OCS Physical Education Department
Units Covered:

- Basic games
  - Tag
  - Locomotor Movements
  - Non Locomotor Movements
- Manipulative Skills through sports/games
  - Soccer
  - Basketball
  - Floor Hockey
  - Handball
  - Lacrosse
  - Volleyball
- Fitness/Wellness
  - Fitness Bootcamps
  - Nutritional Games/Facts
- Gymnastics
  - Balance/Flexibility/Rotation/Traveling Movements
- Rhythmic Movement
  - Tinikling (Ancient Philippines dance)