Safe and Healthy Eating (especially among children)</p> <ul style="list-style-type: none"> ● Supports healthy growth and development into adulthood 	<p>The learners...</p> <ol style="list-style-type: none"> 1. discuss the concept and importance of eating safe and healthy food;
	<p>Essential Nutrients and their Functions</p> <ul style="list-style-type: none"> ● Macronutrients (Carbohydrates, Proteins, and Fats) ● Micronutrients (Vitamins and Minerals) ● Water 	<ol style="list-style-type: none"> 2. demonstrate healthy and balanced food choices to include essential nutrients;
	<p>Balanced Meal and Balanced Diet</p> <ul style="list-style-type: none"> ● Principles of Healthy Eating ● Nutritional Guidelines for Filipinos ● Food Plate and Food Pyramid for Filipino Children ● Benefits of Eating a Balanced Meal on (shouldn't it be Before instead of on Physical Activity Participation 	<ol style="list-style-type: none"> 3. describe the benefits of eating a balanced meal when engaging in physical activities; and
	<p>Physical Activity Participation: Rhythmic Activities and Dances</p> <ul style="list-style-type: none"> ● Focus Foundational Skills <ol style="list-style-type: none"> 1. Dance Elements Body, Action, Space, Time, Energy 2. Movement Skills Locomotor, Non-locomotor, Manipulative 3. Fitness Concepts <ul style="list-style-type: none"> - Agility, Balance, Coordination, Cardiovascular Endurance - Intensity: Moderate to Vigorous Physical Activities (MVPA) <p><i>Suggested Activities:</i> Dance Exercise (i.e., DepEd Galaw Pilipinas), Movement Exploration, Fundamental Dance Movements (local context), Fundamental Dance Steps (² 4-time), and/or Social Dance Mixers (² 4-time)</p>	<ol style="list-style-type: none"> 4. engage actively in different rhythmic activities and dances for improving one's movement competence and physical activity participation.

GRADE 4 – FOURTH QUARTER

Content Standard:	The learners demonstrate understanding of basic health rights, consumer rights and responsibilities, health facts, fitness fads, and rhythmic activities and dances in promoting societal wellness for active and healthy living.	
Performance Standard:	The learners participate in rhythmic activities and dances in promoting societal wellness for active and healthy living.	
CONTENT		LEARNING COMPETENCIES
Child’s Basic Health Rights <ul style="list-style-type: none"> ● Healthcare Needs and Rights ● Sexual and Reproductive Health Rights 		The learners... <ol style="list-style-type: none"> 1. discuss child’s basic health rights for active living;
Filipino Consumer Rights <ul style="list-style-type: none"> ● Right to Basic Needs, Safety, Information, Right to Choose, Representation, Redress, Consumer Education, And Right to a Healthy Environment Filipino Consumer Responsibilities <ul style="list-style-type: none"> ● Critical Awareness, Action, Social Concern, Environmental Awareness, and Solidarity Skills to be an Informed, Critical and Responsible Filipino Consumer <ul style="list-style-type: none"> ● Decision-Making Skills ● Assertiveness Skills ● Critical Thinking Skills 		<ol style="list-style-type: none"> 2. demonstrate ways to be an informed, critical, and responsible Filipino consumer;
Health and Fitness Facts and Fads <ul style="list-style-type: none"> ● Example: Weight Loss and Fad Diets ● Effects of Fitness Fads in Physical Activity Participation 		<ol style="list-style-type: none"> 3. describe the effects of health and fitness facts and fads in physical activity participations; and
Physical Activity Participation: Rhythmic Activities and Dances <ul style="list-style-type: none"> ● Focus Foundational Skills <ol style="list-style-type: none"> 1. Dance Elements <ul style="list-style-type: none"> - Body, Action, Space, Time, Energy 2. Movement Skills <ul style="list-style-type: none"> - Locomotor, Non-locomotor, Manipulative 3. Fitness Concepts <ul style="list-style-type: none"> - Agility, Balance, Coordination, Cardiovascular Endurance - Intensity: Moderate to Vigorous Physical Activities (MVPA) <p><i>Suggested Activities: Dance Exercise (i.e., DepEd Galaw Pilipinas), Movement Exploration, Fundamental Dance Movements (local context), Fundamental Dance Steps (³ 4-time), and/or Social Dance Mixers (³ 4-time)</i></p>		<ol style="list-style-type: none"> 4. engage actively in different rhythmic activities and dances for improving their movement competence and physical activity participation.