

I. LESSON TITLE	Active Recreation
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)	<ul style="list-style-type: none"> Assess physical activity, exercise and eating habits. (PE10PF-Ia-h-39) Engages in moderateto vigorous physical activities for at least 60 minutes a day in and out of school. (PEPF-IIIc-h-45)
III. CONTENT/CORE CONTENT	The Filipino Food Pyramid Guide

THE FILIPINO PYRAMID ACTIVITY GUIDE

Keep HEALTHY by keeping ACTIVE

RECOMMENDATION FOR TOTAL HEALTH
Enjoy Leisure & Recreational Activities, Aerobic, Strength and Flexibility Activities as often as you can

DO DAY TO DAY ACTIVITIES HABITUALLY AND REGULARLY FOR METABOLIC EFFICIENCY

10 minutes at a time
30 minutes a day at least
5 days a week

MINIMALLY
(a few times a month)

OFTEN
(2-3 times a week at least 30-45 minutes or longer)

REGULARLY
(3-5 times a week; at least 30-45 minutes or longer)

HABITUALLY
(as often as possible)

DAY-TO-DAY ACTIVITIES:

- Taking the stairs instead of the elevator
- Adding extra steps to your daily routine
- Taking stretch breaks at home or work
- Walking to the store, church, banks, or mailbox
- Doing household chores
- Running errands
- Parking your car farther away
- Gardening
- General movement

0.04 - 0.10 Kcal/min/Kg BW)

LEISURE ACTIVITIES:

- Go Mall-Strolling
- Play Golf
- Go Bowling

(0.4-0.05 Kcal/min/Kg BW)

EXERCISE FOR STRENGTH & FLEXIBILITY:

- Stretching
- Yoga
- Tai Chi
- Resistance training

(0.03-0.12 Kcal/min/Kg BW)

AEROBIC EXERCISE:

- Brisk walking
- Running / Jogging
- Bicycling
- Aerobic Dancing
- Swimming
- Aero and Kick Boxing

(0.05-0.23 Kcal/min/Kg BW)

RECREATIONAL ACTIVITIES:

- Ballroom Dancing
- Badminton, Basketball
- Softball
- Skating / Roller Blading
- Tennis
- Piko, Sipa, Patintero

(0.05-0.14 Kcal/min/Kg BW)

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IV. LEARNING PHASES	Suggested Timeframe	Learning Activities
		<p>It is important to note that for beginners, the amount of cumulative activity time is more important than the specific type and manner of activity. Aerobic exercises like jogging, brisk walking, swimming, aerobic dancing, and recreational activities like ballroom dancing, badminton, and tennis burn more calories per minute per body weight and are advised for those who want to lose more weight. To get the most benefit from the activity, it has to be done 3-5 times a week for at least 30-45 minutes. These activities will also improve your cardiovascular endurance.</p> <p>Leisure activities like bowling and playing golf burn approximately 0.04- 0.09 kcal/min/kg BW. Though these activities are enjoyable and are associated with energy expenditure, they are not recommended as part of our daily activities. This is because cardiovascular benefit is achieved only if we can sustain our heart rates at 60-75% of our target heart rate.</p> <p>Strengthening and flexibility exercises, on the other hand, are intended to improve bone and muscle strength and improve resilience of our connective tissue. Although you may do it every day, performing it 2-3 times per week may be enough to provide you with its maximum benefits.</p> <p>Activities that burn the least calories should be avoided. The top of the pyramid refers to activities that are frequently performed by most children and adults who are overweight. These activities are believed to be responsible for the progressive rise in obesity and diabetes in the country.</p> <p>Regular activity is no doubt beneficial to everyone. No one is too old to enjoy the benefits of regular physical activity. To maintain health, one would need to burn 700-1000 kcal per week. For a 60 kg female walking briskly for 30 minutes (150 kcal) 5 days a week will burn 900 kcal. To lose weight, one has to burn 2000-3000 kcal per week. A 75-kg male walking briskly for 45 minutes (338 kcal) 6 days a week will burn 2,028 kcal and is expected to lose 0.5 pound a week if he keeps his food intake within the recommended range. Being physically active can help you live a longer, healthier, happier life.</p> <p>Adding physical activity to your day can:</p> <ul style="list-style-type: none"> • help you reach and maintain a healthy weight by burning calories • lower your risk for chronic disease, such as coronary heart disease, stroke, type 2 diabetes, osteoporosis and colon cancer • help control blood pressure • lower your risk for a heart attack • help you feel good about yourself • reduce stress, anxiety and depression • improve your fitness level • increase muscle strength • reduce body fat • help build and maintain bones and joints • improve flexibility and posture • help prevent arthritis or relieve the pain from it • reduce the risk of falling among older adults <p>Regular activity is no doubt beneficial to everyone.</p> <p>The FILIPINO PYRAMID ACTIVITY GUIDE is intended to be a guide that should help everyone select activity that best fits his lifestyle and health needs. Just 30 minutes of the different activities over the course of a day is healthy and rewarding!</p> <p>Start getting your rewards, start your EXERCISE NOW!</p>

IV. LEARNING PHASES	Suggested Timeframe	Learning Activities																																				
B. Development Pagpapaunlad	Day 1	Learning Task 1: Physical Activity Assessment Directions: Put a tick (/) mark on how often you do the following activities.																																				
		<table><tr><th>Activities</th><th>Minimal (A few times a month)</th><th>Often (2-3 times a week at least 30-45 minutes or longer)</th><th>Regular (3-5 times a week at least 30-45 minutes or longer)</th><th>Habitual (Daily for at least 30-45 minutes or longer)</th><th>Never</th></tr><tr><td>1.Taking the stairs instead of the elevator</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>2.Doing household chores</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>3.Running/jogging</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>4.Go mall strolling</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>5. Sit or lie while watching TV</td><td></td><td></td><td></td><td></td><td></td></tr></table>	Activities	Minimal (A few times a month)	Often (2-3 times a week at least 30-45 minutes or longer)	Regular (3-5 times a week at least 30-45 minutes or longer)	Habitual (Daily for at least 30-45 minutes or longer)	Never	1.Taking the stairs instead of the elevator						2.Doing household chores						3.Running/jogging						4.Go mall strolling						5. Sit or lie while watching TV					
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		Learning Task 2: Pick Me up Direction: Identify the following. Choose the correct letter of your answer inside the box and write it on the space before each number.																																				
		<table><tr><td>a. Break dancing</td><td>b. Hip-hop culture</td><td>c. Hip-hop Dance</td></tr><tr><td>b. d. Krumping</td><td>e. Popping</td><td></td></tr></table>	a. Break dancing	b. Hip-hop culture	c. Hip-hop Dance	b. d. Krumping	e. Popping																															
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_____ 1. It is a hip hop dance style based on the technique of quickly contracting and relaxing muscles to cause a jerk in a dancer's body. _____																																						
_____ 2. A dance style which primarily performed to hip-hop music and have evolved as a part of hip-hop culture.																																						
_____ 3. What culture is created by Djing, rapping, breakdancing and graffiti art?																																						
_____ 4. Another term for B-boying.																																						
_____ 5. A dance style to release anger.																																						
Learning Task 3: Fill in the blanks. DIRECTIONS:Supply the appropriate word in each blank to complete the paragraph below. Choose your answer inside the box.																																						
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		The physical fitness pyramid is a guide to 1.)_____ your physical fitness. It recommends different types of 2.)_____ you should be doing in a week. To stay physically fit. The closer to the pyramid base, the more 3.)_____ the activity. It includes activities that are easy, convenient and 4.)_____ to everyone . Strengthening and flexibility exercise, on the other hand, are intended to improve bone and muscle strength. The top of the pyramid refers to the activities that are frequently performed by most children and adults who are 5.)_____. Regular activity is no doubt beneficial to everyone. Just 30 minutes of the different activities over the course of a day is healthy and rewarding.																																				

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C. Engagement <i>Pakikipagpalihan</i>	Day 2	<p>Learning Task 4: Are you ready to dance?</p> <p>Directions: This 10-minute dance activity aims to let the students discover if they can endure dancing for a long period of time. Perform the following movements with a step close to the right and left alternatively (moving forward or backward) for 10 minutes to a 2/4 time music.</p> <table border="1"> <thead> <tr> <th>Figures</th><th>Step Pattern</th><th>Repetition</th></tr> </thead> <tbody> <tr> <td>Close and Open</td><td>R and L arm in second position (ct 1), R and L arm in first position (ct 2)</td><td>32 measures</td></tr> <tr> <td>Arm Raise</td><td>Raise both arms high (cts 1,2)</td><td>32 measures</td></tr> <tr> <td>Punch</td><td>Punch R (cts 1,2) Punch L (cts 1,2)</td><td>32 measures</td></tr> <tr> <td>Arm Sway</td><td>Sway both arms high to the R (cts 1,2) Sway both arms high to the L (cts 1,2)</td><td>32 measures</td></tr> </tbody> </table>	Figures	Step Pattern	Repetition	Close and Open	R and L arm in second position (ct 1), R and L arm in first position (ct 2)	32 measures	Arm Raise	Raise both arms high (cts 1,2)	32 measures	Punch	Punch R (cts 1,2) Punch L (cts 1,2)	32 measures	Arm Sway	Sway both arms high to the R (cts 1,2) Sway both arms high to the L (cts 1,2)	32 measures
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D. Assimilation <i>Paglalapat</i>	Day 3	<p>Learning Task 5: Share It!</p> <p>Directions: We indeed value each other fitness and health right? So in order to attain that, when are we going to start? Now is the best time to start if you love yourself. Start getting your rewards, start your exercise now! Take three pictures of yourself showing that you value your fitness and health paste it in your notebook/portfolio in MAPEH.</p>															
V. ASSESSMENT (Learning Activity Sheets for Enrichment, Remediation or Assessment to be given on Weeks 3 and 6)	Day 4	<p>Learning Task 6: Evaluation Time</p> <p>Directions: Given the different activities from the pyramid, write the corresponding letter of your answer if you do it <u>M</u>-minimally, <u>O</u>-often, <u>R</u>-regularly and <u>H</u>- Habitually. Write it on the space provided before each number.</p> <ol style="list-style-type: none"> _____ 1. Basketball _____ 2. Tennis _____ 3. Stretching _____ 4. Swimming _____ 5. Baseball _____ 6. Playing video games _____ 7. Running _____ 8. Bicycling _____ 9. Yoga _____ 10. Active Recreational Activities 															
VI. REFLECTION		<ul style="list-style-type: none"> The learner, in their notebook, will write their personal insights about the lesson using the prompts below. <p>I understand that _____.</p> <p>I realize that: _____.</p> <p>I need to learn more about _____.</p>															

Prepared by: Grade 10 MAPEH Teachers/ GFLMNHS





Checked by: NIMFA P. MANALO



W2	Learning Area	Physical Education	Grade Level	10
	Quarter	3rd	Date	

I. LESSON TITLE		Active Recreation
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)		<ul style="list-style-type: none"> Assess physical activity, exercise and eating habits. (PE10PF-Ia-h-39) Engages in moderate to vigorous physical activities for at least 60 minutes a day in and out of school. (PEPF-IIIc-h-45)
III. CONTENT/CORE CONTENT		Street and Hip-Hop Dances
IV. LEARNING PHASES	Suggested Timeframe	Learning Activities
A. Introduction <i>Panimula</i>	Day 1	<p>POINTS TO REMEMBER!</p> <p>Street dance refers to dance styles that have evolved outside of dance studios. It is performed in streets, dance parties, parks, school yards, or in any available space. It is often improvisational and social in nature, encouraging interaction and contact with spectators and other dancers.</p> <p>A full street dance is a collection of the various similar dance moves and styles collected into one practice and regarded as the same dance.</p> <p>Hip-hop is a cultural movement best known for its impact on music in the form of the musical genre of the same name. It has its origins in the Bronx, in New York City, during the 1970s, mostly among African Americans and some influence of Latin Americans. Hip-hop culture is composed of the pillars such as DJ-ing, rapping, breakdancing, and graffiti art.</p> <p>Hip-hop dance, on the other hand, refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. Hip-hop music incorporates a number of iconic elements, most notably DJing and rapping, along with things like beat boxing, sampling, and juggling beats on turntables.</p> <p>STREET AND HIP-HOP DANCE STYLES</p> <p>B-BOYING-</p> <p>B-boying or breaking, also called breakdancing, is a style of street dance and the first hip-hop dance style that originated among Black and Puerto Rican youths in New York City during the early 1970s. A practitioner of this dance is called a b-boy, b-girl, or breaker. Although the term <i>breakdance</i> is frequently used to refer to the dance, <i>b-boying</i> and <i>breaking</i> are the original terms.</p> <p>Four Movements:</p> <p>Toprock - footwork-oriented steps performed while standing up</p> <p>Downrock - footwork performed with both hands and feet on the floor</p> <p>Freezes - stylish poses done on your hands</p> <p>Power moves - comprise full-body spins and rotations that give the illusion of defying gravity</p> <p>POPPING</p> <p>Popping was popularized by Samuel Boogaloo Sam Solomon and his crew the <i>Electric Boogaloos</i>. It is based on the technique of quickly contracting and relaxing muscles to cause a jerk in a dancer's body.</p> <p>Popping forces parts of your body outwards, similar to an explosion within parts of your body. Popping also contracts muscles, but it is followed by relaxation that gives it the jerking appearance of popping.</p> <p>LOCKING</p> <p>Locking or campbellocking, was created by Don Campbell in 1969 in Los Angeles, California. It was popularized by his crew The Lockers. Locking can be identified by its distinctive stops. It is usually performed by stopping the fast movement that you are doing, locking your body into a position, holding it, and then continuing at the same speed as before. In locking, dancers hold their positions longer. The lock is the primary move used in locking. It is similar to a freeze or a sudden pause. A locker's dancing is characterized by frequently locking in place and after a brief freeze moving again.</p>

IV. LEARNING PHASES	Suggested Timeframe	Learning Activities															
		<p>KRUMPING Krumping is a form of dancing that originated in the African-American community of South Central Los Angeles, California and is a relatively new form of the "Urban" Black dance movement. It is free, expressive and highly energetic. Most people paint their faces in different designs. Krumping is a dance style releasing anger. It is reported that gang riots in the United States was minimized because of krumping style.</p> <p>TUTTING It is a creative way of making geometric shapes forming right angle using your body parts. The style was originally practiced by young funk dancers. It is derived from the positions people were drawn in during the days of the Ancient Egyptians. It is the positions seen in these portraits that have been adopted by dancers today. Tutting is still a greatly respected move and King Tut aka Mark Benson is widely acclaimed for pioneering the style.</p> <p>SHUFFLING The Melbourne Shuffle (also known as Rocking or simply The Shuffle) is a rave and club dance that originated in the late 1980s in the underground rave music scene in Melbourne, Australia. The basic movements in the dance are a fast heel-and-toe action with a style suitable for various types of electronic music. Some variants incorporate arm movements. People who dance the shuffle are often referred to as rockers, due in part to the popularity of shuffling to rock music in the early 1990s.</p> <p>WAACKING Waacking" is an African American form of street dance originating from the 1970's disco era of the underground club scenes in Los Angeles and New York City. Waacking consists of stylized posing and fast synchronized arm movements to the beat of the music. Today, waacking is a popular element of hip hop dance.</p>															
B. Development Pagpapaunlad	Day 1	<p>Learning Task 1: Be Happy or Be Sad Directions: Put a smiling icon if you are engaging in the following physical activity and put a sad icon if not. Put your answer on the space provided.</p> <table><tr><td>____ 1. Playing Volleyball</td><td>____ 6. Fetching a pail of water</td></tr><tr><td>____ 2. Playing Baseball</td><td>____ 7. Folk Dancing</td></tr><tr><td>____ 3. Running</td><td>____ 8. Scrubbing the floor</td></tr><tr><td>____ 4. Hip-Hop Dancing</td><td>____ 9. Jumping jacks</td></tr><tr><td>____ 5. Jogging</td><td>____ 10. Street Dancing</td></tr></table> <p>Learning Task 2: Heart React Directions: Identify the benefits of hip-hop cardio workout and put a heart mark (♥) on the space provided.</p> <table><tr><td>____ Encourage confidence</td></tr><tr><td>____ Calorie and fat burning workout</td></tr><tr><td>____ Promotes positive mindset</td></tr><tr><td>____ Decrease stamina and endurance</td></tr><tr><td>____ Improve mental functioning</td></tr></table> <p>Learning Task 3: Agree or Disagree Directions: Write AGREE if you think the statement is correct and DISAGREE if otherwise.</p> <ol style="list-style-type: none">1. An RPE of 10 means that the activity is very light.2. Swimming and playing basketball are vigorous activities.3. Street and hip-hop dances are active recreational activities.4. Proper execution of dance steps increases the risk of injuries.5. A normal nutritional status means that weight is proportional to the height.	____ 1. Playing Volleyball	____ 6. Fetching a pail of water	____ 2. Playing Baseball	____ 7. Folk Dancing	____ 3. Running	____ 8. Scrubbing the floor	____ 4. Hip-Hop Dancing	____ 9. Jumping jacks	____ 5. Jogging	____ 10. Street Dancing	____ Encourage confidence	____ Calorie and fat burning workout	____ Promotes positive mindset	____ Decrease stamina and endurance	____ Improve mental functioning
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		<p>6. Physical inactivity and an unhealthy diet are risk factors for heart disease.</p> <p>7. Brisk walking and dancing are activities which are of moderate intensity.</p> <p>8. One can help the community by sharing his/her knowledge and skills in dancing.</p> <p>9. Surfing the Internet and playing computer games greatly improve one's fitness.</p> <p>10. A physically active person engages in 5-10 minutes of moderately vigorous physical activity three or more times a week.</p>
C. Engagement <i>Pakikipagpalihan</i>	Day 2	<p>Learning Task 4: Story Reading "SITIO KATAMAKAWAN"</p> <p>"Sitio Katamakawan is a community of lazy and gluttonous people. They sit or lie all day and eat everything on their mouth desires. Each family has a housemaid to take care of all the household chores. The children of this community are addicted to playing computer games although they maintain their passing grades. They are not allowed to play outside to prevent accidents. Most of the time, the teenager surf the internet. Most of the parents are overweight because after their work, they watch television while having night snacks. Some men are into smoking and drinking alcohol."</p> <p>Answer the following questions:</p> <ol style="list-style-type: none"> 1. Would you like to live in this community? Why? 2. Which health dimensions are sustained, and do the people live a physically active and healthy lifestyle? 3. What are the possible diseases the people of this community might have? 4. What are the risk factors of these diseases? 5. If you were a friend of one of the members of this community, what would you advise her/him to achieve fitness? 6. What are the advantages and disadvantages of media and technology to our health? 7. What recreational physical activities can you suggest to the children, teenagers, and adult members of Sitio Katamakawan?
D. Assimilation <i>Paglalatapat</i>	Day 3	<p>Learning Task 5: Dance Challenge</p> <p>Directions: Create a simple dance routine applying common styles in street dancing or hip-hop dance. Your performance will be rated according to the criteria given below. Take a video of your performance and send it to your teacher.</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>House Dance</p> </div> <div style="text-align: center;">  <p>Rave Dance</p> </div> <div style="text-align: center;">  <p>Punk Dance</p> </div> <div style="text-align: center;">  <p>Hip-Hop Dance</p> </div> </div> <p>Choreography - 40%</p> <ul style="list-style-type: none"> - formation - variation - difficulty <p>Mastery - 30 %</p> <ul style="list-style-type: none"> - coordination - rhythm - timing/ synchronization - precision

IV. LEARNING PHASES	Suggested Timeframe	Learning Activities
		Originality 30% TOTAL – 100%
V. ASSESSMENT (Learning Activity Sheets for Enrichment, Remediation or Assessment to be given on Weeks 3 and 6)	Day 4	Learning Task 6: Evaluation Time A. Directions: Enumerate what is being ask. 1. The 7 different style of street and hip-hop dance. 2. Give 3 movements on B-Boying. B. Directions: Identify the following. 1. Consists of stylized posing and fast synchronized arm movements to the beat of the music. 2. It was created by Don Campbell in 1969 in Los Angeles, California. 3. A creative way of making geometric shapes forming right angle using your body parts. 4. The basic movements in the dance are a fast heel-and-toe action with a style suitable for various types of electronic music. 5. Commonly known as break dancing.
VI. REFLECTION		<ul style="list-style-type: none"> The learner, in their notebook, will write their personal insights about the lesson using the prompts below. I understand that _____. I realize that _____. I need to learn more about _____.

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