

Scope and Sequence Chart

Music

UNIT 1 RHYTHM			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Sound and Silence <i>Topics:</i></p> <ul style="list-style-type: none"> • Difference Between Sound and Silence • Symbol for Sound • Symbol for Silence • Importance of Sound and Silence in Connecting People and Things 	<ul style="list-style-type: none"> • Know the difference between sound and silence • Interpret sound and silence through varied activities • Understand the importance of sound and silence in connecting people and things • Connect with people and things around through the help of the moments of silences 	<ul style="list-style-type: none"> • Listening to sounds around • Listing down sounds heard from the surroundings • Identifying visually the difference between sound and silence • Associating symbols with sounds (l) and silence (s) • Imitating actions for sounds and silences in the songs sung • Following the symbols for sound and silence while singing songs • Creating actions for sound and silence in the songs sung • Singing songs with the accompaniment of classroom instruments • Performing body movements in parts of songs that should be sounded • Experiencing the connection of sounds and silences in everyday life 	<ul style="list-style-type: none"> • Importance of sound and silence in connecting people and things

Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 2 The Steady Beat <i>Topics:</i></p> <ul style="list-style-type: none"> • Symbol for Steady Beat • Sample Chants with Steady Beat 	<ul style="list-style-type: none"> • Identify the steady beat in chants and familiar children’s songs • Interpret the steady beat through varied activities • Perform effectively using the steady beat as one experiences music • Coordinate movements and actions with its proper performance 	<ul style="list-style-type: none"> • Moving and interpreting steady beat patterns • Feeling the steady beat while doing the actions specified • Maintaining a steady beat when chanting, walking, tapping, clapping, and playing musical instruments • Playing simple steady beat patterns on classroom instruments and other sound sources • Coordinating well movements and actions to come up with appropriate performance 	<ul style="list-style-type: none"> • Enhancement of listening skills in music as one experiences and moves to its beat
<p>Lesson 3 The Silent Beat <i>Topics:</i></p> <ul style="list-style-type: none"> • The Difference Between Silent Beat and Steady Beat • Notation with the Silent Beat • Good Effects of Music in One’s Life 	<ul style="list-style-type: none"> • State the difference between the silent beat and the steady beat • Interpret notation with the silent beat • Assess how music can help one feel relaxed • Make a list of some of the good effects of music in one’s life 	<ul style="list-style-type: none"> • Drawing the silent beat correctly • Interpreting patterns with the silent beat • Creating simple patterns with the silent beat • Creating movements and actions for the silent beats • Experiencing all the good effects of music 	<ul style="list-style-type: none"> • Importance of relaxation after doing a physical activity
<p>Lesson 4 The Divided Beat <i>Topics:</i></p> <ul style="list-style-type: none"> • Accurate Interpretation of Divided Beat 	<ul style="list-style-type: none"> • State the difference between the divided beat and the steady beat • Interpret the divided beat with accuracy • Design ways to do one’s work well 	<ul style="list-style-type: none"> • Demonstrating and identifying patterns with the divided beats • Performing, tapping, clapping, and chanting patterns with the divided beats 	<ul style="list-style-type: none"> • Enjoyment in getting easy and difficult tasks done

<ul style="list-style-type: none"> • Difference Between Divided Beat and Steady Beat 		<ul style="list-style-type: none"> • Interpreting steady and divided beats using classroom instruments • Associating divided beats with pictures 	
<p>Lesson 5 Simple Rhythmic Patterns <i>Topics:</i></p> <ul style="list-style-type: none"> • Rhythmic Patterns in Groupings of Twos, Threes, and Fours • Patterns Found in Nature and Everyday Activities 	<ul style="list-style-type: none"> • Identify rhythmic patterns in groupings of twos, threes, and fours • Interpret various songs with the correct rhythm • Create examples of patterns found in nature and everyday activities • Make a list of patterns of activities you do everyday 	<ul style="list-style-type: none"> • Performing movements such as clapping, tapping, chanting, walking, jumping, and playing musical instruments in response to sound with the correct rhythm <ul style="list-style-type: none"> ▪ in grouping of 2s ▪ in groupings of 3s ▪ in groupings of 4s • Performing echo clapping • Creating simple rhythmic patterns in groupings of 2s, 3s, and 4s through body movements • Playing simple rhythmic patterns on classroom instruments or other sound sources like sticks, drums, triangle, coconut shells, bamboo, empty boxes, etc. 	<ul style="list-style-type: none"> • Importance of preparation and planning of activities to make them more interesting and enjoyable
<p>Lesson 6 Ostinato <i>Topics:</i></p> <ul style="list-style-type: none"> • Ostinato • Simple Ostinato Patterns • Ostinato Parts in Songs • Repeating Positive Actions 	<ul style="list-style-type: none"> • Demonstrate a new musical style called ostinato to give variety and change in sound • Respond to simple ostinato patterns applied to songs • Sing ostinato parts to songs learned with ease and independence 	<ul style="list-style-type: none"> • Forming the habit of exercising the regular patterns of activities in life • Listening, clapping, singing, and creating simple ostinato patterns in groupings of 2s, 3s and 4s • Interpreting with confidence simple ostinato patterns to songs learned 	<ul style="list-style-type: none"> • Show deep interest in one's own integral development in the different dimensions of musical learning

	<ul style="list-style-type: none"> Recognize the importance of repeating positive actions done everyday 	<ul style="list-style-type: none"> Finding positive results through repetition of everyday tasks 	
UNIT 2 MELODY AND FORM			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Pitch <i>Topics:</i></p> <ul style="list-style-type: none"> Pitch High Pitch Low Pitch 	<ul style="list-style-type: none"> Define <i>pitch</i> Distinguish between high pitch and low pitch Perform effectively examples of sounds in nature with high or low pitches 	<ul style="list-style-type: none"> Identifying the pitch of tones as high or low Responding to high and low tones through body movements, singing, and listening to other sources of sounds Singing in pitch 	<ul style="list-style-type: none"> Sensitivity in the manner of speaking
<p>Lesson 2 Simple Melodic Patterns <i>Topics:</i></p> <ul style="list-style-type: none"> Melodic Patterns Echo Singing Music in Creating Mental Pictures 	<ul style="list-style-type: none"> Sing familiar songs in correct pitch and rhythm Critique melodic patterns of given song Define and do <i>echo singing</i> Innovate ways on how music can create mental pictures 	<ul style="list-style-type: none"> Identifying simple melodic patterns Singing songs using the correct pitch and rhythm Singing echo songs 	<ul style="list-style-type: none"> Enjoyment of mental pictures that songs may bring
<p>Lesson 3 Musical Lines <i>Topics:</i></p> <ul style="list-style-type: none"> Musical Lines Similar Musical Lines Dissimilar Musical Lines 	<ul style="list-style-type: none"> Discern musical lines as similar and dissimilar Interpret similar and dissimilar musical lines through body movements Express appreciation for good messages conveyed in music 	<ul style="list-style-type: none"> Demonstrating understanding of the basic concepts of musical lines Identifying musical lines as similar or dissimilar through movements Showing recognition of musical lines with body movements 	<ul style="list-style-type: none"> Willingness to learn lessons from the message of the song, which the composer wishes to convey through its words and musical lines

<p>Lesson 4 Beginnings and Endings in Music <i>Topics:</i></p> <ul style="list-style-type: none"> • Beginnings in Music • Endings in Music 	<ul style="list-style-type: none"> • Identify beginnings and endings in music • Contrast beginning and ending lines in given songs • Assess the need to complete assigned tasks from beginning to end 	<ul style="list-style-type: none"> • Listening carefully to the beginning and ending lines of songs • Identifying the beginning and ending musical lines through drawing and singing 	<ul style="list-style-type: none"> • Sense of responsibility and trustworthiness through completion of assigned task
UNIT 3 DYNAMICS AND TIMBRE			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Quality of Sound in Music: Pleasant and Unpleasant Sounds <i>Topics:</i></p> <ul style="list-style-type: none"> • Pleasant Sounds • Unpleasant Sounds 	<ul style="list-style-type: none"> • Differentiate pleasant and unpleasant sounds • Identify sounds heard as pleasant and unpleasant • Innovate ways on how one can help create pleasant sounds instead of unpleasant sounds 	<ul style="list-style-type: none"> • Identifying through pictures pleasant and unpleasant sounds • Responding to differences in pleasant and unpleasant sounds through body movements 	<ul style="list-style-type: none"> • Creation of a better environment by producing pleasant sounds
<p>Lesson 2 Speaking and Singing Voice <i>Topics:</i></p> <ul style="list-style-type: none"> • Human Voice • Speaking Voice • Singing Voice 	<ul style="list-style-type: none"> • Explain the use of the human voice • Know the difference between speaking and singing voice • Apply techniques on how one should take care of one's voice • Use the voice to show respect and politeness to other people 	<ul style="list-style-type: none"> • Identifying speaking or singing voice through listening • Using the speaking and singing voices in reciting and singing songs • Applying to life situations the versatile use of the voice to show respect and politeness to other people 	<ul style="list-style-type: none"> • Appreciation of one's voice and use it to create laughter and music and show respect
<p>Lesson 3 Volume of Sound in Music: Loud and Soft Sounds <i>Topics:</i></p> <ul style="list-style-type: none"> • Loud Sounds 	<ul style="list-style-type: none"> • Differentiate between loud and soft sounds • Identify sounds heard as loud or soft • Perform effectively to 	<ul style="list-style-type: none"> • Interpreting dynamics of a song through body movements • Associating dynamics with body movements 	<ul style="list-style-type: none"> • Enjoyment in music by using dynamics correctly as one sings or plays instruments

<ul style="list-style-type: none"> Soft Sounds 	<p>express gratefulness for the gift of music</p>	<ul style="list-style-type: none"> Listening to sounds made from objects, musical instruments, and different kinds of songs 	
UNIT 4 TEMPO AND TEXTURE			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Speed of Sound in Music: Long and Short Sounds <i>Topics:</i></p> <ul style="list-style-type: none"> Long Sounds Short Sounds 	<ul style="list-style-type: none"> Identify sounds as long and short Contrast long and short sounds Apply the concept of long and short to time Display determination to complete any given task to the best of one's abilities 	<ul style="list-style-type: none"> Identifying the sound of objects through pictures Contrasting long and short sounds through pictures Showing long and short sounds through body movements 	<ul style="list-style-type: none"> Importance of finishing tasks within the given time
<p>Lesson 2 Fastness and Slowness in Music <i>Topics:</i></p> <ul style="list-style-type: none"> Fast Music Slow Music 	<ul style="list-style-type: none"> Identify music as fast and slow Interpret fast and slow through body movements Apply fast and slow music to some occasions and events in life 	<ul style="list-style-type: none"> Completing to the fullest and with determination any given task Singing fast and slow songs Using the terms <i>fast</i> and <i>slow</i> to identify tempo change Correlating tempo changes with movements Responding to varied tempo sounds with movement <ul style="list-style-type: none"> slow movement—slow music fast movement—fast music 	<ul style="list-style-type: none"> Importance of music in setting of mood in an occasion or event

<p>Lesson 3 Thinness and Thickness in Music <i>Topics:</i></p> <ul style="list-style-type: none"> • Thin Musical Lines • Thick Musical Lines 	<ul style="list-style-type: none"> • Identify thin and thick parts of songs • Differentiate thin and thick musical lines • Apply the concept of “thin” and “thick” to unity with the members of a group 	<ul style="list-style-type: none"> • Identifying thin and thick texture through careful listening to recordings • Singing clearly the texture of songs 	<ul style="list-style-type: none"> • Concern for the welfare of others • Unity among the members of a group
<p>Lesson 4 Single Melodic Line: Rounds <i>Topics:</i></p> <ul style="list-style-type: none"> • Round Songs • Singing Together 	<ul style="list-style-type: none"> • Explain the meaning of <i>round</i> • Interpret singing rounds skillfully 	<ul style="list-style-type: none"> • Distinguishing between single musical line and multiple musical lines which occurs simultaneously • Singing two part rounds with independence 	<ul style="list-style-type: none"> • Responsibility for one’s own behavior • Realization that one’s patience and coordination creates harmonious relationship with everyone

Art

UNIT 1 ARTISTIC PERCEPTION THROUGH DRAWING			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Portrait Drawing <i>Topics:</i></p> <ul style="list-style-type: none"> • Face shapes • Lines for facial features of <ol style="list-style-type: none"> 1. Self-portrait 2. Best friend 3. Mother 4. Pet 5. Family Portrait • Drawing Tools <ol style="list-style-type: none"> 1. Pencil 	<ul style="list-style-type: none"> • Recognize the shape of one’s own face • Identify the different kinds of lines in an animal or person’s face • Describe the position of each feature of the person’s face • Use different tools in drawing portraits • Draw a self-portrait and that of someone in the family or community 	<ul style="list-style-type: none"> • Describing the expressions of one’s face to capture the likeness of a person • Identifying different shapes of faces among friends or classmates • Using straight and curved lines for facial features • Following the correct positions and sizes of the different parts of the face • Drawing portraits of 	<ul style="list-style-type: none"> • Truthfulness when describing the features and expressions of one’s face and a pet • Patience in drawing portraits of one’s own face, family, a friend

<ol style="list-style-type: none"> 2. Crayon 3. Charcoal 		<p>oneself, a best friend, a mother, a family, and even a pet</p>	
<p>Lesson 2 Landscape Drawing <i>Topics:</i></p> <ul style="list-style-type: none"> • Parts of a Landscape Drawing <ol style="list-style-type: none"> 1. Front 2. Background 3. Middle Ground 	<ul style="list-style-type: none"> • Identify some beautiful and interesting places in the Philippines • Identify the parts of a landscape drawing • Determine the objects that should be placed in the front, middle ground, and background of a landscape drawing • Use a viewfinder to find scenes for a landscape drawing • Create landscape drawings of one's home, favorite scene in school, and scenery from a summer trip • Enhance landscape drawings by adding details 	<ul style="list-style-type: none"> • Sharing experiences in describing the sceneries visited during vacation or summer trips • Identifying the parts of a landscape drawing by describing the relationships of sizes and distances of objects • Making a viewfinder to find beautiful scenes in drawing landscapes • Drawing landscapes of one's home, fun scene in school, and happy summer trip • Creating landscape drawings more interesting by adding details in the front area of the picture • Enhancing one's creativity in drawing by filling in the picture with more details 	<ul style="list-style-type: none"> • Appreciation of the beauty of the world • Care and love for nature • Harmonious relationships among the family members and enjoyment in trips to different sceneries • Confidence and patience in creating landscape drawings • Cleanliness and beautification of surroundings
<p>Lesson 3 Still Life Drawing <i>Topics:</i></p> <ul style="list-style-type: none"> • Elements of Space <ol style="list-style-type: none"> 1. Positive Space 2. Negative Space • Proportion <ol style="list-style-type: none"> 1. Correct Positions 	<ul style="list-style-type: none"> • Become familiar with shapes of objects around • Distinguish the positive space from the negative space in a drawing • Draw still life with correct proportion and size relationship 	<ul style="list-style-type: none"> • Discovering the easy way of drawing objects by identifying their basic shapes • Describing the positive shape or space formed by an object • Identifying the negative space around the object 	<ul style="list-style-type: none"> • Orderliness in arranging the objects for still life drawings • Patience in creating several objects into still life drawing • Love for the beauty of nature • Confidence and

<p>2. Size Relationships</p>		<ul style="list-style-type: none"> • Arranging a group of objects like flowers, fruits, and toys in creating still life drawings • Creating still-life drawings by overlapping the objects in correct proportion 	<p>creativity in arranging objects and making a still-life drawing.</p>
<p>UNIT 2 CREATIVE EXPRESSION THROUGH PAINTING</p>			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Nature and Painting <i>Topics:</i></p> <ul style="list-style-type: none"> • Organic Shapes or Natural Shapes • Non-organic Shapes or Geometric Shapes • Painting Tools • Art Styles <ol style="list-style-type: none"> 1. Realistic Art 2. Abstract Art 	<ul style="list-style-type: none"> • Identify the colors, shapes, and textures in nature • Distinguish organic shapes from geometric shapes • Differentiate abstract art from realistic art • Use inexpensive painting tools to create beautiful and colorful artwork • Appreciate the beauty in nature 	<ul style="list-style-type: none"> • Comparing organic shapes with geometric shapes by giving examples • Describing the shapes of animals, leaves, and tree trunks • Painting beautiful and colorful artworks using inexpensive painting tools like kitchen sponges, cotton buds, or fingertips instead of paint brushes • Using wet forms of paints such as watercolor, poster, or acrylic • Creating realistic or abstract art painting from the beauty of nature 	<ul style="list-style-type: none"> • Cleanliness in one’s environment • Orderliness in keeping nature clean and green • Self-discipline in using wet form of paints for creating realistic artwork • Appreciation of the beauty of nature in using it as a theme in an abstract painting
<p>Lesson 2 Color Harmony in Painting <i>Topics:</i></p> <ul style="list-style-type: none"> • Color and Its Importance as an Element in Painting • Kinds of Colors 	<ul style="list-style-type: none"> • Compare color harmony in art and harmony within a family • Identify primary and secondary colors • Explore color mixing of two primary colors to create secondary colors 	<ul style="list-style-type: none"> • Discussing one’s harmonious relationship with his/her family and relating this to harmony in art • Describing the primary colors and their importance 	<ul style="list-style-type: none"> • Confidence in giving names of primary and secondary colors • Patience in creating repeated lines, shapes, and colors to show harmony in one’s artwork • Discipline in using

<ol style="list-style-type: none"> 1. Primary 2. Secondary <ul style="list-style-type: none"> • Pop Art 	<ul style="list-style-type: none"> • Show the relationship of colors to each other by using a color wheel/chart • Create artistic <i>parol</i>, jeepney, and flower Pop Art designs 	<ul style="list-style-type: none"> • Creating secondary colors by mixing two primary colors • Applying paints with fingers to create an interesting painting • Discovering patterns of parol, jeepney, and flower pop art design 	<p>acrylic or poster paints in painting</p> <ul style="list-style-type: none"> • Enjoyment of finger painting
<p>Lesson 3 Creating Moods with Color</p> <p><i>Topics:</i></p> <ul style="list-style-type: none"> • Types of Colors <ol style="list-style-type: none"> 1. Warm Colors 2. Cool Colors • Effects of Warm and Cool Colors 	<ul style="list-style-type: none"> • Recognize warm colors and cool colors • Express certain moods or feelings using different colors • Paint by following one's mood while listening to music • Create paintings of beauty under the sea, a happy scene, and other daily activities 	<ul style="list-style-type: none"> • Identifying warm and cool colors in nature and other objects • Comparing the effects of warm with cool colors in one's moods or feelings • Expressing certain moods with colors to create interesting paintings • Painting with fingertips by following one's mood or feeling while listening to music • Creating paintings of a happy celebration, beauty under the sea, and one's own original artwork 	<ul style="list-style-type: none"> • Awareness of bright colors to create painting with fun and happy moods • Creativity in mixing colors with fingertips in painting while listening to music • Confidence and patience while creating paintings
UNIT 3 IMPRESSIVE CREATION THROUGH PRINTMAKING			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Printmaking with Natural Objects</p> <p><i>Topics:</i></p> <ul style="list-style-type: none"> • Natural Objects Printmaking • Printmaking Tools 	<ul style="list-style-type: none"> • Distinguish printmaking from drawing and painting • Recognize patterns and textures of objects and animals • Identify the types of 	<ul style="list-style-type: none"> • Identifying natural objects that can be used for simple and easy printmaking • Describing different patterns and textures of fruits, leaves, flowers, and animals 	<ul style="list-style-type: none"> • Discipline when applying the paint on the fruit to make prints • Patience in creating beautiful and colorful prints by relief printing, stencil printmaking, and

<ul style="list-style-type: none"> • Elements of Texture • Ways to Make Prints <ol style="list-style-type: none"> 1. Relief Printing 2. Stencil Printing 3. Monoprinting 	<p>printmaking—relief printing and stencil printing</p> <ul style="list-style-type: none"> • Create prints using fruits and leaf rubbing • Create monoprints of a flower, animal, or other designs 	<ul style="list-style-type: none"> • Comparing relief printmaking with stencil printmaking • Stamping the fruit pattern with paint on the paper • Rubbing the paper with crayon over the textured leaf • Creating animal or flower monoprints 	<p>monoprinting</p> <ul style="list-style-type: none"> • Creativity in making stencils for printing • Appreciation for beautiful fruit prints and leaf rubbing prints
<p>Lesson 2 Printmaking with Found Objects</p> <p><i>Topics:</i></p> <ul style="list-style-type: none"> • Found Objects Printmaking • Importance of Found Objects in Creating Art 	<ul style="list-style-type: none"> • Identify prints from found objects • Recognize the different shapes and textures in found objects • Transfer prints from found objects to another different materials • Create unique prints with found objects using techniques, such as pressing, pulling, rolling, or stamping • Enhance creativity and resourcefulness in printing with found objects 	<ul style="list-style-type: none"> • Discovering the many uses of found objects at home and in school • Identifying different shapes and textures of found objects that can be used in printmaking • Creating impressive prints with found objects like buttons, bottle caps, toy cars, and many more • Transferring beautiful prints from found objects to another different materials • Using printmaking techniques by pulling, rolling, pressing, or stamping 	<ul style="list-style-type: none"> • Awareness of the importance of found objects in creating impressive prints • Creativity in printing with found objects • Hard work in creating unique and interesting prints with found objects • Patience when transferring painted prints from a found object to another different material
<p>Lesson 3 Stencil Printmaking</p> <p><i>Topics:</i></p> <ul style="list-style-type: none"> • Stencil Printing • Element of Shape <ol style="list-style-type: none"> 1. Positive Shape 	<ul style="list-style-type: none"> • Show appreciation for the first stencil prints created on cave walls • Distinguish the positive shape from the negative shape in making stencil prints 	<ul style="list-style-type: none"> • Describing how the first stencil prints began • Identifying the positive shape and negative shape of a stencil • Cutting out simple shapes for stencil prints 	<ul style="list-style-type: none"> • Appreciation for the first creative stencil prints on cave walls • Respect for each other when making stencil prints • Extra care when cutting

<p>2. Negative Shape</p>	<ul style="list-style-type: none"> • Cut out simple shapes for stencil prints • Create stencil prints using different materials or objects 	<ul style="list-style-type: none"> • Making old objects look more exciting and refreshing with stencil prints • Creating prints by rubbing the sponge with paint on the stencil 	<p>out stencils with a pair of scissors</p> <ul style="list-style-type: none"> • Self-determination and imagination when creating stencil prints
<p>UNIT 4 REALISTIC REPRESENTATION THROUGH SCULPTURE</p>			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Paper Sculpture <i>Topics:</i></p> <ul style="list-style-type: none"> • Three-Dimensional Paper Sculpture <ol style="list-style-type: none"> 1. Origami 2. Different Types of Paper 3. Techniques in Creating Paper Sculpture 	<ul style="list-style-type: none"> • Distinguish two-dimensional objects from three-dimensional objects • Create paper sculpture by folding, tearing or cutting, and pasting pieces of paper • Enhance one’s creativity in making simple and decorative sculptures 	<ul style="list-style-type: none"> • Recalling the basic steps of origami or Japanese art of paper folding • Creating decorative paper sculpture by folding, rolling, twisting, tearing, or cutting, and then pasting the pieces of paper • Creating an animal mask with painted and detailed facial features on a paper plate • Making mobile paper sculpture with simple origami sailboats 	<ul style="list-style-type: none"> • Resourcefulness in creating paper sculptures from old magazines, unused paper plates, or used wrapping papers • Inventiveness to create three-dimensional objects like paper mobile and animal mask • Confidence and patience in using one’s creativity in making simple and decorative paper sculptures
<p>Lesson 2 Clay Sculpture <i>Topics:</i></p> <ul style="list-style-type: none"> • Types of Clay <ol style="list-style-type: none"> 1. Oil-based Clay 2. Water-based Clay • Ways to create Clay Sculpture <ol style="list-style-type: none"> 1. Coil-method 2. Molding and Shaping the Desired Object 	<ul style="list-style-type: none"> • Describe the types of clay used for sculptures • Play with clay to create simple sculpture • Create impressive clay sculpture using coil method, molding, and pressing the desired shapes • Enhance one’s imaginative and creative abilities in making clay sculptures 	<ul style="list-style-type: none"> • Distinguishing oil-based clay from water-based clay materials • Sharing fun experiences playing with modeling clay • Creating animal sculptures by rolling, pressing, and shaping the modeling clay • Using the coil method to create a simple decorative clay pot 	<ul style="list-style-type: none"> • Creativity in making decorative clay sculptures • Patience in shaping the forms of sea animals with the use of clay • Focus on creating the details of animals, fruits, vegetables and other objects

		<ul style="list-style-type: none"> Rolling and molding the shapes of fruits, vegetables, or dishes 	<ul style="list-style-type: none"> Appreciation for the beauty of simple clay sculptures
<p>Lesson 3 Recycled Sculptures <i>Topics:</i></p> <ul style="list-style-type: none"> Importance of Recyclable Materials New Ideas on Recycled Sculpture 	<ul style="list-style-type: none"> Discover the importance of recyclable materials in creating sculpture Create decorative and simple but useful recycled sculptures Reuse toilet paper tubes, plastic bottles, and other recyclable materials to create something new and nice sculptures 	<ul style="list-style-type: none"> Identifying useful recyclable materials Making new objects out of old or used materials Reusing recycled materials to create simple sculptures Creating animal and flower vase sculptures from used plastic bottles Painting and adding details to recycled sculpture to look more attractive and colorful 	<ul style="list-style-type: none"> Simplicity and thrift in creating sculptures from thrown-away objects Creativity in using one's imagination in making useful sculpture with recycled materials Patience in recycling old materials to create new sculptures

Physical Education

UNIT 1 BODY MANAGEMENT AND MOVEMENT			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Parts of the Body <i>Topics:</i></p> <ul style="list-style-type: none"> Name of Each Body Part Function of Each Body Part 	<ul style="list-style-type: none"> Identify the different body parts Describe the different body parts Realize that each body part has its own use Write a prayer of thanks to the Almighty for His gift of beautiful bodies 	<ul style="list-style-type: none"> Singing the song "My Toes, My Knees" Identifying and describing the human body parts and the function of each part Writing a prayer of thanks to the Almighty for His gift of beautiful bodies 	<ul style="list-style-type: none"> Appreciation of the importance of body parts Taking good care of the body

<p>Lesson 2 Simple Body Movements <i>Topic:</i> Different Body Movements</p>	<ul style="list-style-type: none"> • Identify the different body parts that move • Identify narrow, wide, and round forms of body movements • Balance using one, two, three, four five body parts • Understand how each body part moves • Identify the movements that the different body parts can do • Form shapes through movements of the body parts • Perform the movements that each body part can do 	<ul style="list-style-type: none"> • Identifying some body movements that can be done • Identifying forms or shapes the body movements done • Moving with balance • Performing simple body movements/actions • Forming and creating body shapes by doing simple body movements • Forming different body shapes by group 	<ul style="list-style-type: none"> • Awareness of how one's body parts move
<p>Lesson 3 Nonlocomotor Movements <i>Topics:</i></p> <ul style="list-style-type: none"> • Different Nonlocomotor Movements • Head Exercises • Shoulder Exercises • Trunk Exercises • Knee Bending • Knee Rotation • Heel Raise 	<ul style="list-style-type: none"> • Identify the different movements each body part can do • Understand how each movement can be performed • Perform the movements each body part can do • Express one's ideas and opinions when doing a group work • Demonstrate cooperation and sharing when performing group tasks 	<ul style="list-style-type: none"> • Identifying and naming the different nonlocomotor movements • Creating shapes by using nonlocomotor movements • Performing nonlocomotor movements with the different parts of the body • Assessing one's performance using the evaluation sheet 	<ul style="list-style-type: none"> • Appreciation of the importance of nonlocomotor movements in carrying out everyday activities/tasks • Creativity in turning an ordinary movement into something that one would enjoy doing • Importance of performing nonlocomotor movements to make one's body flexible • Appreciation of nonlocomotor movements to warm up the body

<p>Lesson 4 Mimetics <i>Topics:</i></p> <ul style="list-style-type: none"> • Imitating Movement of Animals • Imitating Movement of Machines 	<ul style="list-style-type: none"> • Imitate the movements of animals and machines • Discuss how the movements are performed to be able to imitate the movements of animals and machines • Identify the body part that moves while one imitates the movements of animals and machines • Perform the movements correctly and properly • Perform the movements with coordination, balance, and flexibility • Become aware of the importance of animals and machines in life and in the environment 	<ul style="list-style-type: none"> • Imitating accurately movements of animals and machines • Discussing the different movements of animals and machines • Demonstrating the different movements of animals and machines • Performing dance/exercise in imitating the movements of animals and machines 	<ul style="list-style-type: none"> • Appreciation and realization of the beauty and importance of the Almighty’s creation • Stewardship of the creations of the Almighty • Concern and care for animals • Importance of animals and machines in life and in the environment
UNIT 2 PHYSICAL EXERCISES			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Space Awareness <i>Topics:</i></p> <ul style="list-style-type: none"> • Self-space or Personal Space • General Apace • Direction • Pathways • Levels of Movement 	<ul style="list-style-type: none"> • Identify the different space, directions, pathways, and levels of movement • Understand how to move in different spaces • Perform movements accurately involving locations, space direction, levels, and pathways • Describe movements in location, direction, level, pathways, and space 	<ul style="list-style-type: none"> • Describing movements in a location, direction, level, pathway, and space • Moving in: <ul style="list-style-type: none"> ▪ personal and general space ▪ forward, backward, and sideward directions ▪ high, middle, and low levels ▪ straight, curve, and zigzag pathways ▪ diagonal and horizontal place 	<ul style="list-style-type: none"> • Performing movements accurately involving locations, directions, levels, pathways, and space • Demonstrating cooperation in performing tasks

<p>Lesson 2 Locomotor Movements <i>Topic:</i> Different Locomotor Movements</p>	<ul style="list-style-type: none"> • Identify and explore the different movements that allow one to move from one place to another • Understand how each movement can be performed • Perform different movements well • Assume responsibility for one's safety and that of others 	<ul style="list-style-type: none"> • Identifying/Naming the different locomotor movements • Describing the proper position in doing the locomotor movements • Performing locomotor movements • Doing locomotor movements by group 	<ul style="list-style-type: none"> • Importance of locomotor movements in everyday activities
<p>Lesson 3 Simple exercises <i>Topics:</i></p> <ul style="list-style-type: none"> • Simple Exercises <ol style="list-style-type: none"> 1. Marking Time/Marching in Place 2. Head Bending 3. Head Twisting 4. Shoulder Raise 5. Trunk Bending with Arms Combination 6. Touch Step 7. Cross-Step with Arms Combination 8. Walking with Arms Combination 	<ul style="list-style-type: none"> • Name simple exercises • Perform simple exercises correctly • Observe and discuss how the different body parts move while one does simple exercises • Identify the body part that moves while one does simple exercises • Explain the importance of exercise to the body 	<ul style="list-style-type: none"> • Singing "Mag-exercise Tayo" while moving the different parts of the body • Naming simple exercises • Performing simple exercises while singing and counting • Performing simple exercises to the rhythm of the music • Performing simple exercises using locomotor and nonlocomotor movements • Performing simple exercises by line, group, and as a class 	<ul style="list-style-type: none"> • Being active when doing everyday activities • Importance of simple exercises in helping keep the body strong and healthy

UNIT 3 SIMPLE DANCE ACTIVITIES			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Basic Positions in Dancing <i>Topics:</i></p> <ul style="list-style-type: none"> • Basic Arm Positions in Folk Dancing • Other Arm Positions in Dancing 	<ul style="list-style-type: none"> • Identify the basic hand and arm positions in folk dancing • Perform the basic hand and arm positions in folk dancing • Be critical of one's performance and discover one's dancing skill deficiencies and strive to improve 	<ul style="list-style-type: none"> • Performing the basic and other arm positions in folk dancing while counting and to the rhythm of the music • Differentiating modern dance from folk dance • Showing the correct way of doing each basic arm position • Dancing to the rhythm of the music 	<ul style="list-style-type: none"> • Love for one's country • through performing folk dances • Cooperation with other dancers while performing a dance formation • Enjoyment while doing performances
<p>Lesson 2 Common dance Formations <i>Topic:</i> Four Common Dance Formations</p>	<ul style="list-style-type: none"> • Identify the different dance formations • Perform common dance formations with ease • Carry out movements in a common dance formation while singing • Show concern and assume sharing of responsibilities to accomplish things 	<ul style="list-style-type: none"> • Naming/Identifying the different dance formations • Performing dances and movements in different dance formations • Demonstrating the four common dance formations • Doing each dance formation by group • Performing movements in different dance formations while counting and singing • Performing to the rhythm of the music 	<ul style="list-style-type: none"> • Sharing responsibilities in accomplishing a given task • Patience in doing dance steps over and over • Perseverance in doing dance steps • Importance of dance steps in dance performances
<p>Lesson 3 Basic dance Steps <i>Topics:</i></p> <ul style="list-style-type: none"> • Basic Dance Steps <ol style="list-style-type: none"> 1. Touch Step 2. Point Step 3. Close Step 4. Hop Step 	<ul style="list-style-type: none"> • Perform some basic dance steps in dancing • Master the dance steps • Describe how each dance step is performed 	<ul style="list-style-type: none"> • Naming/Identifying the different dance steps • Performing dance steps with mastery • Executing dance steps well and properly • Describing the basic dance 	<ul style="list-style-type: none"> • Giving full attention to the tasks at hand • Appreciate the importance of dance steps in dance • Enjoyment in executing the dance steps

<ul style="list-style-type: none"> 5. Swing Step 6. Slide Step 7. Brush Step 8. Bleking Step 9. Change Step 		<p>steps</p> <ul style="list-style-type: none"> • Performing dance steps while counting and singing • Performing dance steps to the rhythm of the music • Executing the dance steps properly 	
UNIT 4 GAMES AND SPORTS			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Simple Games <i>Topics:</i></p> <ul style="list-style-type: none"> • Simple Games • Singing Games 	<ul style="list-style-type: none"> • Move fast when playing simple games • Play simple games properly • Describe how games are played • Demonstrate how to improve locomotor skills and manipulate movements while playing • Play fairly 	<ul style="list-style-type: none"> • Identifying simple games that can be played in school and elsewhere • Discussing the importance of playing • Playing the “Hoops Game,” “Cat and Rat Game,” and the “Little Sunny Water Game” 	<ul style="list-style-type: none"> • Enthusiasm in playing games • Active participation in playing games • Enjoyment in playing games • Being fair when playing games • Importance of working as a team and getting along with others • Graciousness in defeat and humility in victory • Cooperation with team members
<p>Lesson 2 Races and Relays <i>Topics:</i></p> <ul style="list-style-type: none"> • Races • Simple relays <ul style="list-style-type: none"> 1. Running Relay 2. Ball Pass Relay 3. Shoe Scramble Relay 	<ul style="list-style-type: none"> • Move fast when running, walking, hopping, jumping, and skipping • Describe how relays and races are played • Follow directions and rules of games • Demonstrate unity, oneness, and cooperation in executing the relays 	<ul style="list-style-type: none"> • Identifying and describing relays and races • Differentiating relays from races • Doing simple races and relays • Performing running relay, ball pass relay, and shoe scramble relay by group • Playing games using implements or apparatus 	<ul style="list-style-type: none"> • Unity and cooperation when doing an activity as a group • Enthusiasm and enjoyment in playing relays and races • Graciousness in defeat and humility in victory • Being fair at all times

<p>Lesson 3 Ball Handling</p> <p><i>Topics:</i></p> <ul style="list-style-type: none"> • Kinds of Balls • Throwing • Catching • Dribbling 	<ul style="list-style-type: none"> • Catch, throw, and dribble the ball properly • Catch, throw, and dribble the ball coming from different directions • Describe how to catch, throw, and dribble the ball 	<ul style="list-style-type: none"> • Identifying and describing different kinds of ball • Identifying which ball game each kind of ball is used • Demonstrating the proper way of throwing, catching, and dribbling the ball • Executing each manipulative skill accurately • Catching and throwing a ball coming from and in different directions and distances • Demonstrating dribbling skills at different levels and while moving forward and back 	<ul style="list-style-type: none"> • Self-confidence when performing an activity • Excitement and enjoyment while doing the skills in ball handling • Satisfaction over one's achievement • Responsibility for one's safety and that of others
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Health

UNIT 1 HEALTHFUL FOOD FOR A HEALTHFUL YOU

Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Sources of Food <i>Topic:</i> Plant and Animal Sources of Food</p>	<ul style="list-style-type: none"> • Understand food • Differentiate plant and animal sources of food • Know the plant sources of food <ul style="list-style-type: none"> ▪ vegetables ▪ fruits ▪ grain and grain products • Know the animal sources of food <ul style="list-style-type: none"> ▪ meat ▪ seafood ▪ dairy products 	<ul style="list-style-type: none"> • Discussing favorite food and where food comes from • Generalizing and differentiating food sources: plants and animals • Identifying and giving examples of plant-based food sources <ul style="list-style-type: none"> ▪ vegetables ▪ fruits ▪ grain and grain products • Identifying and giving examples of animal-based food sources <ul style="list-style-type: none"> ▪ meat ▪ seafood ▪ dairy products 	<ul style="list-style-type: none"> • Enjoying food from different sources: plants and animals
<p>Lesson 2 Kinds of Food <i>Topics:</i></p> <ul style="list-style-type: none"> • Healthful Foods • Less Healthful Foods 	<ul style="list-style-type: none"> • Understand the nutrients in food • Understand the types of food according to nutrients and their function: • go foods and their sources • grow foods and their sources • glow foods and their sources 	<ul style="list-style-type: none"> • Discussing nutrients in food • Identifying the types of food according to nutrients and their function: <ul style="list-style-type: none"> ▪ go foods and their sources ▪ grow foods and their sources ▪ glow foods and their sources 	<ul style="list-style-type: none"> • Appreciating nutritious food for good health.

<p>Lesson 3 Healthy Eating Habits <i>Topics:</i></p> <ul style="list-style-type: none"> • Good Eating Habits • Foods to Avoid 	<ul style="list-style-type: none"> • Connect the different types of foods to healthy eating habits • Understand healthy eating habits such as: <ul style="list-style-type: none"> ▪ eating regularly for daily energy ▪ drinking 8–10 glasses of water daily to replace fluid loss & eliminates waste ▪ eating fruits and vegetables to fight off sickness ▪ avoiding soft drinks and junk food because of too much sugar and salt ▪ washing hands before and after meals or after using the toilet to avoid diseases • Distinguish a healthy and unhealthy snack, meal, or drink 	<ul style="list-style-type: none"> • Reviewing the different foods according to nutrients • Discussing healthy eating habits and their rationale: <ul style="list-style-type: none"> ▪ eating regularly for daily energy ▪ drinking 8–10 glasses of water daily to replace fluid loss & eliminates waste ▪ eating fruits and vegetables to fight off sickness ▪ avoiding soft drinks and junk food because of too much sugar and salt ▪ washing hands before and after meals or after using the toilet to avoid diseases • Preparing two types of food: healthy and unhealthy snacks, meals, or drinks. 	<ul style="list-style-type: none"> • Develop healthy eating habits • Make healthy choices in food and drink
UNIT 2 HEALTHY HABITS TO KEEP YOU WELL			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Habits of Cleanliness <i>Topics:</i></p> <ul style="list-style-type: none"> • Proper Bathing • Proper Washing of Hands • Proper Washing of Feet • Wearing Clean Clothing 	<ul style="list-style-type: none"> • Understand how habits of cleanliness helps one maintain good health • Practice the healthy habit of proper bathing, proper washing of the hands and feet, and wearing clean clothing 	<ul style="list-style-type: none"> • Discussing the importance and ways of keeping clean to become strong and healthy • Demonstrating how to bathe, wash hands and feet properly, and wear clean clothing 	<ul style="list-style-type: none"> • Care for oneself and building the habit of cleanliness

<p>Lesson 2 Habits on Rest, Sleep, and Physical Activity</p> <p><i>Topics:</i></p> <ul style="list-style-type: none"> • The Benefits of Rest and Sleep • The Benefits of Physical Activity 	<ul style="list-style-type: none"> • Understand the importance of balanced and varied activities • Know the health benefits of rest and sleep and physical activity 	<ul style="list-style-type: none"> • Discussing how balancing rest and sleep with physical activity leads to health • Understanding the benefits and practicing a balance between rest and sleep with physical activity 	<ul style="list-style-type: none"> • Enjoyment of a healthy life by balancing rest and sleep, with physical activity.
UNIT 3 PROPER CARE FOR YOUR SENSE ORGANS, MOUTH, AND HAIR			
Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Caring for your Eyes, Ears, and Nose</p> <p><i>Topics:</i></p> <ul style="list-style-type: none"> • The Sense Organs • Proper Care for the Eyes • Proper Care of the Ears • Proper Care of the Nose 	<ul style="list-style-type: none"> • Identify the five senses • Understand the proper care of the sense organs: <ul style="list-style-type: none"> ▪ the eyes ▪ the ears ▪ the nose 	<ul style="list-style-type: none"> • Discussing the five senses • Demonstrating the proper care of the sense organs: <ul style="list-style-type: none"> ▪ the eyes ▪ the ears ▪ the nose 	<ul style="list-style-type: none"> • Importance of caring for the five senses
<p>Lesson 2 Caring for Your Hair, Mouth, and Skin</p> <p><i>Topics:</i></p> <ul style="list-style-type: none"> • Proper Care of the Mouth and Teeth • Proper Care for Skin and Hair • Scabies and Pediculosis 	<ul style="list-style-type: none"> • Understand the importance of caring for the mouth, skin, and hair • Practice proper care of the eyes, ears, nose, mouth and teeth, and skin and hair 	<ul style="list-style-type: none"> • Discussing the importance of the mouth, skin, and hair • Illustrating and presenting how to care for the eyes, ears, nose, mouth and teeth, and skin and hair 	<ul style="list-style-type: none"> • Sense of responsibility for caring for one's senses and body

UNIT 4 SAFETY ALL THE TIME

Lesson and Topics	Objectives	Learning Activities	Values
<p>Lesson 1 Keeping Yourself Safe from Accidents <i>Topics:</i></p> <ul style="list-style-type: none"> • Safety Rules to Follow • Treating Small Wounds • Asking for Help 	<ul style="list-style-type: none"> • Identify accidents and injury at home and in school. • Awareness and practice of safety rules to follow: <ul style="list-style-type: none"> ▪ at home ▪ outside the home ▪ while on the road ▪ while on a vehicle • Practice the treatment of small wounds 	<ul style="list-style-type: none"> • Citing stories of accidents and injury at school or at home • Rationalizing and discussing safety rules: <ul style="list-style-type: none"> ▪ at home ▪ outside the home ▪ while on the road ▪ while on a vehicle • Simulating the treatment of small wounds 	<ul style="list-style-type: none"> • Keep oneself safe and protected from harm
<p>Lesson 2 Protecting Yourself from Harm <i>Topics:</i></p> <ul style="list-style-type: none"> • Safety from Animals • Safety from Bullying • Safety from Improper Touching 	<ul style="list-style-type: none"> • Identify harmful scenarios. • Understand how to protect ourselves from <ul style="list-style-type: none"> ▪ bullying ▪ stray or strange animals. ▪ being touched in a bad way by another person • Apply the concept of how to protect oneself in different scenarios 	<ul style="list-style-type: none"> • Storytelling about harmful scenarios • Discussing how to protect the self from bullying, stray or strange animals, being touched in a bad way by another person • Illustrating with a drawing or picture and explaining how to keep safe and protect oneself at home, outside, on the road, or on a vehicle by treating small wounds and by asking for help 	<ul style="list-style-type: none"> • Being safe • Protect oneself from harm and danger