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| Description: DEPED-NEW_e78wysqt **GRADES 1 to 12** **DAILY LESSON LOG** | **School:** |  | **Grade Level:** | **VI** |
| **Teacher:** | **File created by Ma’am MONA LIZZA S. BARCELO** | **Learning Area:** | **MAPEH** |
| **Teaching Dates and Time:** | **MARCH 9 – 13, 2020 (WEEK 8)** | **Quarter:** | **4TH QUARTER** |

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 1. OBJECTIVES
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| 1. Content Standard
 | Demonstrates understanding of participation and assessment of physical activity and physical fitness | Demonstrates understanding of participation and assessment of physical activity and physical fitness | Demonstrates understanding of participation and assessment of physical activity and physical fitness | Demonstrates understanding of participation and assessment of physical activity and physical fitness | Weekly Test |
| 1. Performance

 Standard | Participates and assesses performance in physical activities | Participates and assesses performance in physical activities | Participates and assesses performance in physical activities | Participates and assesses performance in physical activities |  |
| 1. Learning

 Competencies (write the LC Code) | Describes the skills involve in the dancePE6RD-IVb-2 | Observes safety precautionPE6RD-IV-h-3 | Executes the different skills involved in the dancePE6RD-IVb-h-4 | Recognizes the value of participation in physical activitiesPE6PF-IVb-h-19 |  |
| II. CONTENT |  |  |  |  |  |
| III. LEARNING RESOURCES |  |
| 1. References
 | 21st Century Mapeh in Action | 21st Century Mapeh in Action | 21st Century Mapeh in Action | 21st Century Mapeh in Action |  |
| 1. TG/CG pages
 | pp. 37 | pp.37 | pp.37 | pp. 37 |  |
| 1. Learner’s Materials pages
 |  |  |  |  |  |
| 1. Textbook pages
 | pp. 228 | pp.242 |  |  |  |
| 1. Materials downloaded from LRMDS
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| 1. Other Learning Materials
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| IV. PROCEDURES |  |
| 1. Reviewing previous lesson and presenting new lesson
 |  | What are the skills involve in dancing? | What safety precautions should we do before dancing? | What are the skills involve in dancing? |  |
| 1. Establishing a purpose for the lesson
 | What is dancing? | What are the basic movements in hip hop? | What are the skills involved in dancing? | Is team work important in a project or performance? Why?  |  |
| 1. Presenting examples/instances of the lesson
 | Give examples of dances that you know.  | Basic movements in hip hop are:BreakingKrumpingSwayingStumpingTurningHoppingLockingPopping | Skills involve in dancing:1. Good posture confidence focus space dynamics
2. Mobility flexibility strength and balance
3. Good alignment relationship
4. Concentration or determination
5. Focus musically
6. Projection sense of style
 | Group activityForm 3 groupsThey will enumerate what are the things that will happened to you if you will not be active.  |  |
| 1. Discussing new concepts and practicing new skills #1
 | Groupings.Form 3 groups. They will enumerate folkdances that they k now. | Groupings.Form 3 groups. Each will perform 3 basic hip hop movements. | Discuss the skills involve in dancing. | Regular physical activity can help you from the following health problems:1. Heart disease and stroke
2. Diabetes
3. Obesity
4. Back pain
5. Osteoporosis
6. Self-esteem and stress management
7. disability
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| 1. Discussing new concepts and practicing new skills #2
 | What are the skills involve in dancing? | Simple warm up exercises before dancing hip hop.1. Walk forward and back
2. Four steps forward and four steps backward.
3. You can repeat it.
4. You can do it faster or slower.
 | Why is dancing a form of exercise? | Give ways that you can do to have a healthy life. Original File Submitted and Formatted by DepEd Club Member - visit depedclub.com for more |  |
| 1. Developing mastery (lead to formative assessment 3)
 | The skills involve in dancing are Coordination, Flexibility and Balance. | Why should we warm up first before dancing? | Why dancers are has a fitter body than those who are not? | What is physical fitness? |  |
| 1. Finding practical application of concepts and skills in daily living
 | What are the benefits that we get from dancing? |  |  |  |  |
| 1. Making generalization and abstractions about the lesson
 | What are the skills involve in dancing? |  | Enumerate the skills involve in dancing.  | What is the value of participation in physical activities? |  |
| 1. Evaluating learning
 | Give the skills involve in dancing.  | Give some safety precautions in dancing. | What are the skills involve in dancing.  | Which is not a benefit of being active write a check?1. Fit body
2. Diabetes
3. High blood pressure
4. Low self esteem
5. Stroke
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| 1. Additional activities for application or remediation
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| V. REMARKS |  |
| VI. REFLECTION |  |
| 1. No. of learners who earned 80% in the evaluation
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| 1. No. of learners who acquired additional activities for remediation who scored below 80%
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| 1. Did the remedial lessons work? No. of learners who have caught up with the lesson.
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| 1. No. of learners who continue to require remediation.
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| 1. Which of my teaching strategies worked well? Why did these work?
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| 1. What difficulties did I encountered which my principal can help me solve?
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| 1. What innovation or localized materials did I used/discover which I wish to share with other teachers?
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