

**Learning Competencies:**

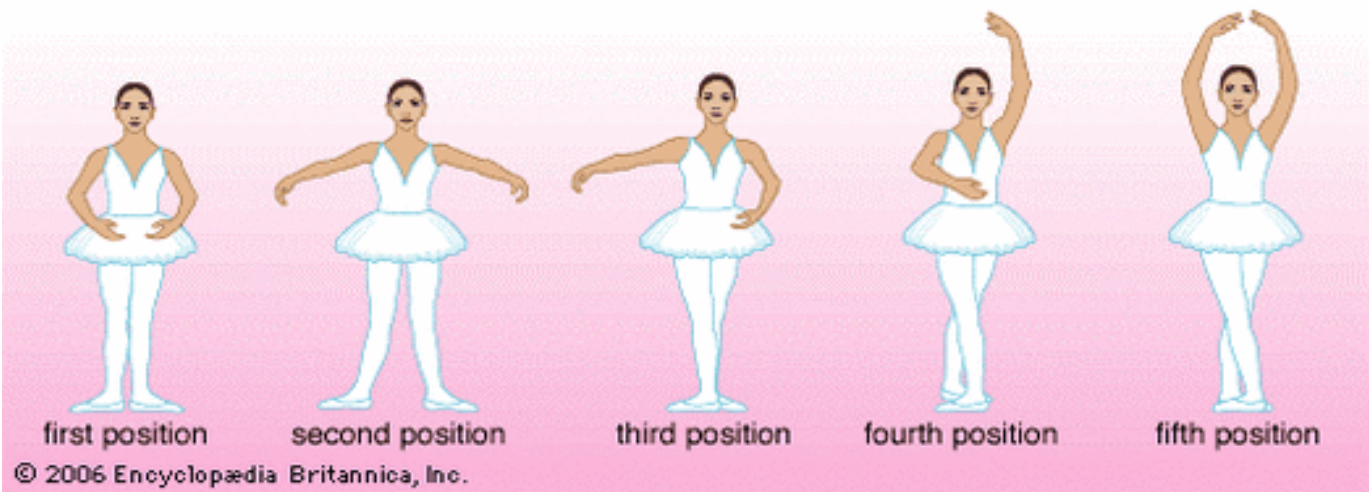
- Discusses the nature of the different dances (PEH12FH-Ia-19)
- Explains how to optimize the energy systems for safe and improved performance PEH12FH-Ib-c-2

**INTRODUCTION**

You will discover the basic folk dancing positions in this session. There are five fundamental arm and foot positions. The mastery of these positions is essential to a child’s further development in dance. The most basic and important strong holds in dancing are found in these positions.

**BASIC FUNDAMENTAL POSITIONS OF FOLK DANCE**

**ARMS POSITION**



- 1<sup>ST</sup> Position-**Both arms are raised in front of chest with rounded elbows.
- 2<sup>nd</sup> Position-** Arms are opened sideward with rounded elbows.
- 3<sup>rd</sup> Position-** Right arm is raised above the head and left arm is maintained in second position.
- 4<sup>th</sup> Position-**Right arm is maintained above the head and left arm is placed in first position.
- 5<sup>th</sup> Position-** Both arms are raised above the head with rounded elbows.

**FEET POSITION**



- 1<sup>st</sup> Position-** Heels together 45 degrees
- 2<sup>nd</sup> Position-** Feet apart about one foot away from each other
- 3<sup>rd</sup> Position-** Right heel close to the left in-step.
- 4<sup>th</sup> Position-** Right foot placed in front of the foot about one foot away from each other
- 5<sup>th</sup> Position-** Right heel close to the left big toe.

## **ACTIVITY**

Instructions: Make a video of yourself dancing the Basic Fundamental Steps in Folk Dancing with music, and make sure to add your responses to the questions below.

Questions:

1. In your own thoughts what are the importance of basic fundamentals in folk dancing?
2. Why do we need to learn or to know the basic fundamentals positions of folk dance?

## **Summary/Synthesis**

Our culture and tradition include folk dancing, so we must work to preserve this type of tradition. Folk dances are regarded as vital because they justify the existence of a culture. It has been practiced for hundreds of years, and maintaining that tradition is important because primarily, it keeps a culture of people alive, by sharing and teaching younger generations the dances as it is a way for people to express, share, and connect with their own traditional culture.

## **REFERENCES**

- Dance for Life K12 CURRICULUM (H.O.P.E for SHS)  
(Authors) **(Introduction)**  
  
Marcelita L. Apolonia  
Mia Elaine P. Collao  
Pauline A. Gabayan  
Gilda Ma. Paz R. Kamus
- <https://abm11hype.medium.com/the-five-fundamental-positions-dancing-for-beginners-90137c0ad8e7>  
**(The Five Fundamental Positions)**

Edited by: T. Abigail W. Ponce

**Physical Education and Health 3**  
**SY.2023-2024**

Name: \_\_\_\_\_  
Yr and Sec: \_\_\_\_\_

Date: \_\_\_\_\_  
Teacher: \_\_\_\_\_

**ASSESSMENT- WEEK4**

**Test I. MULTIPLE CHOICE.**

**INSTRUCTION. Encircle the correct answer.**

1. When the right arm is maintained above the head and left arm is placed in first position.  
A. 5<sup>th</sup> position                      C. 1<sup>st</sup> position  
B. 4<sup>th</sup> position                      D. 3<sup>rd</sup> position
2. Both arms are raised above the head with rounded elbows.  
A. 1<sup>ST</sup> position                      C. 5<sup>th</sup> position  
B. 2<sup>ND</sup> position                      D. 3<sup>rd</sup> position
3. The arms are opened sideward with rounded elbows.  
A. 3<sup>RD</sup> position                      C. 2<sup>ND</sup> position  
B. 4<sup>TH</sup> position                      D. 5<sup>th</sup> position
4. Both arms are raised in front of chest with rounded elbows.  
A. 4<sup>TH</sup> position                      C. 3<sup>rd</sup> position  
B. 1<sup>ST</sup> position                      D. 2<sup>nd</sup> position
5. The right arm is raised above the head and left arm is maintained in second position.  
A. 2<sup>ND</sup> position                      C. 3<sup>RD</sup> position  
B. 4<sup>th</sup> position                      D. 1<sup>ST</sup> position
6. When right heel close to the left in-step.  
A. 1<sup>ST</sup> position                      C. 3<sup>rd</sup> position  
B. 4<sup>th</sup> position                      D. 5<sup>th</sup> position
7. Heels together 45 degrees.  
A. 3<sup>rd</sup> position                      C. 2<sup>ND</sup> position  
B. 1<sup>st</sup> position                      D. 4<sup>TH</sup> position
8. Right foot placed in front of the foot about one foot away from each other.  
A. 2<sup>nd</sup> position                      C. 5<sup>TH</sup> position  
B. 6<sup>TH</sup> position                      D. 4<sup>TH</sup> position
9. Right heel close to the left big toe.  
A. 4<sup>th</sup> position                      C. 3<sup>rd</sup> position  
B. 5<sup>TH</sup> position                      D. 2<sup>nd</sup> position
10. Feet apart about one foot away from each other.  
A. 2<sup>ND</sup> position                      C. 3<sup>RD</sup> position  
B. 1<sup>st</sup> position                      D. 4<sup>TH</sup> position