

GRADE 6 – QUARTER 1

Content Standard	The learners demonstrate understanding of holistic wellness, changes in health dimensions during adolescence, and target/invasion games in promoting personal wellness for active and healthy living.	
Performance Standard	The learners participate in modified target/invasion games and other physical activities in promoting personal wellness for active and healthy living.	
	CONTENT	LEARNING COMPETENCIES <i>The learners...</i>
	<p>Holistic Wellness</p> <ul style="list-style-type: none"> ● Dimensions of Holistic Wellness (Physical, Mental/Intellectual, Emotional, Social/Relational, Spiritual, Occupational/ Vocational, Cultural/Creative, Financial, and Environmental Wellness) ● Interplay among the Health Dimensions in Developing Holistic Wellness 	1. explain the interdependence of the different health dimensions in developing holistic wellness;
	<p>Changes in Health Dimensions among Adolescents</p> <ul style="list-style-type: none"> ● Changes in Different Dimensions of Holistic Wellness and Effects on Adolescents' Well-Being ● Health Habits to Achieve Holistic Wellness 	2. evaluate how changes in the different health dimensions affect adolescents' well-being;
	<p>Physical Activity and Holistic Wellness</p> <ul style="list-style-type: none"> ● Physical Activity As An Integral Part of A Holistic Approach to Well-Being 	3. engage in physical and other activities to improve holistic wellness; and
	<p>Physical Activity Participation: Target and/or 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 of Target and/or Invasion Games <p><i>Suggested Activities:</i> Modified Sports</p>	4. execute modified physical activities (target/invasion games) by applying its concepts and skills for active living.

GRADE 6 – QUARTER 2

Content Standard:	The learners demonstrate understanding of early pregnancy prevention, family dynamics on teenage concerns, and striking/fielding and/or net/wall games in promoting family wellness for active and healthy living.	
Performance Standard:	The learners participate in modified striking/fielding and/or net/wall games in promoting family wellness for active and healthy living.	
CONTENT		LEARNING COMPETENCIES
		<i>The learners...</i>
Early Pregnancy Prevention (Concepts and Benefits) <ul style="list-style-type: none"> ● Understanding Healthy and Positive Sexuality ● Identifying Sexual Risk Behaviors and Consequences ● Practicing Assertive Behaviors and Refusal Skills toward Abstinence and Prevention of Teenage Pregnancy ● Safeguarding Sexual and Reproductive Health 		<ol style="list-style-type: none"> 1. discuss the benefits of developing healthy and positive sexuality and preventing early pregnancy;
Adolescents’ Sexual and Reproductive Health and The Role of the Family <ul style="list-style-type: none"> ● Family Role in Preventing and Managing Teenage Sexual Concerns (With Emphasis on Teenage Pregnancy Prevention) 		<ol style="list-style-type: none"> 2. evaluate the value of the family in helping adolescents deal with sexual and reproductive health concerns, particularly in preventing teenage pregnancy; and
Physical Activity Participation: Striking/Fielding and/or Net/Wall 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 of Striking/Fielding and/or Net/Wall Games <p><i>Suggested Activities:</i> Modified Sports</p>		<ol style="list-style-type: none"> 2. execute modified physical activities (striking/fielding or net/wall game) by applying the concepts and skills for active living.

GRADE 6 – QUARTER 3

Content Standard:	The learners demonstrate understanding of prevention and control of common communicable diseases, and rhythmic activities and dances in promoting community wellness for active and healthy living.	
Performance Standard:	The learners participate in rhythmic activities, dances, and other physical activities in promoting community wellness for active and healthy living.	
	CONTENT	LEARNING COMPETENCIES
		<i>The learners...</i>
	Communicable Diseases <ul style="list-style-type: none"> ● Characteristics, Emergence and Resurgence of Common Communicable Diseases ● Various Disease Agents of Communicable Diseases ● Transmission of Communicable Diseases ● Communicable Diseases That Can Affect the Learners: (Chicken Pox, Common Cold, Conjunctivitis, Hepatitis, Influenza, Measles, Meningitis, Poliomyelitis, Mumps, Pertussis, Pneumonia, Rubella, Scabies, Tuberculosis, Malaria, Bronchitis, Covid-Related Infections, Typhoid Fever, Leptospirosis, Vector-Borne Diseases Such As Dengue, Zika, Chikungunya, Etc.) 	1. explain the nature of common communicable diseases;
	Communicable Disease Prevention and Control <ul style="list-style-type: none"> ● Stages of Infection ● Breaking the Chain of Infection ● Importance of Vaccination and Immunization Against Poliomyelitis, Tetanus, Hepatitis, COVID-19, Mumps, Rubella, Human Papilloma Virus, And Others 	2. analyze healthful ways of preventing and controlling common communicable diseases;
	Benefits of Physical Activity as a Preventive Measure for Communicable Disease Prevention and Control <ul style="list-style-type: none"> ● Examples: Boosts Immune Responses and Functions and Improves Nervous and Respiratory Health 	3. evaluate the benefits of physical activity as an immune-boosting activity for communicable disease prevention and control; 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 	4. lead actively in different rhythmic activities and dances in sustaining their movement competence and physical activity participation.

<p>- Intensity: Moderate to Vigorous Physical Activities (MVPA)</p> <p><i>Suggested Activities:</i> Dance Exercise (i.e., DepEd Galaw Pilipinas), Exercises (with light apparatus), Dance Movements (local street dance and festival) and/or Traditional Dances (With Implements: sticks, scarf, bamboo castanets etc.)</p>	
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GRADE 6 – QUARTER 4

Content Standard	The learners demonstrate understanding of environmental issues concerns, sanitation, and rhythmic activities and dances in promoting societal wellness for active and healthy living.	
Performance Standard	The learners participate in environmental promotion, rhythmic activities, and dances in promoting societal wellness for active and healthy living.	
	CONTENT	LEARNING COMPETENCIES <i>The learners...</i>
	<p>Understanding Environmental Concerns through One Health</p> <ul style="list-style-type: none"> ● Concept of One Health ● Examples of Environmental Concerns (Air Quality, Chemical Safety, Climate Change, Emergency Preparedness, Food Safety, Healthy Housing, Infectious Disease and Vector Control, Occupational Safety and Health, Solid Waste Management, Water Supply and Sanitation) ● Harmful Effects of Environmental Concerns on Human and Animal Health 	1. discuss the nature and effects of environmental concerns using the concept of One Health;
	<p>Managing and Promoting Environmental Health Sanitation through Community Participation and Collaboration</p> <ul style="list-style-type: none"> ● Environmental Health Monitoring ● Hygiene Promotion ● Proper Solid Waste Management (8Rs) ● Wastewater Management and Water Supply Sanitation ● Pest and Vector Control and Prevention of Zoonotic Diseases 	2. evaluate basic strategies in managing and promoting environmental health sanitation through community participation and collaboration;
	<p>Physical Activities in Promoting Environmental Health</p> <ul style="list-style-type: none"> ● Outdoor Recreations ● Active Transportation ● Green Exercise 	3. advocate for environmental health protection through physical activity participation; 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 <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 	4. lead actively in different rhythmic activities and dances in sustaining their movement competence and physical activity participation.

<p>- Intensity: Moderate to Vigorous Physical Activities (MVPA)</p> <p><i>Suggested Activities:</i> Dance Exercise (i.e., DepEd Galaw Pilipinas), Dance Movements (regional street dance and festival) and/or Traditional Dances (national dances)</p>	
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