

PASIG CATHOLIC COLLEGE
GRADE SCHOOL DEPARTMENT
PCC @ 102: Banal at Bayan, Ikaw na!
S.Y. 2014 – 2015

Activity 1: _____
Activity 2: _____
Synthesis: _____
Reflection: _____
Neatness: _____
Completeness: _____

TOTAL: _____

PHYSICAL EDUCATION 6
2ND QUARTER
ACTIVITY NO. 1

TYPE OF ACTIVITY: Concept Notes/ Ground Activity

TOPIC : GYMNASTICS

LEARNING OBJECTIVES : Perform rhythmic gymnastics using light apparatus
Understand that he/she can increase his/her health and wellness by participating in the physical activities like gymnastic
Create warm-up exercises from basic gymnastics, stunts, and dances using light apparatus.
Combine different positions in gymnastics to create Rhythmic Exercises
Coordinates with the equipments you are using and according to the rhythmic of the music.

REFERENCE : Radiance. Pg. 291 - 327

AUTHOR : Imelda V. Codog, Roel G. Lodronio, Jocelyn L. Lagarto, Baby Jinky N. Sinugbahan.

CONCEPT NOTES : Gymnastics is a self-test activity where one can move the different parts of the body into various position or movements. Some of these movements are bending, twisting, rolling, rotating and others. It has exercises on the floor and with the use of different apparatus. Boys and girls can do gymnastics exercise.

There is basic position for the arms, body, and feet in executing gymnastics exercises. It maybe in a standing sitting, lying, or kneeling position. Exercises using light apparatus promote creativity, coordination and fitness all at the same time.

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SCOUTING 6
2ND QUARTER
ACTIVITY NO. 2

Activity 1: ____
Activity 2: ____
Synthesis: ____
Reflection ____
Neatness: ____
Completeness: ____

TOTAL: ____

TYPE OF ACTIVITY: Concept Notes/ Ground Activity

TOPIC : KNOT TYING

LEARNING OBJECTIVES : Enumerate and identify the Knots used in scouting and apply it into a real life situation. Provides skills, knowledge, self-reliance and service for others.
Apply the different kinds of Knots and Lashing that can be very useful in our everyday life.

Reference : THE BSP. Pp. 39 - 45

AUTHOR : BSP NATIONAL COUNCIL OF THE PHIL.

Concept Notes : Knot-tying is a skill demanded of sailors, explorers, engineers, mechanics, and others people. Like them Scouts who live so much in the open and engage in a number of outdoor activities, must know how to tie knots. On that skill sometimes depends the life and safety of people.

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SCOUTING 6
2ND QUARTER
ACTIVITY NO. 3

TYPE OF ACTIVITY: Concept Notes/ GROUND ACTIVITY

- TOPIC : LASHING
- LEARNING OBJECTIVES : Identify different kinds of lashing that is very useful during the camping.
Enhances skills which may lead them to a globally competitive individual.
Share one's experience and ideas with regards to his/her individual skills and understanding.
- Reference : THE BSP. Pp. 55-60
- AUTHOR : BSP NATIONAL COUNCIL OF THE PHIL.
- Concept Notes : **Lashing** is one of the activities in scouting wherein its an act of whipping. It's a cord used to fasten such as wood or bamboo poles together. Through this you can make tables, kitchen racks, washstands, plastic sets for latrines, brooms, shoes racks, etc.

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PHYSICAL EDUCATION 6

: Film Viewing / GROUND ACTIVITY

TOPIC	:	BASKETBALL
LEARNING OBJECTIVES	:	Understand deeper the History, meaning and Fundamentals of basketball. Identify the Skills needed to play the game basketball. Discover self – discipline and camaraderie through basketball as one of the activities in P.E. Performs difficult task in executing basketball skills with joyful expectation of God’s Loving providence
REFERENCE	:	Radiance. Pg. 291 – 327 www.basketball.history.com
AUTHOR	:	Imelda V. Codog, Roel G. Lodronio, Jocelyn L. Lagarto, Baby Jinky N. Sinugbahan.
CONCEPT NOTES	:	Basketball is a popular game nowadays. It is a team sport in which two teams of 5 players try to score points against one another by throwing or shooting the ball through the top of a basketball hoop under organized rules.

DR. JAMES NAISMITH – A Physical Education Instructor in YMCA and the inventor of Basketball.

TORONTO, CANADA – The native land of Dr. J. Naismith

VANCOUVER, CANADA – The place where he finished his Grade School and High School Education.

MISSISSIPPI STATE UNIVERSITY – The place where he took his College studies and finished his Doctor of Education Degree.

SUMMER OF 1891

DR. LUTHER GULICK - The Director of YMCA in Springfield, Massachusetts.

DUCK ON THE ROCK – A childhood game of Dr. Naismith.

MAYA-POK-TAPOK – An ancient game of the Aztec Warriors, in which the losing team will be sacrificed to death. The basis of a basketball game.

NAISMITH BALL – The original name of the game Basketball.

BEFORE WINTER OF 1891

OCTOBER 1891 – The date where Dr. Naismith made an experiment about the game.

NOVEMBER 1891 – The date where Dr. Naismith made the 13 Axioms (Rules) and the first 9 on 9 Basketball game was made.

DECEMBER 21, 1891 – The exact date where the Basketball game was presented to Dr. L. Gulick and officially announced the basketball game was invented.

THE FOLLOWING YEARS

FEBRUARY 1892 – The first collegiate basketball was made and the revision of the game was also created including the name of the game, from Naismith ball to Basketball.

MAY 1892 – The First Inter-Collegiate Basketball Tournament was held at YMCA Springfield Massachusetts.

JUNE 1892 – The girls are starting to get some interest on the game. The girls started to have their own basketball competition.

- FUNDAMENTALS OF BASKETBALL GAME
- DRIBBLING
- PASSING
- SHOOTING

SKILLS IN BASKETBALL

- PASSING
 - Chest pass
 - Bounce pass
 - Overhead pass
 - Baseball pass
- SHOOTING
 - Set shot
 - Free throw
 - Jump shot
 - Hook shot
 - Lay-up
 - Dunk
- DRIBBLE
 - By left
 - By right
 - By both hand
 - In between
 - Back dribble
 - (While walking and running)

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PHYSICAL EDUCATION 6
2ND QUARTER
ACTIVITY NO. 5

TYPE OF ACTIVITY: Concept Notes/ Ground Activity

TOPIC	:	BASKETBALL
LEARNING OBJECTIVES	:	Identify the Fundamentals of Basketball and apply it in an actual game. Enhance skill through combining the fundamentals of basketball. Performs difficult task in executing basketball skills with joyful expectation of God's Loving providence
Reference	:	Radiance. Pg. 291 - 327
AUTHOR	:	Imelda V. Codog, Roel G. Lodronio, Jocelyn L. Lagarto, Baby Jinky N. Sinugbahan.
Concept Notes	:	Basketball is a popular game nowadays. It is a team sport in which two teams of 5 players try to score points against one another by throwing or shooting the ball through the top of a basketball hoop under organized rules.

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PHYSICAL EDUCATION 6
2ND QUARTER
ACTIVITY NO. 6

TYPE OF ACTIVITY: Concept Notes/ GAME

- TOPIC : BASKETBALL
- LEARNING OBJECTIVES : Collate all the Fundamental skills of basketball.
Apply the fundamental skills of basketball in an actual game situation.
Develop sportsmanship and camaraderie.
- REFERENCE : Radiance. Pg. 291 - 327
- AUTHOR : Imelda V. Codog, Roel G. Lodronio, Jocelyn L. Lagarto, Baby Jinky N. Sinugbahan.
- CONCEPT NOTES : Basketball is a popular game nowadays. It is a team sport in which two teams of 5 players try to score points against one another by throwing or shooting the ball through the top of a basketball hoop under organized rules.

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PHYSICAL EDUCATION 6
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ACTIVITY NO. 7

TYPE OF ACTIVITY: Concept Notes/ GAME

- TOPIC : TEE BALL (BASEBALL TYPE)
- LEARNING OBJECTIVES : Understand the concept and rules of tee ball (baseball)
Identify the Fundamental of Tee Ball.
Apply the fundamentals of Tee Ball in an actual game.
Show respect and support to those who are physically challenge, and works responsibly without need for close supervision.
- Reference : Radiance. Pg. 375 - 378
- AUTHOR : Imelda V. Codog, Roel G. Lodronio, Jocelyn L. Lagarto, Baby Jinky N. Sinugbahan.
- Concept Notes : The positions that get the most action in t-ball are pitcher and first base, followed by the rest of the infield positions. In some leagues, catcher is also a special position due to the added gear that is worn; in other leagues, there is no catcher. In t-ball, the pitcher is usually used for defensive purposes only. The ball is placed on an adjustable tee atop the home plate at a suitable height for the batter to strike. (In some clubs, adult coaches give the batter an opportunity to try and hit a few pitched balls before going to the tee in the hope that this will further develop batting skills.) Most of the other rules are similar or identical to those of baseball, though the game is played on a smaller field. In addition, for the youngest t-ball players, runs and outs are often not recorded, and every player gets to bat each inning.