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SCHOOLS DIVISION OF NEGROS ORIENTAL
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Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



Physical Education and Health 2

Quarter 3 – Module 3c (Weeks 5-6)
Technical and Tactical Skills in playing
Sports



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Physical Education and Health 2– Grade 11
Alternative Delivery Mode
Quarter 3 – Module 3c: Technical and Tactical Skills in Playing Sports
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Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Know

In the last several years, we have become more inclined to routinely use computers, cellular phones, tablets and more rather than doing physical activity such as hiking, walking, going to the beach or playing outside. More people are becoming unhealthy, physically unfit, and sickly. More people are becoming obese and overweight.

This module introduces you to the FITT principle: frequency, intensity, time, and type. Achieving a toned body means an investment in a healthy body and mind; burning belly fat and having muscle growth for a healthier and more active you.

Incorporating FITT Principle in Technical and Tactical Skills in playing sports like volleyball, one of the most common sports in our country. Detailed instructions and methods will be provided for you to become healthier and physically fit.



What I Need to Know

Pre-Activity 1: Please write your answers in your activity notebook.

A. Identification: Kindly write the correct answer on the space provided before each number.

- _____ 1. Number of sessions in a week.
- _____ 2. Mode of exercise or activity.
- _____ 3. Difficulty of the exercise or work demand.
- _____ 4. Duration or distance covered in an exercise session.

B. Map the list of skills below under the correct heading, Technical Skills or Tactical Skills.

- Fast break
- Dribbling the ball
- Communication
- Serving the ball
- Controlling the tempo
- Shooting the basket
- Sliding and rolling
- Blocking the shot
- Setting the shot
- Trap Defense

Technical Skills	Tactical Skills



Task 1: Fill me up! Write your answers in your activity notebook.

Directions: Fill in the table below with at least three (3) different exercises and indicate its corresponding level based on FITT Principle. Make sure that the exercises suit you to avoid any injuries.

Exercise	Frequency	Intensity	Time	Type

Processing Questions:

1. What physical activity or exercise challenges your cardio?

2. In which of the exercises did you spend more time? Did more time really matter?

3. What are the risks of not knowing the right frequency of doing a certain exercise?

4. Is the FITT Principle a good way of tracking down one's training progress?

5. What is the essence of learning the FITT Principle?

Task 2: Make your own design!

Direction: Make a leaflet containing all the important information about FITT Principle. Include pictures of various physical activities that apply the principle. It should be creative and informative at the same time.

RUBRIC FOR VIRTUAL SIGNAGE

Score Card for a Leaflet Containing all the Important information about FITT Principle.	Set Rating	Teacher's Rating
1. Message. Clear. Can be understood at a glance.	5	
2. Creativity/Originality. Drawn freely in one's own way, not traced, not copied.	5	
3. Visual Impact. Attractive with eye-catching colors.	5	
4. Illustration. Simple and has a center of interest. Not cluttered nor crowded Big enough to fill the whole space.	5	
5. Letterings. Simple and legible. Large enough to be read from a distance	5	
Total Score	25	

Legend:	Total Score	Equivalent Rating
5 – Excellent	23-25 = 90	Excellent
4 – Very Good	19-22 = 85	Very Good
3 – Good	15-18 = 80	Good
2 - Fair	10-14 = 75	Fair
1 – Poor, needs improvement	5 - 9 = 70	Poor, needs improvement



What's New

Task 3: Exploration!

Directions:

- Cut out some advertisements from newspapers and magazines or look for any online commercial posters that offer workout programs from different fitness clubs or fitness instructors.
- Investigate if these fitness clubs and instructors incorporate FITT Principle in their programs.
- Make a *Reaction Paper* about your discoveries.



What is It

What is the FITT Principle?

In the article of Brad Walker in *Stretch Coach*, he defines the FITT Principle (or formula) as a great way of monitoring your exercise program. The acronym FITT outlines the key components, or training guidelines, for an effective exercise program. The initials F, I, T, T, stand for: Frequency, Intensity, Time, and Type. Let's get know what this FITT principle acronym means.

- **Frequency** - refers to the frequency of exercise undertaken or how often you exercise.
- **Intensity** - refers to the intensity of exercise undertaken or how hard you exercise.
- **Time** - refers to the time you spend exercising or how long you exercise for.
- **Type** - refers to the type of exercise undertaken or what kind of exercise you do.

Let's look at each of the components in a little more detail.

Frequency

The first letter of the acronym is **F** which stands for frequency. It is a key component of the FITT Principle. Remember that it is important to know why you are exercising and what you want to achieve before rushing into any exercise program (Walker, 2003).

Adjust the number of times you exercise per day/week/month to reflect: your current fitness level; the time you realistically have available; your other commitments like family and work; and the goals you have set for yourself.

Intensity

The second letter **I** refers to intensity. This is an extremely important aspect of the FITT Principle and is probably the hardest factor to monitor. If you don't want to spend the money on a heart rate monitor, simply count your heart rate over a 15 second period. All you need is a wristwatch that has a "second's" display. Feel for your heartbeat by either placing your hand over your heart or by feeling for your pulse in your neck or on your wrist. Count the beats over a 15 second period and then multiply by 4. This will give you your exercise heart rate in beats per minute (Walker, 2003).

Time

The time you spend exercising is also an important part of the FITT Principle. The time dedicated to exercise usually depends on the type of exercise undertaken. For example, it's recommended that to improve cardio-vascular fitness you'll need at least 30 minutes of nonstop exercise. For weight loss, more time is required; at least 40 minutes of moderate weight bearing exercise. However, when talking about the time required for muscular strength improvements, time is often measured as several "sets" and "reps." A typical recommendation would be 3 sets of 8 reps (Walker, 2003).

Type

The type of exercise you choose will have a big effect on the results you achieve. That is why it is important to know what you want to gain from your efforts. For example, if you're looking to improve your cardio-vascular fitness, then exercises like walking, jogging, swimming, bike riding, stair climbing, aerobics and rowing are very effective. For weight loss, any exercise that uses most of your large muscle groups will be effective. These exercises include squatting and mountain climbing. To improve muscular strength, the best exercises, include the use of free weights, machine weights and body weight exercises like push-ups, chin-ups, and dips (Walker, 2003).

Tactical and Technical Skills of Sports

In playing any sport, learning, and developing skills help athletes improve in the game. These skills involve physical training and game strategies. *Technical skills* are the basics of playing the game (e.g., basketball-dribble, shoot, pass) while *tactical skills* are the strategies to take advantage during the game.

Volleyball is one of the most played sports all over the country. Some may just play it for fun but it is better for each to know the technical and tactical skills in playing volleyball.

Volleyball

Technical Skills

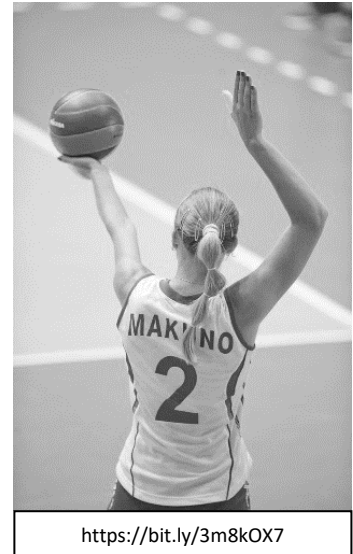
There are different types of shots and skills in volleyball. The following shots involved in volleyball are the serve, passing and attacking (dig, set and spike.)

Serve

Firstly, the serve is the first shot to start the game and score a point. A good serve will score you a point or put the opposition (the other team) at a disadvantage position. A poor serve is when the serve does not go over the net or is not controlled and goes out of bounds. A serve should score points and not just to get the ball over the net.

There are 2 types of serving shots, the floater and topspin.

- a. **Floater** - is a shot by tossing and hitting the ball with your palm through the center of the ball.
- b. **Topspin** - is a shot when you toss and hit the ball with your palm with contact just below the center of the ball making it spin.



Passing

Passing involves a sequence of 3 shots in between you team without someone in the team doing 2 consecutive shots. It is a tactic to set up for a strike attack. Therefore, it is passing the ball by hitting it to set up to score points.



Dig

Usually, the passing sequences begins with a dig (receive). A dig is the most common shot in volleyball. It is an accurate shot that is controlled. The dig is usually performed to keep the ball up and is the first shot when the attacking team hits it over. It involves having your hands together and arms straight and hitting the ball. The ball is struck on the forearms. The dig shot is the first shot of the 3 passing shots.





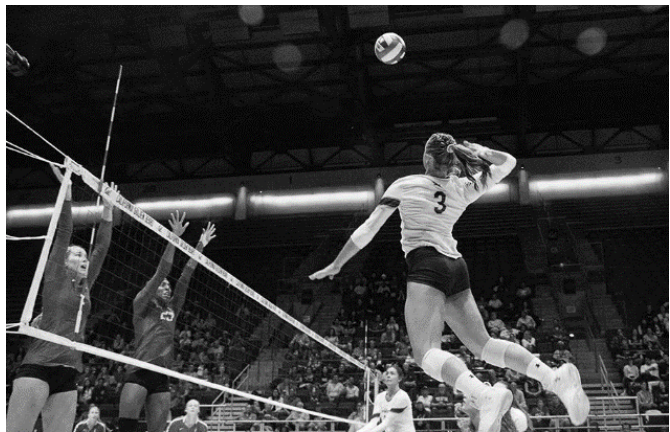
<https://bit.ly/3E8UYbL>

Setting

The following shot after the dig is called the setting shot or the set shot. It is an overhand or overhead shot. The shot is controlling the ball hitting it straight-up above and relatively close to the net. It involves using your thumb, index, and middle finger of both hands to toss the ball up. The set shot is setting up for the last shot out of the 3 shots. This shot is usually the 2nd shot and is a tactic for setting up the 3rd shot.

Spike

Lastly the final shot of the 3 is to attack the opposition. Once the setting shot is in the air a player from the team would perform the spike shot. A spike shot is fast direct shot to the opposition's side of the net. It involves a player to jump up for the ball once the ball is in the air from the controlled set shot. Due to the set shot being above the net and close. The player who jumped for the spike can angle the spike shot in a downward angle in the opponent's side of the court. A spike is a lethal attacking move that usually scores the points. A spike involves using your palm and angling your wrist downwards on the ball to create topspin.



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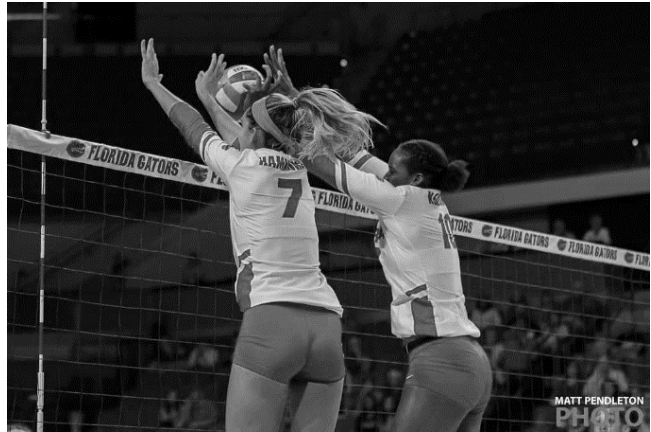
Therefore, all shots the dig, set and spike come into the passing categories. They all are a consistent sequence when being performed and are great attacking tactics. All shots work together to perform a strike attack.

Defensive Tactics

It's no surprise that the success of a volleyball team depends a lot on its defense. Obviously, a volleyball team should have defensive players, who must be able to resist attacks of the opposite team successfully. You need to know that the defensive tactic in volleyball is all about blocking as well as diving, rolling, and sliding.

Blocking

A well timed and effective block will diffuse an attack. Players near the net when defending will jump up with their arms out and attempt to block the shot coming over the net. This is a defensive tactic that blocks a spike. Blockers would jump up and just before the net because they cannot touch the net or cross it. Hands when blocking should be positions downwards and open this is because it could be a great attacking tactic to. When the ball is blocked it may return in the opponent's side of the court and they might not be able to react quickly enough and score you a point. Therefore, a block is a great tactic for both defense and attack.



<https://bit.ly/33x42dN>

Diving, rolling and sliding

Clearly instead of just letting the ball hit the ground (your side of the court) and let the other team score the point be brave and dive, slide or roll instead while reaching for the ball (dig or recieve). It's a great tactic to defend a spike because the spike is coming fast and is hard to defend. When you dive, slide or roll you are getting low and are covering more area of defense around the court better than just standing there.



<https://bit.ly/3pZcKZS>

Tactical Skills

Mastery of the technical skills of volleyball is important, but you must also learn the tactics of the game. Tactical skills are defined as “the decisions and actions of players in the contest to gain an advantage over the opposing team or players” (Martens, Successful Coaching, p. 170). Basic volleyball resources might focus on the technical skills of the game and may overlook the tactical aspects.

Serve

Serve is an important shot because it is the first shot that begins the point. Therefore, if you do a good serve it puts the other team under pressure, so your team have an advantage. Whereas if you do a poor serve which is easier for the other team the pressure will be on your team. Don't just serve the ball to just get it over the net. Serve the ball to score the point or dominate the start of the point.



<https://bit.ly/31VV09H>

Spike

The spike is a great attacking tactic. A spike is a lethal fast shot in a downwards motion that would score you most of your points and if it doesn't score you a point it still scrambles your opponent and puts pressure on them.

Setting shot

The set shot is great for controlling the ball and setting up for an attack. It's a great tactic for your team to set up and score points.

Communication

Communication is a huge tactic in all codes of sport. Communication plays an important role in volleyball. In volleyball communication is a great tactic for attacking and defending. This is because your team is communicating to each other who are taking the shot and whose ball it is. Therefore, it makes the game much easier.



<https://bit.ly/33x5FrV>

How does FITT apply in sports?

Let us correlate what we have just learned. Remember our goal is to become healthier and physically fit lessening the risk of being obese due to the routine use of computers, cellular phones, tablets, and other gadgets.

Frequency – We begin with playing volleyball once a week with friends and family then progress to 2 times a week until it becomes a daily routine. During the progression you will observe that you are able to cope with the demands of the sport with improvement to your cardiovascular endurance at the same time losing some weight and body fat. As you progress further, you will not only develop your tactical and technical skills but also improve the shape and tone of your body.

Intensity – Your skill level improves as you progress in playing the sport from beginner to advanced. So does the intensity of your game. Progressing from moderate to vigorous intensity of the game include more and more combination of offensive and defensive tactics from both teams. Scoring a point will now take more time and effort. As the intensity of the game goes up so does your cardiovascular endurance. Your heart rate will be slower compared to the first time you played the

sport as your cardiovascular system is now well adapted to the physical demands of the sport.

Time – Getting hooked up to the sport allow you to crave for more and not just be contented of your fitness level. You will want to practice more to improve your skills both offensively and defensively. Even the duration of the game becomes longer. With your skills getting better and better, you will have opponents that is equally or far better than your team. The game sets will now take longer to finish as both teams will have more combination of offensive and defensive tactics before one can score a point. And equally, as the game progresses from beginners to advanced so does the game sets. Initially it will be just a single set and it will progress to best of three to best of five game sets.

Type – To maintain a well-balanced fitness level as well as skill level to the sport, one must perform a variety of exercises including cardio, strengthening, and flexibility training. For volleyball, progressing from beginner to advanced encompasses improvements in cardio-vascular fitness, weight loss and muscular strength. As you become more competitive to the sport, you will learn new offensive and defensive tactics that you have not learned before. Most of the time these new tactics is more difficult to perform and demand more endurance, flexibility, strength, and agility.



Task 4: Know the Difference!

Directions: Choose any Sporting Event that has captured your interest. Identify the Tactical and Technical Skills of that specific sport following the table provided below. Write your answers in your activity notebook.

Sporting Event	Technical Skills	Tactical Skills

Processing Questions:

1. Why did you choose this specific sporting event?

2. What is the difference between Tactical and Technical Skills in sports?

3. Which is more important, Tactical and Technical Skills? Why?

4. What happens when one skill is disregarded? Is there a difference? Why?

5. If given a chance to coach your own team, between *Tactical and Technical Skills*, what area of training would you focus own?



What I Have Learned

Direction: Complete the statements below. Write your answer in your activity Notebook.

I have learned

I have realized

I will apply



What I Can Do

Task 5. Create your own fitness plan applying the FITT principle in the field of sports.

Rubrics

Relevance to the theme -	50%
Creativity style and originality -	30%
Coherence of form and structure harmony of words, & presentation-	10%
Clarity of imagery and language-	<u>10%</u>
	100%



Assessment

Multiple Choice: Read the statement carefully. Choose the best answer for each of the following questions. Write only the letter of the correct answer in your activity notebook.

1. Which of the following is considered as the key component of the FITT Principle?
A. Time B. Intensity C. Frequency D. Type
2. Which factor of the FITT principle of an activity is influenced by the fitness goal and the current fitness level.
A. Type B. Time C. Frequency D. Intensity
3. It refers to the difficulty level of the workout and consider the most important factor in improving fitness level.
A. Time B. Frequency C. Intensity D. Type
4. Which factor of the FITT principle refers to the gradual increase in minutes per session of warm up exercise?
A. Type B. Time C. Frequency D. Intensity
5. It refers to strategies used to gain the edge during the game.
A. Technical B. Tactical C. Rules of the Game D. Officiating
6. It refers to the basics of playing the game.
A. Tactical B. Rules of the Game C. Officiating D. Technical
7. In playing any sport, learning, and developing skills help athletes improve in the game. These skills involve _____.
A. Physical training and game strategies C. Both A and B
B. Tactical Skills and Technical Skills D. None of the Above
8. The following are the steps in Teaching Tactical Skills, EXCEPT?
A. Distinguishing the important decisions
B. Establishing essential knowledge for athletes
C. Planning a Practice game
D. Physical training and game strategies
9. In planning a training/practice, an individual must consider the following, EXCEPT?
A. Preparation/Planning
B. Training Proper
C. Distinguishing the important decisions
D. Both A & B
10. In volleyball, passing involves a sequence of three (3) shots in between two teams. What Skills is this?
A. Tactical B. Rules of the Game C. Officiating D. Technical

B. Instruction: Identify the listed skills. Write only the letter in your activity notebook.

A. Technical Skills

B. Tactical Skills

- _____ 1. Blocking the shot
- _____ 2. Setting the Shot
- _____ 3. Trap Defense
- _____ 4. Fast break
- _____ 5. Dribbling the ball
- _____ 6. Communication
- _____ 7. Serving the ball
- _____ 8. Controlling the tempo
- _____ 9. Shooting the basket
- _____ 10. Sliding and rolling



Additional Activity

Direction: Choose one sport and cut out pictures showing the Technical and Tactical Skills in the sport. Label the pictures according to skill and paste in your activity notebook.

Note: This activity is optional. Please refer to your weekly home learning plan or seek guidance from your subject teacher.



Answer Key

Task 1 2, 3, 4 & 5	
Answer may vary	
GUIDE QUESTIONS	
Post Assessment	
Test 1	
1	C
2	A
3	C
4	B
5	B
6	D
7	A
8	D
9	D
10	A

Pre-Activity 1	A
1. Frequency	
2. Type	
3. Intensity	
4. Time	

Pre-Activity 1	B.
Tactical Skills	
Fast break	
Communication	
serving the ball	
blocking the shot	
Setting the shot	
Trap defense	
Technical Skills	
dribbling the ball	
Shooting the basket	
controlling the tempo	
sliding and rolling	

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