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SCHOOLS DIVISION OF NEGROS ORIENTAL  
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



# Physical Education and Health 2

Quarter 3 – Module 4: Weeks 7-8  
Choosing a Sport



**Physical Education and Health 2 – Grade 11  
Alternative Delivery Mode  
Quarter 3 – Module 3d: Choosing a Sport  
Second Edition, 2021**

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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 Need to Know

Each one of us may have played many different sports. Sometimes, we play that sport because of peer influence and some may play it just for fame. But the real essence of playing sports is the benefits we can get from it.

Let us consider the fact that there is no best sport for all people. What is fun for you may not be fun for others. Likewise, what is beneficial for the others might not be beneficial for you. In this module, you will know what is the best sports that will suit you holistically.



## What I Know

### PRE-TEST

#### TRUE OR FALSE

**Direction:** Read each statement carefully. Write **T** in your activity notebook/activity sheets if the statement is correct. Otherwise, **F** if the statement is incorrect.

- 1. It is said that there is no best sport for all people.
- 2. You should choose an activity/ sport that is fun for you and that provides benefits that are best for you.
- 3. Good skills help you perform better and make the activity/sport more enjoyable.
- 4. If the activity/ sport is a team sport, you must have other people who are also interested in doing the activity.
- 5. Choose a sport, even if it doesn't fit your body performance.
- 6. Good instruction can help you practice better, learn better, and perform better.
- 7. Be active only if your body needs it.
- 8. Sport is beneficial to you if it builds you holistically.
- 9. If you need to improve your cardiovascular fitness, choose a sport that causes your heart rate to decrease.
- 10. Being active should be a lifetime goal.

After answering all questions in the pre-test, you may now refer to the Key to Correction page. You can evaluate your test results as to how many correct answers you got. Refer to this chart.

9 – 10	Learn more
6 – 8	Keep learning
3 – 5	Work hard to learn
0 – 2	Work harder to learn more

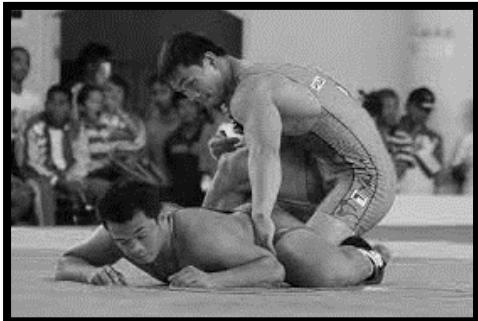
Now, after you have evaluated your score in the Pre-test, you may now proceed to the next activity.



### Task 1: Getting to Know Them!

Directions: The pictures below are some examples of sports played by some famous Filipino Sport enthusiasts. Name the sports accordingly.

1.



<https://bit.ly/3pxR9sp>

2.



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

3.



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

4.



<https://n.pr/3erHLjR>

**QUESTIONS:**

1. Among the four pictures above, which sport do you play? Indicate the sport if yours is none of the four.

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2. How often you play the sport of your choice?

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3. What is your reason for playing that sport?

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**Task 2: Read and Reflect****Building Performance Skills Story**

To enjoy a physical activity, it is good to have skills needed for the sport or game. Skills such as kicking, throwing, hitting, and swimming can be learned by anyone with practice. However, it takes some people longer to learn these skills.

Zack felt that he was never good at sports. He tried several activities and found out that he was not as good as the other people he knew. He even tried out for team sports at school. Once, he tried out with the soccer team then the swimming team but did not make good in either one of them. His biggest problem was that he did not learn to play sports when he was young, and now, he was behind others who played sports.

Zack wanted to learn sport but was afraid that he would be unsuccessful again and that his friends might laugh at him. He did a self-assessment of his skill-related abilities and found out that he did well on most of the assessments. He found out that he did best in coordination and agility, though his power was not especially high.

Before trying out for a team again, Zack thought it would be best to try to learn some skills of a sport that matched his abilities. Being over 6 feet tall and weighing 180 pounds seemed to be an advantage, though he wanted to get stronger. Still, he was not sure which sport would be best for him. He wanted to be on a team, but he also wanted to learn something that would be fun and interesting.

**QUESTIONS:**

1. What was Zack's biggest problem when he was young?

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2. What advice would you give Zack for choosing a sport?

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3. What practice would you advice to Zack?

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4. Try to recall your Self-Assessment Performance Skill Ability in the previous module, give at least two abilities you performed best.



# ***What is It***

It is said that there is no best sport for all people. You may choose a sport that is fun for you but not for the others. Considering that each sport has its own benefits, choose a sport that can be both beneficial mentally and physically. You can also choose a sport that sounds interesting and can bring the best in you.

Consider some of the following guidelines when choosing a sport:



Source: <https://blog.playo.co/sports-that-will-be-suitable-for-you/>

#### **1. Select sports that provide benefits that you need.**

For example, if you need to improve your cardiovascular fitness, choose an activity that causes your heart rate to increase.



Source:<http://blog.smarttutor.com/physical-education-for-homeschoolers/>

### **3. Try many different activities.**

By trying different activities, you can see which ones you like best and which ones match your abilities.

4. Choose activities that are accessible to you.

Be sure you have the space and equipment necessary to do the activity. If the activity is a team activity, you must have other people who are also interested in doing the activity.



Source:<http://blog.smarttutor.com/physical-education-for-homeschoolers/>

## **5. Choose the activity that you will practice.**

As you know, practice helps you develop good skills. Good skills help you perform better and make the activity more enjoyable.

## **6. Choose activities for which you can get good instruction.**

Good instruction helps you understand how to use the biomechanical principles that you have learned, as well as other principles that affect the activity. This knowledge can help you practice better, learn better, and perform better.

## **7. Consider activities that you can enjoy now and also later in life.**

Being active should be a lifetime goal. Choose activities that you enjoy now, even if you may not do them later in life. But also choose activities that you enjoy now and that you will be able to perform and enjoy in the years ahead.

Source: <https://www.viasport.ca/news/three-tips-choosing-right-coach-and-sport-club>



## **What's More**

Many sports require practicing more than a few skills to become proficient. For example, basketball players must practice shooting, dribbling, passing, catching and defensive skills. Follow these guidelines to improve your sport skills:

- **Get good instruction.** If you learn a skill incorrectly, it will be hard to improve, even with practice.



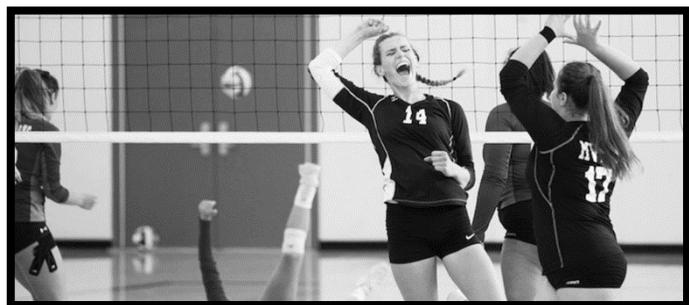
- **At first do not worry about details.** When you first learn a skill, concentrate on the skill as a whole.

- **As you improve, concentrate on one detail at a time.** If you try to concentrate on too many details at once, you may develop what is called paralysis of analysis.

Source: <https://www.verywellfit.com/skill-related-fitness-components-4155209>

- **Keep practicing.** When you play a game without having the proper skills, you often develop bad habits that hinder your success.
- **Avoid competing while learning a skill.** Competing while learning a skill is stressful and does not promote optimal learning.
- **Think positively.** If you think positively while you practice, you will learn faster and become more confident in your abilities.

- Choose an activity that matches your skill-related fitness. Use the information from your self-assessment skill-related fitness to help you choose a sport in which you are most likely to succeed.



Source: <https://www.lifecoach-directory.org.uk/articles/sports-coaching.html#whatistheroleofsportscoach>



## ***What I Have Learned***

①	I have learned that _____ .
②	I have realized that _____ .
③	I will apply _____ .



## ***What I Can Do***

**Task 3.** Perform at least two (2) sports you prefer to do in a week. Identify the challenges encountered during the activity and give possible solutions in overcoming these challenges.

Sports	Challenges	Solutions

#### **Task 4: (Optional) Tell Us A Story!**

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

**Direction:** Based on Task 3, Create a vlog of your experiences while performing your chosen sports. Your output will be graded according to the rubric below:

Criteria	Excellent	Very Good	Good	Fair	Poor
	5 pts.	4 pts.	3 pts.	2 pts.	1 pt.
<b>1. Content</b> Vlog is engaging and demonstrates a clear understanding of the topic.					
<b>2. Use of Media</b> Displays creativity in making their video content.					
<b>3. Clarity of message</b> Displays highly reflective qualities and conveys message that can be understood easily.					
<b>4. Punctuality</b> Output is submitted on/before deadline					
<b>TOTAL</b>					



## Assessment

### MODIFIED TRUE OR FALSE

**Direction:** Read each statement carefully. Write **T** if the statement is correct. If the underlined word/ phrase is incorrect, write the correct word/phrase in your activity notebook/ activity sheets.

- \_\_\_\_\_ 1. If you think positively while you practice, you will learn faster and become more confident in your abilities.
- \_\_\_\_\_ 2. If you try to concentrate on too many details at once, you may develop what is called paralysis of concentration.
- \_\_\_\_\_ 3. To enjoy a physical activity, it is good to have skills needed for the sport or game.
- \_\_\_\_\_ 4. With practice, skills can be learned by anyone.
- \_\_\_\_\_ 5. Choose a sport that matches your abilities.
- \_\_\_\_\_ 6. Teens with good cardiovascular fitness may choose gymnastics or extreme sports and those with good flexibility may choose soccer or cross-country running.
- \_\_\_\_\_ 7. Knowing the result of the self-assessment of skill-related abilities will help you to choose the best sport that suits you.
- \_\_\_\_\_ 8. Choose a sport that sounds fun and interesting to you.
- \_\_\_\_\_ 9. Choose a sport, even if it doesn't fit your body's performance.
- \_\_\_\_\_ 10. Many sports require exercising than a few skills to become proficient.



## Additional Activity

### Task 5: (Optional) Search On!

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

Look for a saying or quote that will inspire a person in engaging and choosing the right sport. Write your answer in your activity notebook.

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## Answer Key

WHAT I KNOW (PRE-TEST)		WHAT'S NEW		WHAT'S IN		WHAT I KNOW (PRE-TEST)		QUESTIONS		WHAT I KNOW (PRE-TEST)	
1.	T	1.	Answers may vary	1.	Answers may vary	1.	Answers may vary	1.	Answers may vary	1.	Answers may vary
2.	T	2.	Answers may vary	2.	Answers may vary	2.	Answers may vary	2.	Answers may vary	2.	Answers may vary
3.	T	3.	Answers may vary	3.	Answers may vary	3.	Answers may vary	3.	Answers may vary	3.	Answers may vary
4.	T	4.	Answers may vary	4.	Answers may vary	4.	Answers may vary	4.	Answers may vary	4.	Answers may vary
5.	F	5.	Answers may vary	5.	Answers may vary	5.	Answers may vary	5.	Answers may vary	5.	Answers may vary
6.	T	6.	Answers may vary	6.	Answers may vary	6.	Answers may vary	6.	Answers may vary	6.	Answers may vary
7.	F	7.	Answers may vary	7.	Answers may vary	7.	Answers may vary	7.	Answers may vary	7.	Answers may vary
8.	T	8.	Answers may vary	8.	Answers may vary	8.	Answers may vary	8.	Answers may vary	8.	Answers may vary
9.	T	9.	Answers may vary	9.	Answers may vary	9.	Answers may vary	9.	Answers may vary	9.	Answers may vary
10.	T	10.	Answers may vary	10.	Answers may vary	10.	Answers may vary	10.	Answers may vary	10.	Answers may vary
WHAT I KNOW (PRE-TEST)		WHAT'S NEW		WHAT'S IN		WHAT I KNOW (PRE-TEST)		QUESTIONS		WHAT I KNOW (PRE-TEST)	
1.	T	1.	Wrestling	1.	Wrestling	1.	Boxing	1.	Gymnastics or extreme sports	1.	Performance practicing
2.	T	2.	Basketball	2.	Volleyball	2.	Football or cross-country running	2.	Fit your body	2.	Fit your body
3.	T	3.	Paralytic Analysis	3.	Paralytic Analysis	3.	Country running	3.	Answers may vary	3.	Answers may vary
4.	T	4.	Soccer or cross-	4.	Soccer or cross-	4.	Soccer or cross-	4.	Soccer or cross-	4.	Soccer or cross-
5.	T	5.	Boxing	5.	Boxing	5.	Boxing	5.	Boxing	5.	Boxing
6.	T	6.	Gymnastics or extreme sports	6.	Gymnastics or extreme sports	6.	Gymnastics or extreme sports	6.	Gymnastics or extreme sports	6.	Gymnastics or extreme sports
7.	T	7.	Extreme sports	7.	Extreme sports	7.	Extreme sports	7.	Extreme sports	7.	Extreme sports
8.	F	8.	Answers may vary	8.	Answers may vary	8.	Answers may vary	8.	Answers may vary	8.	Answers may vary
9.	T	9.	Answers may vary	9.	Answers may vary	9.	Answers may vary	9.	Answers may vary	9.	Answers may vary
10.	T	10.	Answers may vary	10.	Answers may vary	10.	Answers may vary	10.	Answers may vary	10.	Answers may vary

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