LEARNING AS ONE NATION

Expanded Project

HOPE3_SemPlan

SHS LEARNING ACTIVITY

Name: _____ **Score/Mark:** _____

Grade and Section: _____ **Date:** _____

Strand: ☐ STEM ☐ ABM ☐ HUMSS ☐ ICT (*TVL Track*)

Subject: ***Health-Optimizing Physical Education (HOPE) - 3***

Type of Activity: ☐ Concept Notes ☐ Skills: Exercise/Drill ☐ Illustration ☐ Performance Task ☐ Essay/Report ☑ Others: *Semestral Plan*

Activity Title: **Semestral Plan for HOPE 3**

Learning Target: To outline the topics to be taken up in HOPE 3 for the first Semester

References: *(Author, Title, Pages)*

1) DepEd Most Essential Learning Competencies;
2) J. A. Galagala, CVIF Learning Activities

Subject Description:

This course on dance includes rhythmical movement patterns, the promotion and appreciation of Philippine folk dance, indigenous and traditional dances as well as other dance forms.

TOPIC	ACTIVITY TITLE
Health-Optimizing P.E. (H.O.P.E.) 3 ***Dance***	LAS 1: Introduction to HOPE 3
	LAS 2: Health-related Fitness (HRF) Assessments
	LAS 3: Physiological Indicator: Heart Rate
	LAS 4: FITT Goals
	LAS 5: Dance
	LAS 6: Dance Forms
	LAS 7: Five Basic Ballet Positions
	LAS 8: Traditional Dance: Philippine Folk Dance
	LAS 9: Modern and Contemporary Dance
	LAS 10: Ballroom
	LAS 11: Cheer Dance
	LAS 12: Hip-hop/street Dance
	LAS 13: Festival dance

Subject Instructor: Mr. Joven A. Galagala, RN, LPT