

3
Grade



(GCED)
**Global
Citizenship
Education**
Lesson Exemplar
**PHYSICAL
EDUCATION**

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Learning Area: Physical Education

Grade Level: 3

Quarter: 1st

GCED Domain/s: Cognitive, Socio-Emotional, Behavioral

GCED Indicator/s:

D1.1.e Evaluate appropriate actions, consequences, and implications
D2.1.e Commit to assume responsibility, mutual assistance, cooperation,
and collaboration in various contexts in the world D3.1.c Act habitually based re-
spect and empathy

GCED Theme and Topic:

T4.2 Inclusivity and Equitable Development
T4.4 Health Issues Affecting interaction and connectedness of communities at
local national, and global levels

Enhanced Content Standard/s:

The learner demonstrates understanding awareness of body parts in preparation
for active participation in enjoyable physical activities that promote fitness,
self-care, and respect.

Enhanced Performance Standard/s:

The learner performs with coordination enjoyable movements on body
awareness for personal fitness and health.

Time Allotment:

40 minutes



TABLE OF CONTENTS

Lesson Title

Lesson Introduction

Lesson Objectives (What I Need to Know/ Alamin) 4

Pretest (What I Know / Subukin) 5

Lesson Proper

Discussion (What is It / Talakayin) 6-7

Enrichment Activities (What's More / Pagyamanin) 7-8

Generalization (What I Have Learned/ Isaisip) 8

Reflection (Why is it meaningful and relevant / Isapuso) 9

Application (What I Can Do / Isagawa) 10

Assessment / Tayahin 11

Answer Key / Susi sa Pagwawasto 12

References / Sanggunian 13

“CREATING BODY SHAPES AND ACTIONS”



LESSON INTRODUCTION

Do you enjoy creating shapes and actions using your body? Jumping, running, and rolling are just few of the actions you can do to create various shapes with your body. What are other actions and shapes you can create using your body? Read on and found out.

Early in the morning, Jun always stretches his arms and legs as soon as he wakes up. He also rolls and crawls on his bed. When he looks at the window, he sees butterflies in the garden and birds flying in the sky. Jun tries to imitate birds by extending his arms sideward like a bird. As he steps -out of the house, he walks and looks around the backyard and picks some fruits and vegetables. How about you? What actions do you do when you wake up in the morning?

The different parts of the body allow us to do specific actions even if we are standing, moving around, and even lying down. We must move our body parts properly to do things that makes us active. Let us see some body shapes and actions we can practice to have an enjoyable playtime with our family and friends.

LESSON OBJECTIVES

(WHAT I NEED TO KNOW / ALAMIN)

At the end of this lesson, the students will be able to:

- Identify and describe body parts that create shapes.
- Collaboratively demonstrate the body shape in form and in action.
- Exhibit shapes and actions individually, with a partner, and in a group.

PRETEST

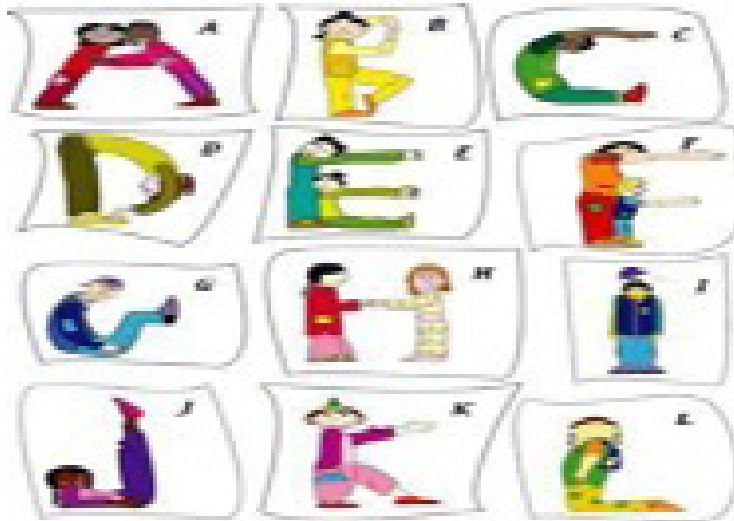
(WHAT I NEED TO KNOW / SUBUKIN)

Instruction: Choose the best answer based on the story.

1. Jun imitate how the birds fly in the sky spread their wings. What shape must he does with his arms?
A. Stretch wide
B. Curl inward
C. Push straight
D. Stay twisted
2. Jun always stretches his arms and legs in opposite direction as he woke up. He is doing a _____ shape.
A. Straight
B. Wide
C. Curl or round
D. Twisted
3. The boy picks some flowers in the garden for his mother. He needs to _____ his body shape to get the flowers from the ground.
A. Wide
B. Curl or round
C. Straight
D. Twisted
4. In the garden, there are some narrow ways going to the fruit bearing trees. He needs to carefully to avoid accident.
A. Walk
B. Hop
C. Jump
D. Run
5. Jun wants to get fruits from the tall trees, so he _____ high to get those.
A. Jumps
B. Walks
C. Hops
D. Runs





LESSON PROPER

DISCUSSION (WHAT IS IT / TALAKAYIN)






1. Can the body create shapes?
2. What shapes can you see in each of the pictures?
3. Can you demonstrate some shapes using body movements based on the picture?

What are the different body shapes? Our body can create different shapes. As the body moves, a particular shape can be created. Let us look of the movements and shapes below and practice organizer.

<p>Straight</p>	 <p><small>School vector created by felicitities - www.freepik.com</small></p>	<p>Standing straight, feet together, arms on the side, and extending the whole-body parts vertically are to be considered in doing it.</p>
<p>Curled or Round</p>	 <p><small>Kids vector created by macrovector - www.freepik.com</small></p>	<p>Create an arch that is rounded or bended</p>
<p>Wide</p>	 <p><small>Kids vector created by macrovector - www.freepik.com</small></p>	<p>Placing your both arms sideward and feet string away from each other to cover more space.</p>
<p>Twisted</p>	 <p><small>Kids vector created by macrovector - www.freepik.com</small></p>	<p>It can be created by turning the upper body to either side without moving the lower body.</p>

What are the different body actions?

Locomotor and non-locomotor movements can be observed in our daily physical activities, but people may not be aware of them. This happens when the body is transferring from one location to another or when it does movements while staying in place. Here are some examples of locomotor and non-locomotor movements.

Walking – This movement is done by transferring the weight from one foot to the other.	
Running – It is like walking, transfer the weight from one foot to the other in a fast manner.	
Standing – It requires the body to rest in an upright position.	

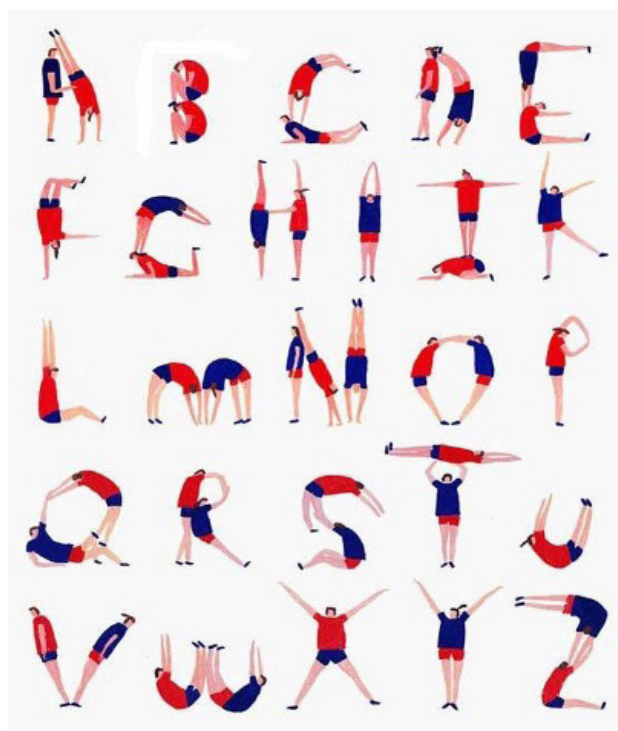
LESSON PROPER

ENRICHMENT ACTIVITIES (WHATS MORE / PAGYAMANIN)

Activity 1. Move to show the Letter

Instruction:

1. Ask students to find a partner.
2. Assign a letter to each member of the pair.
3. The whole class shall sing the alphabet song. As the class sings, each student will execute the movement to show the letter assigned to him/her.



Activity 2. Follow the leader

Instructions:

1. Randomly divide the class into four groups.
2. Ask students to fall in line accordingly.
3. The teacher will execute first the body action based on the discussion before giving a command or signal for the representative of each group to do a specific action.
4. Students take turns at demonstrating the actions. The student in front of the line will be the one who will execute it first.



Walking



Running



Standing

[Kids vector created by brgfx - www.freepik.com](https://www.freepik.com/vectors/kids)

LESSON PROPER

GENERALIZATION (WHAT I HAVE LEARNED / ISAISIP)

1. I know how to move my body to create shapes and action through...

2. I can execute the body shapes and actions for....

LESSON PROPER

REFLECTION (WHY IS IT MEANINGFUL AND RELEVANT/ISAPUSO)

Activity 3. “Make the Picture Move”

“What are the important uses of body shapes and actions in our everyday physical activities?”



shorturl.at/apHP2

Reflection Question

Now that I am aware of body shapes and actions, I will keep on practicing because...

LESSON PROPER

APPLICATION (WHAT CAN I DO / ISAGAWA)

Project 1. Me and My Body Shapes

Instructions:

1. Take a photo of yourself executing the different body shapes with the help of someone in the house (parents or guardian, siblings, and friends). For those who have no camera, you can draw the different body shapes.
2. Make a collage of the pictures.
3. Place it in a long bond paper with your name and section.
4. Upload your work to the link provided. You may also submit the hard copy if there is no available gadget and pass it in class.

Project 2. Let's move

Instructions:

1. Take a video of yourself executing the different body shapes and actions with family members. Ask the help of someone in the house (parents or guardian, siblings, and friends) in recording your performance.
2. Kindly follow the figures below:
 - Figure 1- Run in place for 8 counts.
 - Figure 2- Stand straight for 4 counts then execute wide body shape for 4 counts.
 - Figure 3- Walk forward for 4 counts then repeat moving backward.
 - Figure 4- Body twist to the right side for 2 counts then to the left side for 2 counts and do a curl or round body position for 2 counts and 2 counts recover (Standing position). Repeat figures 1 to 4 (4 times).
3. Choose dancing music according to your taste while performing.
4. Upload your work to the link provided or perform it individually in the class.

ASSESSMENT

TAYAHIN

- Which body shape is needed to finish the rolling obstacle?
A. Curl or round
B. Straight
C. Twisted
D. Wide
- I need to pass the ball left and right, _____ shape will help me to pass the ball easier and faster.
A. Curl or round
B. Straight
C. Twisted
D. Wide
- Every morning, my dog and I _____ along the street and in our backyard for some exercise.
A. Hop
B. Stand
C. Run
D. Walk
- My family used to _____ along the seashore to feel the breeze of the sea and appreciate the sunrise.
A. Run
B. Walk
C. Hop
D. Jump
- _____ is the action that I will do to cross over the elevated platform in the obstacle.
A. Walking
B. Crawling
C. Running
D. Jumping

ANSWER KEY

SUSI SA PAGWAWASTO

Pretest	Assessment
1. A.	1. A.
2. A.	2. C.
3. B.	3. C.
4. A.	4. B.
5. A.	5. D.

REFERENCES

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