

PE and Health Curriculum Guide — Checklist

- PE and Health = one of two MAPEH components, Grades 4-10 (official guide, August 2023).
- Goal: students combine health knowledge + physical skills to manage personal, family, community, and societal wellness.
- MAPEH grade each quarter = average of Music and Arts grade + PE and Health grade. PE and Health is HALF of MAPEH.
- Grades 4-6: fundamental and complex movement skills, coordination, teamwork, health awareness.
- Grade 4 Q1: target games + personal health, hygiene (handwashing, oral care), health appraisal (BMI, vision, hearing, dental).
- Grade 4 Q4: rhythmic activities and dances + consumer rights and responsibilities, health facts, fitness fads.
- Grades 7-10: complex sports, dance, fitness + mental health, healthy sexuality, STI prevention, gender issues, safety.
- Big Ideas: good health habits are an investment in life; life skills for whole wellness; lifelong activity; confident movement in play, games, exercise, sports, dance.
- Time: MAPEH 45 min x 5 = 225 min/week (DO 010); flexible options 50/55/60 min x 4, minimum 200 min/week (DO 012).
- Assessment: formative (self/peer assessment, performance tasks) + summative (quizzes, skills demonstrations) — show, not just memorize.
- Home habits: 60 minutes daily active play, proper hygiene, honest health talk.

Source: matatagcurriculum.com — PE and Health Curriculum Guide