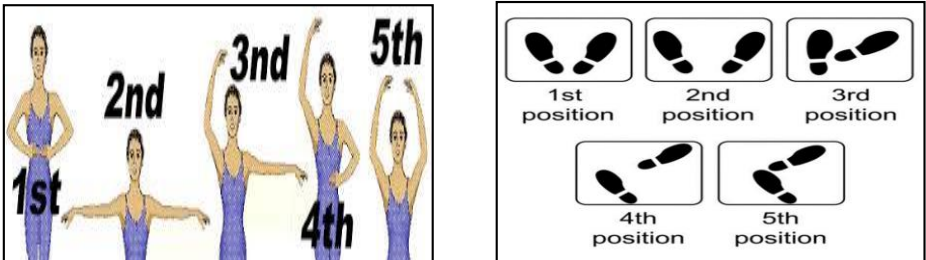


W5-6	Learning Area	PHYSICAL EDUCATION	Grade Level	7
	Quarter	Third	Date	

I. LESSON TITLE	Exercise Program
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)	<ol style="list-style-type: none"> Undertakes physical activity and physical fitness assessments. PE7PF-IIa-h23 Review goals based on the assessments result.PE7PF-IIIa-34 Describes the nature and background of the dance. PE7PF-III d-1 Execute the skills involve in the dance.
III. CONTENT/CORE CONTENT	Folk Dance

IV. LEARNING PHASES	Suggested Time Frame	Learning Activities
A. Introduction <i>Panimula</i>	Day 1	<p>Folk Dance – refers to the dances created and performed collectively by the ordinary people. It is defined as a traditional dance of a given group of people. It may also be divided into regional and national. Regional – refers to dance particular to one locale or area. National – refers to these performed all over the country.</p> <p>Forms of Philippine Folk Dances:</p> <ol style="list-style-type: none"> Rural Dance – best known and close to the Filipino heart, these dances are from the rural Christian lowlands; it also illustrates the fiesta spirit and demonstrate a love of life. Ex. Bakya-Salakot, Sayaw sa Bangko, Bulaklakan Spanish Influence Dance – the coming of the Spaniards in the 16th century brought a new influence in Philippine life. They are named in honor of the legendary Maria Clara. Ex. Pandango, Lanceros, Rigodon, Cariñosa, Curacha Mindanao Dance – Mindanao and Sulu were never conquered by Spain. The dances in Muslim however predated the Muslim influence. Singkil was introduced after the 14th century; it was based on the epic legend of Darangan of the Maranao. Ex. Singkil, Pangalay, Sagayan, Maglangka, Kappa Malong Cordillera Dances – these are the dances of mountain tribe in Northern Luzon, such as those of the Kalinga and Ifugao people. "Cordillera" a name given by the Spanish Conquistadors when they first saw the mountain rangers. Ex. Banga, Bendayan, Manmanok, Turayen, Uyaoy/ Uyaay Ethnic/Tribal Dances – the cultural minorities that live in the hills and mountains throughout the Philippine Archipelago considered dances as a basic part of their lives. Rinampo and Talbeng are examples of these dances. Ex. Binanog, Inagong, Tinambol, Binaylan, Pinagkabula, Talupak

IV. LEARNING PHASES	Suggested Time Frame	Learning Activities
		<p>Fundamentals of the Arms and Feet</p>  <p>CARIÑOSA</p> <p>This flirtation dance is known throughout the Philippines. Cariñosa means affectionate, lovable or amiable. With a fan and a handkerchief, the dancers go through hide-and-seek movements and other flirting acts expressing tender feelings for one another. There are many versions of this dance but the hide-and-seek movements are common in all. The dance was originated in the Panay Islands on the Visayan Islands and it was introduced by the Spaniards during their colonization of the Philippines. Cariñosa is a Philippine dance of Hispanic origin from the Maria Clara suite of Philippine folk dancers, where the fan or hankkerchief plays an instrumental role as it places the couple in romance scenario. It is related to some of the Spanish dances like the bolero and the Mexican dance Jarabe Tapatio or the Mexican Hat Dance.</p> <p>COSTUME. Girl wears balintawak style costume or patadyong and camisa and Boy barong tagalog and any color of trousers. Girl has a fan hanging at the right side of waist and Boy has a handkerchief in his pocket.</p> <p>MUSIC is composed of two parts: A and B. COUNT on, two, three to a measure.</p> <p>These are some of the basic steps used in Cariñosa:</p> <ol style="list-style-type: none"> BLEKING STEP - Step R. in place (ct. 1), Heel Place L in front (ct. 2) TOUCH STEP - Step R sideward (ct. 1), Point L in Front of R (ct. 2) WALTZ STEP Step R sideward (ct. 1), Close Step L to R (ct. 2), Step R in place (ct. 3) CLOSE STEP - Step R sideward (ct. 1), Close Step L to R (ct. 2) CROSS STEP - (Step R across L (ct. 1), Step L sideward L (ct. 2)
<p>B. Development Pagpapaunlad</p>	<p>Day 2</p>	<p>ACTIVITY 1 : True or False</p> <p>Directions: Write TRUE if the statement is correct and FALSE if not. Write your answer on the space provided before each number.</p> <ol style="list-style-type: none"> ____ 1. Rural dance is best known and close to the Filipino heart, these dances are from the rural Christian lowlands. ____ 2. Cordillera Dances are the dances of mountain tribe in Northern Luzon, such as those of the Kalinga and Ifugao people. ____ 3. Ethnic/Tribal Dances are the cultural minorities that live in the hills and mountains throughout the Philippine Archipelago considered dances as a basic part of their lives. ____ 4. The dances in Muslim however predated the Christian influence ____ 5. Spanish influence dance are coming from the Spaniards in the 16th century brought a new influence in the life of the Filipino. ____ 6. Cariñosa is a courtship dance that portrays acts of flirtation between a man and a woman. ____ 7. The dancers of Cariñosa perform steps resembling hide-and-seek movements. ____ 8. Cariñosa dance can only be performed by a single pair only and not by group.

IV. LEARNING PHASES	Suggested Time Frame	Learning Activities																												
		<p>____9. Cariñosa is a popular dance introduced by the Spanish Colonizers.</p> <p>____10. . The instruments or props usually used in dancing the Cariñosa are fan and handkerchief.</p>																												
C. Engagement Pakikipagpalihan	Day 3	<p>ACTIVITY 3: Let's Classify the Dance</p> <p>Directions: Classify the examples of dance below. Write your answer on the appropriate column.</p> <div><div>Binanog Turayen</div><div>Talupak Bakya</div><div>Banga Bulaklakan</div><div>Singkil Pangalay</div></div> <table><tr><th>Rural Dance</th><th>Ethnic Dance</th><th>Mindanao Dance</th><th>Cordillera Dance</th></tr><tr><td></td><td></td><td></td><td></td></tr></table> <p>ACTIVITY 4: Let's Do It</p> <p>Directions:</p> <ol style="list-style-type: none">Get your pulse rate and jot down the result. Perform a simple Warm –Up exercise. After doing so, get your pulse rate again and jot it down.Practice the proper way of doing the fundamental positions of the arms and feet.When mastered, take a video of yourself as you do the activity.Submit the video to your teacher.You will be graded based on the rubrics below. <p>Rubrics</p> <table><tr><th></th><th>5- Outstanding</th><th>4-Very Satisfactory</th><th>3-Satisfactory</th><th>2-Needs Improvements</th></tr><tr><td>Mastery</td><td>Mastered all the fundamental positions of the arms and feet.</td><td>Mastered most of the fundamental positions. of the arms and feet.</td><td>Mastered some of the fundamental positions of the arms and feet..</td><td>Displays low level of mastery of the fundamental positions of the arms and feet..</td></tr><tr><td>Execution</td><td>The whole of the dance was executed properly.</td><td>Most part of the dance was executed properly.</td><td>Some part of the dance was executed properly.</td><td>Executed the dance steps improperly.</td></tr><tr><td>Overall Impact</td><td>The whole performance has an impressive Impact</td><td>Most part of the performance has an impressive Impact</td><td>Some part of the performance has an impressive Impact.</td><td>The performance does not show an impressive impact.</td></tr></table> <p>Guide Questions</p>	Rural Dance	Ethnic Dance	Mindanao Dance	Cordillera Dance						5- Outstanding	4-Very Satisfactory	3-Satisfactory	2-Needs Improvements	Mastery	Mastered all the fundamental positions of the arms and feet.	Mastered most of the fundamental positions. of the arms and feet.	Mastered some of the fundamental positions of the arms and feet..	Displays low level of mastery of the fundamental positions of the arms and feet..	Execution	The whole of the dance was executed properly.	Most part of the dance was executed properly.	Some part of the dance was executed properly.	Executed the dance steps improperly.	Overall Impact	The whole performance has an impressive Impact	Most part of the performance has an impressive Impact	Some part of the performance has an impressive Impact.	The performance does not show an impressive impact.
Rural Dance	Ethnic Dance	Mindanao Dance	Cordillera Dance																											
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IV. LEARNING PHASES	Suggested Time Frame	Learning Activities				
		1. What did you feel while doing the warm-up exercise? _____				
		2. Is your pulse rate in normal condition before and after doing the exercise? Explain your answer. _____.				
		3. Is it important to do warm-up exercise before doing physical activity? Why? _____				
		4. What should be observed while performing the fundamental dance steps? _____				
D. Assimilation Paglalapat	Day 4	ACTIVITY 5: Let's Dance				
		Directions:				
		1. Study the basic steps used in the dance Carinosa.				
		2. As you learned it, perform each basic step in 8 repetitions. Take a video of yourself as you do the activity.				
		3. Submit your video to your teacher.				
		4. This rubric will be the basis in assessing your output.				
			4 - Outstanding	3 – Very Satisfactory	2 - Satisfactory	1 – Needs Improvement
Mastery		All the basic steps were done with mastery	3-4 basic steps were done with mastery	1-2 basic steps were done with mastery.	The performance shows no mastery.	
Execution		All the basic steps were executed properly	3-4 basic steps were executed properly	1-2 basic steps were executed properly.	The dance steps were executed improperly.	
Performance Impact		The whole of the performance has a great impact.	Most part of the performance has a good impact.	Some part of the performance has a good impact.	The performance shows no impact.	
V. ASSESSMENT (Learning Activity Sheets for Enrichment, Remediation or Assessment to be given on Weeks 3 and 6)		Directions: Answer the following questions briefly.				
		1. How do the dance activities help you achieve the desired level of fitness? _____ _____				
		2. Would you consider folk dancing a lifetime activity? Why? _____ _____				
VI. REFLECTION		<ul style="list-style-type: none">The learners communicate the explanation of their personal assessment as indicated in the Learner's Assessment Card.The learners will write their personal insights about the lesson in their notebook using the prompts below: I understand that _____ I realize that _____ I need to learn more about _____.				

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