

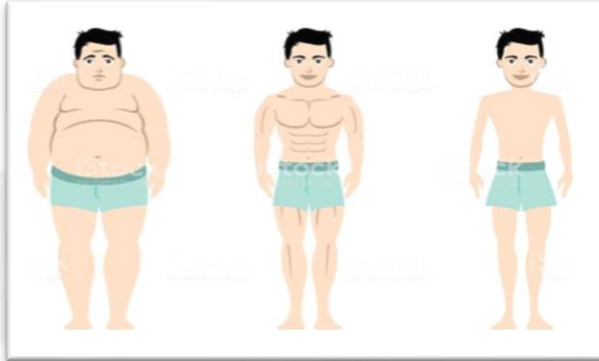
W5	Learning Area	PHYSICAL EDUCATION	Grade Level	7
	Quarter	4 <sup>th</sup>	Date	
I. LESSON TITLE		Exercise Program		
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)		1. Undertakes physical activity and physical fitness assessments <b>(PE7PF-IVa-h-23)</b> 2. Review goals based on assessment results <b>(PE7PF-IVa-34)</b> 3. Describes the nature and background of the dance <b>(PE7RD-IVc-1)</b>		
III. CONTENT/CORE CONTENT		Physical Fitness		
IV. LEARNING PHASES AND LEARNING ACTIVITIES				
I. Introduction (Time Frame: ( <u>Day 1</u> )				
Physical Fitness				
Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Physical strength is the measure of a human's exertion of force on physical objects. Increasing physical strength is the goal of strength training. Weakness is a lack of physical or muscle strength and the feeling that extra effort is required to move your arms, legs, or other muscles.				
Formula to get you Body Mass Index (BMI)				
<div>BMI = <math>\frac{\text{Weight (in kilogram)}}{\text{Height (in meter)}^2}</math></div> <div>BMI = <math>\frac{35\text{kg}}{(1.2)(1.2)\text{m}^2}</math></div> <div>BMI = <math>\frac{35\text{kg}}{1.44\text{m}^2}</math></div> <div>BMI = 24.30/Normal</div>				
Classification				
<div>Below 18.5 - Underweight</div> <div>18.6 - Normal</div> <div>25 – 29.9 - Overweight</div> <div>30.0 – above - Obese</div>				
Festival				
A festival is an event ordinarily celebrated by a community and centering on some characteristic aspect of that community and its religion or cultures. It is often marked as a local or national holiday. Festival dances are cultural dances performed to the strong beats of percussion instruments by a community of people sharing the same culture usually done in honor of a Patron saint or as a thanksgiving for a bountiful harvest. Festival dances may be religious or secular in nature.				
The majority of festivals in the Philippines, locally known as "fiestas", may have their own <i>peryas</i> (trade fairs with temporary amusement parks). The origin of most early fiestas are rooted in Christianity, dating back to the Spanish colonial period when the many communities (such as barrios and towns) of the predominantly Catholic Philippines almost always had a patron saint assigned to each of them. Originally encouraged by the Spanish to coincide with Christian holy days, early patronal festivals became vital instruments in spreading Christianity throughout the country.				
Festivals in the Philippines can be religious, cultural, or both. Several of these are held to honor the local Roman Catholic patron saint, to commemorate local history and culture, to promote the community's products, or to celebrate a bountiful harvest. They can be marked by Holy Masses, processions, parades, theatrical play and reenactments, religious or cultural rituals, trade fairs, exhibits, concerts, pageants and various games and contests. However, festivals in the country are not limited to Christian origins. Many festivals also focus on Islamic or indigenous concepts. There are more than 42,000 known major and minor festivals in the Philippines, the majority of which are in the barangay (village) level. Due to the thousands of town, city, provincial, national, and village fiestas in the country, the Philippines has traditionally been known as the <i>Capital of the World's Festivities</i> .				

## IV. LEARNING PHASES AND LEARNING ACTIVITIES

D. Development (Time Frame: Day 2.)

### ACTIVITY 1: Physically Fit

Directions: Analyze the picture below then answer the questions that follow.



1. What can you say about the picture above?

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2. Based on the picture above, which one described your body appearance? Why?

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3. How can you tell if a person is physically fit or not?

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### ACTIVITY 2 : Let's Find It

Directions: In this activity you must find a partner (it may be your siblings, parents or whoever who are with you at home) that will help you in performing the activity. Get your height and weight, compute your BMI, and identify your body classification based from the result. Write your answer below.

1. Formula

**BMI** = \_\_\_\_\_

2. Given

**W** = \_\_\_\_\_

**H** = \_\_\_\_\_

3. Solution

**BMI** = \_\_\_\_\_

4. Classification

= \_\_\_\_\_

### Guide Questions

1. What did you observe while getting your height and weight?

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2. Are you satisfied with the result of you BMI? Why?

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3. Do you think this activity is helpful to you? Why?

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### IV. LEARNING PHASES AND LEARNING ACTIVITIES

#### ACTIVITY 3: I can do this

Directions: Complete the table below. On the first column you're going to write all the physical activities that you can do well and on the second column write the different activities that you think you can't perform well.

MY STRENGTHS	MY WEAKNESSES

#### Guide Questions

1. How will you evaluate your physical strength and your physical weakness? Explain?

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2. Do you easily identify your strength? If yes why?

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3. During this quarantine period, what is the physical activity that helps you to be physically fit?

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#### E. Engagement (Time Frame: Day 3)

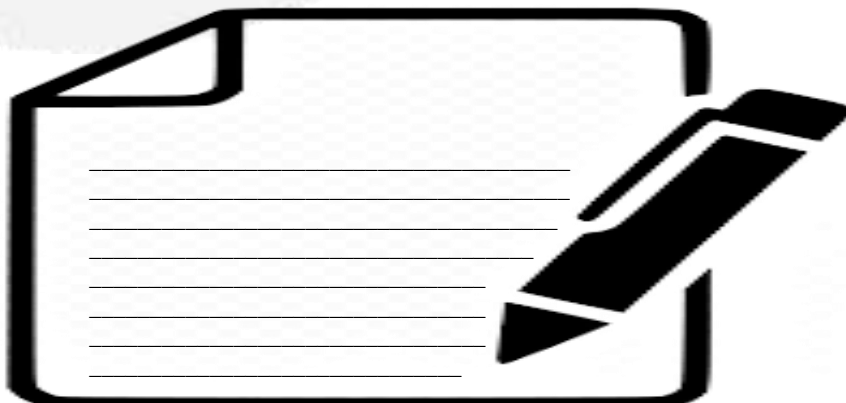
#### ACTIVITY 4: Let Me Express!

Directions: Write the words that best described the acronym "HEALTHY". Ex: H- health is wealth. Write your answer on the space provided.

H -	
E -	
A -	
L -	
T -	
H -	
Y -	

#### ACTIVITY 5 : Festival Vs. Pandemic

Directions: During this pandemic time, were social gatherings and other important events are not allowed how will you celebrate fiesta/special occasions in your community. Write your answer inside the journal below.




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### IV. LEARNING PHASES AND LEARNING ACTIVITIES

#### A. Assimilation (Time Frame: Day 4)

##### ACTIVITY 6: True or False

Directions: Write TRUE if the statement is correct and FALSE if not. Write your answer on the space provided before each number.

- \_\_\_\_\_ 1. Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.
- \_\_\_\_\_ 2. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.
- \_\_\_\_\_ 3. Increasing *physical strength* is the goal of strength training.
- \_\_\_\_\_ 4. Festival dances are cultural dances performed to the strong beats of percussion instruments by a community of people sharing the same culture.
- \_\_\_\_\_ 5. The origin of most early *fiestas* is rooted in Christianity.
- \_\_\_\_\_ 6. Festival dances may be religious or secular in nature.
- \_\_\_\_\_ 7. Many festivals also focus on Islamic or indigenous concepts.
- \_\_\_\_\_ 8. Philippines have traditionally been known as the *Center of the World's Festivities*.
- \_\_\_\_\_ 9. Festivals originally encouraged by the Spanish to coincide with Christian holy week.
- \_\_\_\_\_ 10. There are more than 43,000 known major and minor festivals in the Philippines.

#### V. ASSESSMENT (Time Frame: Day 4)

(Learning Activity Sheets for Enrichment, Remediation, or Assessment to be given on Weeks 3 and 6)

Directions: Answer the following questions briefly.

1. How will you differentiate your BMI during the pre-test and the post test?

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2. Why do we need to celebrate fiestas or festivals?

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#### VI. REFLECTION (Time Frame: Day 4)

- Communicate your personal assessment as indicated in the Learner's Assessment Card.

##### Personal Assessment on Learner's Level of Performance

Using the symbols below, choose one which best describes your experience in working on each given task. Draw it in the column for Level of Performance (LP). Be guided by the descriptions below:

☆ - I was able to do/perform the task without any difficulty. The task helped me in understanding the target content/lesson.

✓ - I was able to do/perform the task. It was quite challenging, but it still helped me in understanding the target content/lesson.

? - I was not able to do/perform the task. It was extremely difficult. I need additional enrichment activities to be able to do/perform this task.

Learning Task	LP	Learning Task	LP	Learning Task	LP	Learning Task	LP
Number 1		Number 3		Number 5		Number 7	
Number 2		Number 4		Number 6		Number 8	

#### VII. REFERENCES

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<b>W6</b>	<b>Learning Area</b>	PHYSICAL EDUCATION	<b>Grade Level</b>	7
	<b>Quarter</b>	4 <sup>th</sup>	<b>Date</b>	

<b>I. LESSON TITLE</b>	<b>Exercise Program</b>
<b>II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)</b>	1. Executes the skills involved in the dance <b>(PE7RD-IVd-h-4)</b>
<b>III. CONTENT/CORE CONTENT</b>	<b>Festival Dance</b>

#### IV. LEARNING PHASES AND LEARNING ACTIVITIES

I. Introduction (Time Frame: Day 1)

##### Nature of Festival Dances

##### 1. Cultural with religious influences

###### a. Ati – atihan Festival

(<https://youtu.be/0GddP5BdwFE>) - is a Philippine festival held annually in January in honor of the Santo Niño in several towns of the province of Aklan, Panay Island. The biggest celebration is held during the third Sunday of January in the town of Kalibo, the province's capital.



###### b. Moriones Festival

(<https://youtu.be/PvmXAZbTYkA>) - is a lenten festival held annually on Holy Week on the island of Marinduque, Philippines. The "Moriones" are men and women in costumes. Legend has it that Longinus pierced the side of the crucified Christ. The blood that spurted forth touched his blind eye and fully restored his sight. This miracle converted Longinus to Christianity.



###### c. Dinagyang Festival

([https://youtu.be/KsyS\\_7jtf\\_0](https://youtu.be/KsyS_7jtf_0)) - is a famous and religious and cultural festival in Iloilo City, Philippines held on the 4th Sunday of January, or right after the Sinulog in Cebu and the Ati-Atihan Festival in Kalibo, Aklan.



###### d. Pahiyas Festival

(<https://youtu.be/LaAJGpd3X74>) - originally known as the Feast of San Isidro, showcases houses decorated with colorful "kiping" accented with farm produce such as rice, fruits and vegetables.



## IV. LEARNING PHASES AND LEARNING ACTIVITIES

### 2. Indigenous influence/Non-Religious Festival

#### a. Lanzones Festival

(<https://youtu.be/HDUcgzYfjFM>) - is a hallmark event in the Philippines, and happens every October. With the abundance of arts, heritage, culture, food, natural wonders, and of course, its sweet lanzones, Camiguin should have been the Island to be at this time of the year.



#### b. Maskara Festival

(<https://youtu.be/9KBicqQ1gbQ>) - is an annual festival with highlights held every 4th Sunday of October in Bacolod, Philippines. The most recent festival was held from Oct 8–27, 2019. The festival sites include the Bacolod Public Plaza, the Lacson Tourism Strip and the Bacolod Government Center.



#### c. Ibalong Festival

(<https://youtu.be/Xah-lnyg688>) - is a non-religious festival in Legazpi City, Albay, Philippines based on the Ibalong Epic, and is held on August. The festival celebrates the epic story Ibalong who was accompanied by three legendary heroes, namely Baltog, Handyong, and Bantong.



#### d. Panagbenga Festival

(<https://youtu.be/calx0-ZGBcw>) – (Flower Festival) is a month-long annual flower occasion occurring in Baguio. The term is of Kankanaey origin, meaning "season of blooming". The festival, held in February, was created as a tribute to the city's flowers and as a way to rise up from the devastation of the 1990 Luzon earthquake.



### D. Development (Time Frame: Day 2 )

#### ACTIVITY 1: Picture Analysis

Directions: Analyze the pictures below then answer the questions that follow.

a.



1. From what places do you think the given dances originated?

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### IV. LEARNING PHASES AND LEARNING ACTIVITIES

2. Are you familiar with the following dances? If yes, how?

3. If you would look closely to the festival dances, how will you differentiate the two in terms of its nature?

#### ACTIVITY 2 : Table Completion

Directions: Complete the table below. Write your answer on the appropriate column.

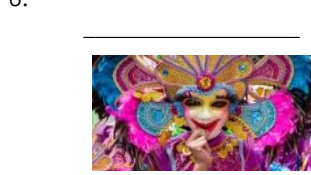
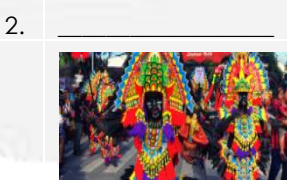
FESTIVALS	Month of Celebration	Place of Celebration	Nature and Background of Festival
Panagbenga			
Dinagyang			
Maskara			
Moriones			
Lanzones			
Ati-atihan			
Ibalong			

E. Engagement (Time Frame: Day 2 )

#### ACTIVITY 3 : Name It!

Directions: Name the picture of festivals shown below. Choose your answer inside the box. Write your answer on the space provided.

Lanzones Festival      Maskara Festival  
Ati-atihan Festival      Dinagyang Festival  
Panagbenga Festival      Pahiyas Festival

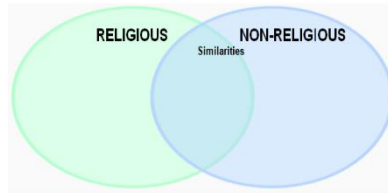


#### ACTIVITY 4 : Within and Without ( Day 3)

Directions: Enumerate the similarities and differences of religious and non – religious festival. Write your answer inside the circle.



### IV. LEARNING PHASES AND LEARNING ACTIVITIES



#### A. Assimilation (Time Frame: Day 3-4 )

##### ACTIVITY 5 : Step It Up

Directions: Create a short Ati - atihan festival dance. You can based your performance from this link: (<https://youtube/0GddP5BdwFE>). Upon mastery, take a video of yourself as you do the dance. You can use any available materials at home for your costume and props. Send the video to your teacher. The rubrics given will be used to assess your performance.

##### Rubrics

	5- Outstanding	4-Very Satisfactory	3-Satisfactory	2-Needs Improvements
Mastery	Displayed high level of mastery	Displays impressive level of mastery.	Displays medium level of mastery.	Displays low level of mastery.
Execution	Executed the steps with high level of proficiency	Executed the steps with a good proficiency.	Executed the steps with a little proficiency.	Executed the steps with low level of proficiency.
Choreography	Demonstrated excellent choreography.	Demonstrated very good choreography.	Demonstrated good choreography	Choreography was fairly. Demonstrated.
Overall Impact	The performance had an excellent impact.	The performance had a very good impact	The performance had a good impact	The performance had a very low impact.

#### V. ASSESSMENT (Time Frame: Day 4 )

(Learning Activity Sheets for Enrichment, Remediation, or Assessment to be given on Weeks 3 and 6)

Directions: Answer the following questions briefly.

1. What do you think are the reasons why we celebrate festivals? Explain

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2. As a student, how will you encourage Filipino youth to promote and preserve our Festivals?

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#### VI. REFLECTION (Time Frame: Day 4 )

- Communicate your personal assessment as indicated in the Learner's Assessment Card.

##### Personal Assessment on Learner's Level of Performance

Using the symbols below, choose one which best describes your experience in working on each given task. Draw it in the column for Level of Performance (LP). Be guided by the descriptions below:

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#### VII. REFERENCES

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