



CITY SCHOOLS DIVISION OF DASMARIÑAS

PHYSICAL EDUCATION

QUARTER 4



I

Week 1

What I need to know?

(Lesson 1: Active Recreation: Indoor Recreational Activities)

1. Discusses the nature and background of indoor and outdoor recreational activities; **(PE9GS-Iva6)**
2. Participates in active recreation; **(PE9GS-IVb-h-7)**
3. Advocates community efforts to increase participation in physical activities and improve nutrition practices; and **(PE9PF-IVb-h-43)**
4. Practices environmental ethics (e.g Leave No Trace) during participation in recreational activities of the community. **(PE9PF-IVb-h-44)**

INTRODUCTION

This module was designed and written with you in mind. It is here to help you master the lessons in indoor recreational activities. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

Now that you are in grade 9, you are experiencing physical changes. You have been exposed to different undertakings that somehow affected your health and lifestyle thereby affecting your weight as a teenager.

This module will help you choose physical activities from both indoor and outdoor that will surely bring fun, fitness, and fundamentals. The activities are enjoyable and offer satisfaction to enhance the quality of your life. So, get off your feet and jump off to the world of active recreation!



What is new?

Learning Task 1: WHERE AM I?

DIRECTION: Identify the following pictures shown below by writing “Indoor” if it is an indoor recreational activity, write “Outdoor” if it is an outdoor recreational activity or write “Both” if it is both indoor and outdoor recreational activity. Write your answer on your answer sheet.

RECREATIONAL ACTIVITY	CLASSIFICATION
1.  Source: https://www.pinterest.ph/pin/321163017177688807/	
2.  Source: https://www.rei.com/learn/expert-advice/climb-hills.html	
3.  Source: https://www.britannica.com/sports/volleyball	
4.  Source: https://www.paralympic.org/news/sport-week-history-table-tennis	
5.  Source: https://sports.inquirer.net/389936/no-olympic-qualifying-events-left-for-badminton-players	
6.  Source: https://www.sportbusiness.com/press-release/fitness-rhythm-with-zumba/	
7.  Source: https://warrioroutdoors.com/family-camping-guide/	
8.  Source: https://www.healthline.com/health/fitness/hiking-training-strength	
9.  Source: https://en.wikipedia.org/wiki/Futsal	
10.  Source: https://www.vpn@che.com/watch?v=aNCuZ3e1zQk	

D What is it?

INDOOR RECREATIONAL ACTIVITIES

Indoor activities are also a part of the recreation program. The word literally tells us that indoor recreation activities are undertaken on the comfort of one's home or more specifically indoor and they are to recreate the mind and soul.

For such indoor recreation activities, there are well-established clubs or recreation centers that have well-equipped indoor leisure facilities, which cater for sports activities for all ages and abilities, but it can be done just at home for simple activities.

Indoor Recreation provides an ideal opportunity to explore and develop a full range of abilities. We develop most of our physical, social, creative, intellectual and spiritual perspectives at an early age – carefully planned and balanced recreation for children delivers the potential of our citizens – through play, culture and the arts, leisure learning, sport and travel.



BADMINTON

Badminton is believed to have originated from the game **“poona”** that was played by English Army officers stationed in India during the 17th century. It was later brought to England in 1870's when the Duke of Beaufort held a lawn party in his country place, Badminton. It was only in 1992 Barcelona Olympics

when the game became an Olympic sport with singles and doubles events. Games are held inside the gym to avoid the effect of air in the flight of the shuttle. Players need a racket and a shuttle cock to enjoy the game in a court.

The game requires the skills in service, strokes in hitting the shuttle such as smash, drop, lob or clear and net shots, and power of the leg in footwork. The game is played by either singles, doubles, or mixed doubles. A game is won when a player/s reach a score of 21 points. In case of a deuce (20-all), one must gain a two-point advantage over the other. But in case of a 29-all score, the first to reach 30 will win the set. A match is won by winning two out of three sets.



VOLLEYBALL

The beginning of volleyball can be traced from the ingenuity of William J. Morgan in 1895 at Holyoke Massachusetts. Initially, the game was called **“mintonette”** but in its first exhibition game demonstration, Alfred Halstead suggested the name “Volleyball” due to the volleying characteristic of the game.

In 1910, the game was brought to the Philippines by Elwood S Brown. The Filipinos are credited in the changes of the game with the addition of the skill called “spike or kill”. In 1964, volleyball had its first summer Olympics exposure as a medal sport.

Volleyball is a team sports with six players in each side of the court with a 9x18 meters dimension. The object of the game is to send the ball over the net and avoid it from grounding into your own court. A ball, net and a court are needed to play the game. Scoring follows a rally point system. A game is won in a two out of three sets. A set is won by reaching a score of 25. In case of a deuce, a team should have a two-point advantage over the other. Players need skills like service, volleying, setting, spiking, and blocking to enjoy much of the game and gain its fitness benefits.

BENEFITS OF SPORTS

Badminton and volleyball are good recreation activities that involve the **physical dimension**. It enhances the metabolism of the body which in turn is a factor in losing weight. While playing badminton, the constant racket swings in receiving birdies, leg stretches in saving net and drop shots, and power jumps for smashing burns more calories. Volleyball on the other hand strengthens the upper body, arms and should as well as the lower extremities when you serve, pass, set, spike and block when in play. You can burn an approximately 7% of body fats in badminton, while burns 585 calories in a 45 minute game. Participation in both badminton and volleyball helps you to manage your weight appropriate for your age and height. However, religious indulgence in the two games can lead you to attaining your desired weight by losing extra fat deposits. This can be achieved better when combined with proper diet.

Aside from the physical dimension, the games also have claims on affecting the different dimensions of health of a person. When players control their feelings during games, the **emotional dimension** is involved. Since a sport is fun, the emotional wellbeing is improved. Playing with strategies and tactics involves the **intellectual dimension**. Thinking of ways on where to direct the shuttle and the ball gives you an advantage of winning and enjoying the game. The **social dimension** is seen when players build good relationships. Trusting your teammate builds camaraderie and teamwork.



DANCING

Dance is another indoor alternative recreation for those who enjoy the beat of rhythm and movement. It is a fantastic and fun form of exercise that gradually raises heart rate. That is why dance is a very good cardio work out. Regular participation in dance activities tightens and tones muscle groups and burns

more calories.

ZUMBA FITNESS DANCE

Zumba dance is an alternative indoor recreational activity with fitness benefit claims. It was accidentally discovered by Alberto “Beto” Perez, a celebrity fitness trainor of Colombia in the mid 90’s. The birth of zumba came about during one his aerobics class, when he realized that he had forgotten his aerobics music. Quickly, he grabbed whatever tape he has in his backpack. It so happened that his tapes are those of latin music such as merengue and salsa. With his improvisation skill, he was able to create an on-the –spot aerobics class using the non-traditional music. That is the birth of the dance fitness craze Zumba!

- It improves cardiovascular health –The combination of cardio intervals brought about by the fast and slow rhythms makes this dance a great cardio interval work-out. The fast and upbeat moves of Zumba improve the delivery of blood which carries oxygen to the different parts of the body through the veins, arteries and heart.
- It helps in losing weight – cardio interval effect of zumba maximize burns more calories. Joining zumba workout for an hour burns approximately 600 calories.
- Stress Reliever – It is believed that zumba dancing releases more altering endorphins that melts away worries away.
- Improved mood – It releases feel good hormones called “endorphin” that improves self- esteem, self- confidence, and self -image.
- It tones the abdominals – the dance moves work on firmer core abdominal muscles.

E

What is more?

Learning Task 2: ARRANGE ME!

DIRECTION: Identify the following words by arranging the jumbled letters below each statement. Write your answer on your answer sheet.

1. It is held inside the gym to avoid the effect of air in the flight of the shuttle.

T A O M D I N B N
2. A team sports with six players in each side of the court with a 9x18 meters dimension.

L V B Y L E A L O L
3. Indoor alternative recreation for those who enjoy the beat of rhythm and movement.

N A C N I D G
4. It was accidentally discovered by Alberto “Beto” Perez, a celebrity fitness trainor of Colombia in the mid 90’s.

M B U Z A C D E N A
5. It provides an ideal opportunity to explore and develop a full range of abilities.

R D N O I O A T E N R C I R O R

Learning Task 2: *POSTER MAKING!*

DIRECTION: In a bond paper or any available materials, make a poster that shows the benefits of an indoor recreational activities. Put a title and a brief explanation of your work and be guided by the following criteria.

Criteria	Points
Creativity	5 pts
Effort/Perseverance	5 pts
Relevance to the theme	5 pts
Craftmanship	5 pts
Originality	5 pts



What I have learned?

Learning Task 3: *COMPLETE ME!*

DIRECTION: Complete the statement below. Write your answer on your answer sheet.

- 1. In this lesson, I learned that...
- 2. In this lesson, I discovered that...
- 3. I will apply what I learned from this lesson by...



CITY SCHOOLS DIVISION OF DASMARIÑAS

HEALTH

QUARTER 4



Lesson Title: Differences of Unintentional Injury to Intentional Injury

Week: 1

I

What I need to know?

In this lesson, you will learn and discover the Enter Short Description of the Lesson Here. through a series of activities.

At the end of this lesson, you are expected to;

- Differentiates intentional injuries from unintentional injuries. (H9IS-IVa-d-31)

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What is new?

The difference between unintentional and intentional injuries is that unintentional happens by accident and intentional happens on purpose. Days are unintentional means that you do it by accident or being unaware of the harm your facing. Any chance you don't means that you know the harm and what you were doing and still choose to do it. On the other hand intentional injuries are injuries resulting from violence. It can be divided into two: self-inflicted, where a person harms himself/herself on purpose and assault, when person/ persons harm another on purpose

Suicide and parasuicide are intentional injuries that are-self, while assault has four classifications: (1) those

that were committed within the family; (2) those who were committed by peers; (3) those that were committed by other groups; and (4) those that were committed by family, peers or other groups. Within the family, domestic violence may happen. Domestic violence happens when one or more members of the family harm's or abuses another family member. Peers in school or in the community may commit bullying, stalking, and extortion. Other groups may commit gang and youth violence, illegal fraternity-related violence, kidnapping and abduction, and different acts of terror. Sexual victimization and other forms of abuse and harassment may be committed by the family, peers or other people. This includes verbal abuse, incest molestation or rape.

Learning Task 1

Cross Word Puzzle

Do the crossword puzzle. Clues are provided bellow. Write your answer on a piece of paper.

2.	1. <u>An</u> <u>initi</u> <u>atio</u> <u>n</u> <u>rite</u> <u>for</u> <u>frat</u> <u>erni</u> <u>ty</u> <u>neo</u> <u>phy</u> <u>tes</u> 4
3.	
	5
6	

8.	7

seelyre latter dispro- persp n1	1
14.	
15.	

[illegible]

	13.
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What is it?

Intentional injuries are injuries that occur with purposeful intent and include homicide, suicide, domestic violence, sexual assault and rape, bias related violence and firearms. Unintentional injuries are injuries that occur without purposeful intent, and are a leading cause of death and disability.

Unintentional Injuries:

Unintentional injuries can be defined as, “the harmful acts, which occur without any intention to harm the individual affected.” Unintentional injuries are a subset of all the major injuries that are categorized as “external cause injuries.” Unintentional injuries can be defined as certain events where:

- The injury occurs in a fraction of seconds or in a very short period of time all of a sudden.
- The harmful outcomes of the unintentional injury are not planned or intentional.
- The outcome of the injury was because of the normal body functions or one of the forms of physical energy in the environment being blocked by external factors, such as drowning.

Maybe at home or maybe at any other place outside; unintentional injuries like accidents, falls etc. can be sometimes life threatening. The most common unintentional injuries occur due to motor vehicle crashes, fires, falls, poisoning, drowning and aspirations. Most of the childhood injuries, which can be categorized in to the unintentional injuries can be prevented by following some simple steps. We will know about the preventive measures of unintentional injuries in our following array.

Intentional Injuries

Intentional injuries are a preventable health problem. These injuries are not random or uncontrollable events. Rather, they are predictable and preventable incidences with identifiable causes. Intentional injuries are planned actions or something you do with the purpose of hurting yourself or others. Homicide and suicide are two of the most common intentional injuries.

Unintentional Injury vs Intentional Injury

Injuries can be categorized primarily into two groups; i.e. Intentional injuries and Unintentional injuries. The major difference between the unintentional injury and intentional injury is that the former one is unplanned/unintentional; and the latter one is pre-planned and with full intention of harming oneself or other individuals.

Motor vehicle crashes, accidental firearm discharges, sudden drowning, unintentional poisonings etc. are some of the unintentional injuries one might face on a day-to-day basis. However, intentionally pushing someone down the stairs or terrace, attempting suicide, etc. are categorized as intentional injuries.

E

What is more?

Learning Task 2

News Bulletin

Read the news headlines below then classify them as to whether they refer to intentional or unintentional injuries. Write your answers in the table form on a piece of paper. A sample table is provided below.

Estudyante Nagpakamatay Matapos Ma Bully

BINATILYO PATAY MATAPOS TAMAAN NG KIDLAT

Sekyu nasagasaan dahil sa sobrang kalasingan

Bata Nalunod sa Baha

Riot ng mga Gang nauwi sa madugong WAKAS

KARAMBOLA NG MGA SASAKYAN PITO ANG NASUGATAN

TENNAGER KIDNAPPED AND SLAIN

SUNOG sa Cavite mula sa Napabayaang Kandila

GIRL, 7 KIDNAPED IN QC

NEOPHITE Patay sa Hazing

<u>INTENTIONAL</u>	<u>UNINTENTIONAL</u>

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Guide Questions

- 1. Explain how you classified each news headlines
- 2. How did you distinguish between intentional and intentional injuries, let's focus on unintentional injuries



What I have learned?

Learning Task 3: WHAT HAVE I LEARNED?

MY INSIGHTS ABOUT THE UNINTENTIONAL AND INTENTIONAL INJURIES

Directions: Complete the reflection charts.

I Have learned that

have realized that

will use the knowledge to

