

SPELL YOUR NAME EXERCISE



Health-Related
Fitness

Skill-Related
Fitness

LEARNING COMPETENCIES

- ✓ Assesses regularly participation in physical activities based on Philippines Physical Activity Pyramid (PE5PF-Ib-h-18)
- ✓ Explains the indicators for fitness (PE5PF-Ia-17)
- ✓ Recognizes the value of participation in physical activities (PE5PF-Ib-h19)

MECHANICS

- Choose a first name to use for the exercise
- Assign the specific exercises for each letter of your name
- Indicate the exercise repetitions

DIFFERENTIATION



Increase EFFORT level
(number of repetitions)



Adjust MOVEMENT CONCEPTS
(speed, levels, body parts) in the specific
exercise

MATERIALS



"Spell Your Name"
Poster



ASSESSMENT

[CLICK HERE](#)



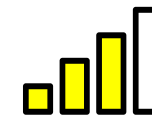
NEEDS
IMPROVEMENT

Performs less than 50% of
the assigned movement
exercises for the letters
of his name



DEVELOPING

Performs 50% of the assigned
movement exercises for the
letters of his name



APPROACHING
PROFICIENCY

Performs more than 50% of
the assigned movement
exercises for the letters of
his name



PROFICIENT

Performs all the assigned
movement exercises for
the letters of his name