

Subject: Physical Education and Health 3
Topic: *Philippine Folk Dances*
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Semester: 1st

Grade Level: Grade 12
Week: 3

Learning Competencies:

- Discuss the nature of the different folk dances (PEH12FH-Ia-19)
- Participate in an Organize event that addresses health/dance issues and concerns (PEH12FH-Ilk-o-13)



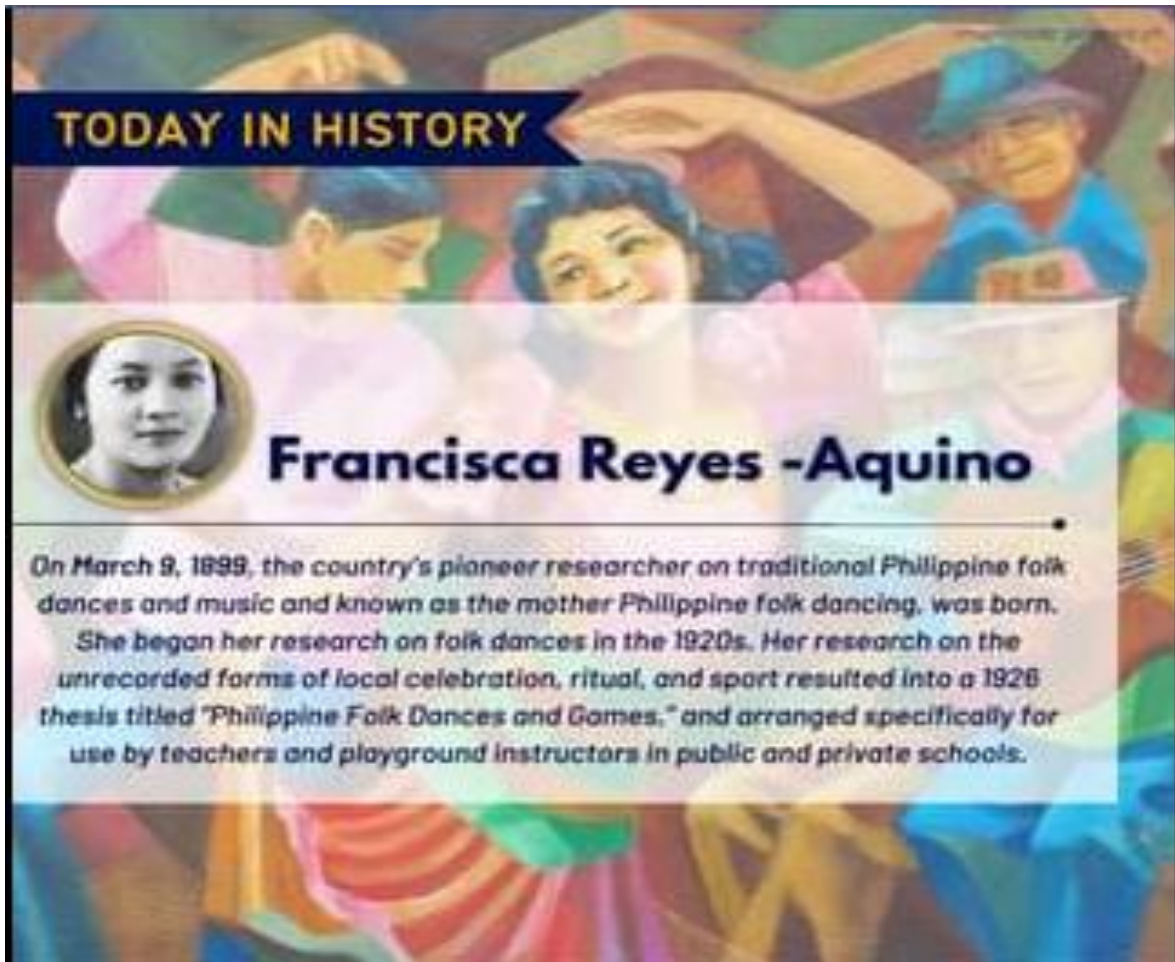
A. INTRODUCTION

BEGINNINGS OF PHILIPPINE FOLK DANCES

Folk dance is typically a style of dance that expresses a past or present culture in a recreational way. Philippine folk dance mirrors the culture and tradition of the Filipinos. It has also been a source of the cultural identity of the people. In this diversified country, there is also a great diversity of dances in different forms and dynamics that grow out of various times, situations and experiences. It is about the place's rich history, cultural traditions, and majesty of the place that it is associated.

In the Philippines, dance is both a kind of entertainment, healthful exercise and they also perceive a wider image and a deeper meaning in Philippine folk dances. The cultural dances in the Philippines evolved from different regions which are distinct from one another as they are affected by religion and culture.

Francisca Reyes Aquino
“Mother of Philippines Folk Dancing”



Acknowledged as the Folk Dance Pioneer. In the 1920s, this Bulakeña started traveling to isolated barrios in Central and Northern Luzon to conduct studies on traditional dances and spearheaded the development of the Philippines folk dances.

She searched for folk dances from all over the country to be used in her classes and was able to collect a great number of diverse dances, games, and music that reflected the many-faceted Filipino character. She was supported by her husband, in promoting Philippines folk dances in physical education classes.

Philippine Folk Dance

The Philippine is comprised of Luzon, Visayas and Mindano. Each region has different ways of narrating their history, religion, language, arts, crafts, and traditional dances.

NATURE AND BACKGROUND OF THE PHILIPPINE FOLK DANCES

➤ FOLK DANCE

A style of dance created by a group of people that depicts the way of life in a particular nation or region.

Filipino folk dance expresses so much about the soul of the Filipino people, describing our costumes, ideas, beliefs, uniqueness, and life's daily activities. You could determine the dance's origins by looking at the attire, accessories, and tools of a particular group or tribe.

The Philippine Folk Dances

REGION OF LUZON



➤ Idaw

Is a **Bontoc Dance** that represents a war ceremony. Idaw is a kind of bird that the tribal group or tribesmen want to capture because it is believed to be a lucky charm during a war and having that kind of bird can lead them to victory against their opponents.



➤ Idudu

A dance describes the daily lives of the tribe. It presents a typical **Itneg/Tinggian** couple who turns in to take care of their children while doing their daily work in the fields.



➤ Banga

One of the interpretive dances created was the “BANGA” dance. This dance is performed with Kalinga women showing their agility in balancing the bangas on top of their heads while toddling through rice paddies and mountain paths; a daily routine to fetch water from the mountain springs. This dance projects the skill, strength, grace, and agility of the women as they carry five or six clay pots full of water on their heads.

REGION OF VISAYAS



➤ Cariñosa

Cariñosa means **affectionate, lovable, or amiable**. The dance originated in **Panay Island** in the Visayan Islands of the Philippines. A Philippine dance of colonial-era origin from the Maria Clara suite of Philippine folk dances, where the **fan** or **handkerchief** plays an instrumental role as it places the couple in a romance scenario.



➤ Tinikling

Tinikling is the Philippines' **National Dance** and originated in the province of **Leyte**. It emulates the movement of the tikling birds as they walk between grass stems, run over tree branches, or dodge bamboo traps set by rice farmers. Dancers have sublime or amazing grace as they hop and jump between two bamboo poles.



➤ Pandanggo sa Ilaw

Pandanggo sa Ilaw is a popular dance of grace and balance from Lubang Island, Mindoro in the Visayas region. This particular pandanggo requires skill in balancing three lighted oil lamps or tinghoy, one on the head and at the palms of each hand. It is characterized by lively steps and clapping that varies in rhythm in 3/4 time. The lights of the lamps are said to represent fireflies that are fluttering in the night.

REGION OF MINDANAO



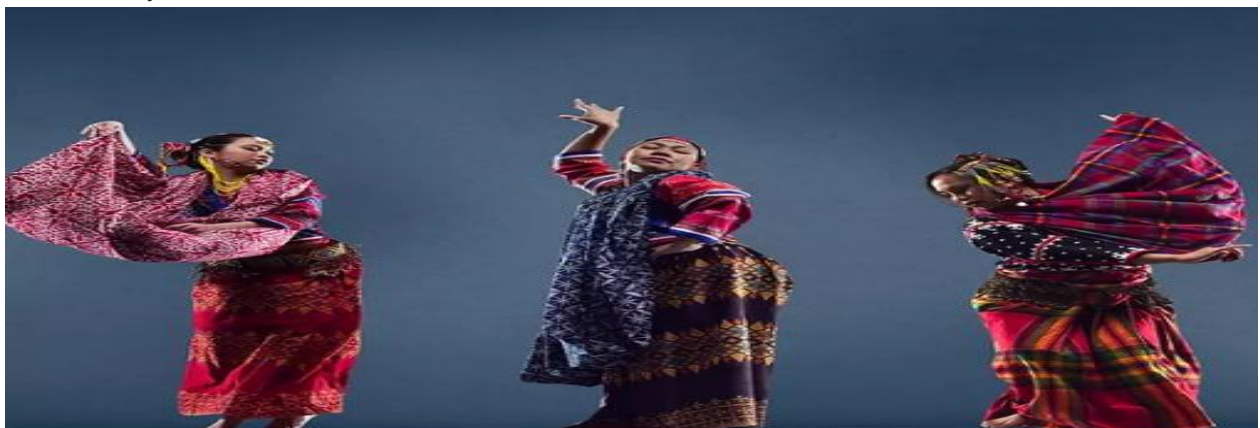
➤ Asik

The Asik is a **solo slave dance from Mindanao that is usually done before the performance of singkil**. The umbrella-bearing attendant performs this dance to win her sultan master's favor. This is performed by a solo maiden, adorned with fine beads and make-up, a long head scarf. Many times, a young woman can dance for two reasons; the first is to win the heart of her master and/or be able to make up for a mistake she has done.



➤ Singkil

Singkil is a **Mindanao folk dance** that originated from the Maranao people and is based on the story in the Darangen, the pre-Islamic Maranao interpretation of the ancient Hindu Indian epic, the Ramayana.



➤ T'boli

Is a ritual dance used to appease the gods, solicit good harvest, seek deliverance from pestilence, mark birth, weddings, and death; prepare for war; celebrate victories; affirm social unity; and, identity. The T'boli make offerings (including bracelets) to the spirits of rivers and forests. Parents will place a sword by sleeping on children to protect them from evil spirits.

ACTIVITY

Instruction: Choose at least 1 dance of those mentioned or discussed and explain why you choose that dance. Write it in a 1 whole sheet of paper.

SUMMARY

The history of Philippine folk dancing combines immigrant and conquering influences by still maintaining its uniquely Filipino roots. Philippine folk dancing is a true reflection of daily life in past centuries while enchanting modern audiences at the same time as it primarily, keeps a culture of people alive, by sharing and teaching younger generations.

- Folk dancing has important wellness and exercise advantages in addition to holding the traditions alive.
- It is important to study folk dance because it is our cultural dance and we can express our feeling towards our culture.

REFERENCES

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(Authors) **(Introduction)**

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Mia Elaine P. Collao

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- <https://www.zenrooms.com/blog/philippine-folk-dances/>
Popular Philippine Folk Dances
- <https://www.zenrooms.com/blog/philippine-folk-dances/#List-of-Folk-Dances-in-the-Philippines>
Folk Dances in the Philippines

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Physical Education and Health 3
SY.2023-2024

Name: _____ Date: _____
Yr and Sec: _____ Teacher: _____

ASSESSMENT- WEEK 3

Instructions: Identify and classify the picture shown below by choosing the correct definition of each folk dance inside the box and write it in the space provided after each picture.

Dance that is affectionate, lovable, or amiable.	A dance that requires skill in balancing three lighted oil lamps or tinghoy, one on the head and at the palms of each hand.	A dance that it's believed is, to capture a bird as a lucky charm during a war.
Dance that serves as their daily routine to fetch water from the mountain springs.	A dance that makes offerings (including bracelets) to the spirits of rivers and forests.	This dance serves as the National Dance in the Philippines.



1. _____



2. _____



3. _____



4. _____



5. _____

