

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)