
PHYSICAL
EDUCATION

PORTFOLIO

Prelims

Shan Hiro Rosario

Week 1

Orientation



Week 2

Discussion & Written Work

The screenshot shows a Moodle quiz interface. At the top, it displays the title "Written Works #1", the due date "Due Feb 4 at 11:59pm", points available "Points 10", the number of questions "Questions 10", and the time limit "Time Limit 5 Minutes". On the right, there is a "Submission Details" section showing "Time: 5 minutes", "Current Score: 9 out of 10", and "Kept Score: 9 out of 10". The left sidebar contains a navigation menu with links to Home, Announcements, Zoom, Modules, Assignments, Discussions, Grades, Syllabus, Outcomes, Quizzes, Collaborations, Chat, Office 365, Library Resources, and Google Drive. The main content area is titled "Attempt History" and shows a single attempt labeled "Attempt 1" which took 5 minutes and scored 9 out of 10. Below this, there are two questions. Question 1 asks for the Greek word for stretch, with options "dans", "danson", "dason", and "denson". The user selected "danson", which was marked as incorrect. Question 2 asks for an element of dance, with options "time" and "balance". The user selected "time", which was also marked as incorrect.

The professor discussed about what we are going to do for the prelims, which was to perform Carinosa, and in doing so we must first learn the theory of it, of how it works which was why there was first a discussion and a written work

Week 2

Discussion & Written Work

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Week 3

Performance Task



We had to practice and perform the basic positions of hand and feet in doing the carinosa this week.

Week 4 & 5

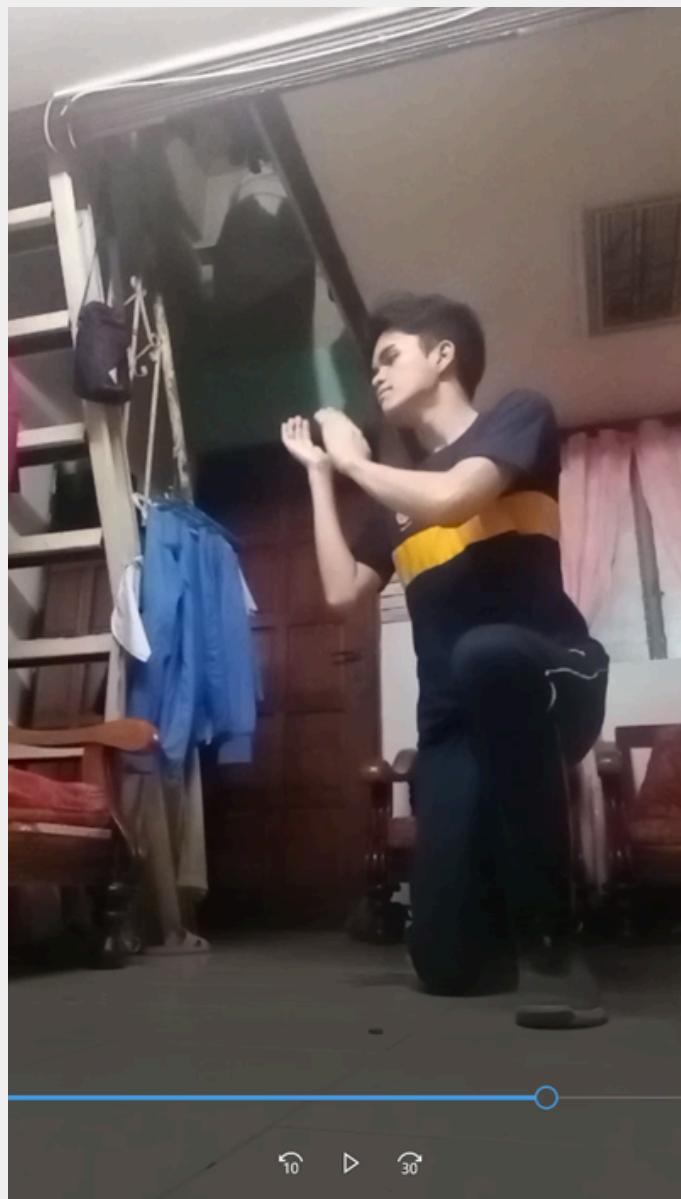
Performance Task



Due to the university week, there was no PE during this week as well as the holidays which was why we had to submit the performance task in canvas Figures 1 to 4. as well as practice for the prelims exam

Week 6

Prelims Exam



We had to submit a video of performing all the steps in carinosa for the exam

PHYSICAL
EDUCATION

MIDTERMS

PEDC202-2011

Shan Hiro Rosario

Week 7

Performance Task



The professor discussed about the syllabus on this midterms as well as some information regarding the prevalent topic, Cha cha. Then we practiced the cha cha figures 1 to 4 in order to perform it next week. There was a bit of a conundrum here because my groupmates were full of men and a cha cha dance requires both men and women. Its either someone has the roleplay the women's dance or we simply perform without a partner. In the end, the majority agreed on the latter decision.

Week 8

Performance Task



We performed the cha cha basic steps figures 1 to 4 this week. Then the professor reminded us that we will perform figures 1 to 8 next week. In addition, we had to answer the written quiz in canvas.

Week 8

Quiz



PED C202-201I > Quizzes > Written Quiz

Written Quiz

Due Mar 10 at 11:59pm Points 10 Questions 10 Time Limit 10 Minutes

Attempt History

	Attempt	Time
LATEST	Attempt 1	4 minutes

Quiz results are protected for this quiz and can be viewed a single time immediately after submission.

! Correct answers are hidden.

Score for this quiz: 9 out of 10

[◀ Previous](#)

Week 9

Performance Task



We practiced and performed the cha cha basic steps figures 1 to 8 this week. The steps were a bit challenging because the tempo is fast, and requires strict movements. However, it was fun in the end since we managed to complete the basic steps.

Week 10

Asynchronous

This was the time of the holy week. There were no classes nor working hours in these timeframe because it was a holiday.

Week 11

Asynchronous

We were given time to practice so that we could do the actual cha cha performance next week. The cha cha performance was up to ours, meaning the choreography was up to ourselves to decide.

Week 12

Cha Cha Performance



We did the cha cha this time but only as a performance task. However, the effort we put in into our practices on the previous weeks finally paid off. However, i remember we did some pretty major mistakes in which the whole crew was confused on which steps to take because the song we played was highly different from the tutorial we were following.

Week 13

Week 13: Cha Cha Performance with Costume



We learned from our mistakes last week and rigorously practiced in order to make up for it and it was the time where we finally had the chance to put our practice into action with matching outfits too-- As if simulating the real dance.

PHYSICAL
EDUCATION

FINALS

PEDC202-2011

Shan Hiro Rosario

Week 14

Performance Task

The screenshot shows a Moodle assignment page for 'PED C202-2011 : Assignments > Performance Task #1 (Finals) / NCAA'. The assignment is due May 19 by 11:59pm and is worth 20 points. It requires submitting a media recording or a file upload. The rubric is titled 'Dance Rubric' and includes four categories: Knowledge of choreography, Technical skills, Performance Skills, and Rhythm/Tempo. Each category has five rating levels: 5 pts Excellent, 4 pts Very Good, 3 pts Good, 2 pts Fair, and 1 pts Poor. The 'Poor' descriptions provide specific feedback for each category.

Criteria		Ratings					pts
Knowledge of choreography	5 pts Excellent Demonstrates excellent knowledge of the choreography. and does it well.	4 pts Very Good Demonstrates good knowledge of choreography. Keeps up with the group. Few errors, however, it does not interfere with performance.	3 pts Good Demonstrates knowledge of choreography. Keeps up with the group. Some errors.	2 pts Fair Demonstrates some knowledge of choreography but is unsure of some movements. Sometimes hesitates/ watches others and makes several errors	1 pts Poor Remembers a few of the steps/ movements and tries but looks lost and out of sync with others.	0 pts No Marks	5 pts
Technical skills	5 pts Excellent Dance is performed with great attention to the quality of movement, body position, placement on stage, and other details of dance. Also demonstrates an excellent understanding of dance style.	4 pts Very Good Dance performed with attention to detail of technique has attained proficiency in dance style.	3 pts Good Dance performed with attention to most details of technique but hasn't attained proficiency in dance style yet.	2 pts Fair Only some understanding of technical elements (i.e. footwork, quality of movements, body position) was demonstrated in performance.	1 pts Poor Although some dance, little attention is paid to how movements are done or other details of dance.	0 pts No Marks	5 pts
Performance Skills	5 pts Excellent The dancer creates a believable character on stage and can engage the audience completely through their performance.	4 pts Very Good The dancer communicates with other dancers and the audience through eye contact and facial and body expression. Can engage the audience.	3 pts Good The dancer communicates with other dancers and the audience through eye contact and facial and body expression.	2 pts Fair The dancer is generally focused, but only some attempt is made to communicate with others on stage or in the audience.	1 pts Poor The dancer is not very focused, concentrated, or committed to performance. Looks down to the floor.	0 pts No Marks	5 pts
Rhythm/Tempo	5 pts Excellent Shows a complete understanding of tempo and beat and stays on rhythm throughout.	4 pts Very Good Generally accurate in beat, tempo, and rhythms of dance sequences	3 pts Good Generally accurate in beat, tempo, and rhythms of dance sequences	2 pts Fair Shows a basic understanding of tempo and beat, but falls behind and speeds up in places or makes	1 pts Poor Attempts to keep a rhythm but gets off beat and speeds up or falls behind often. Doesn't	0 pts No Marks	5 pts

We had to perform Tutting and Shuffling during this week for those who did not attend the NCAA.

Week 15

Performance Task

The screenshot shows a Moodle assignment page. The title is "PT2 (FINALS) / MILO MARATHON". The due date is May 19 by 11:59pm, and points available are 0. The submission status is "Submitting a file upload". A button for "New Attempt" is visible. The assignment instructions include sections for those who attended/participated and those who did not. For attendees, it says "Upload your selfie here." For non-participants, it says "Perform in class tomorrow: 1. Krumping 2. Waacking". Navigation buttons "Previous" and "Next" are at the bottom. The left sidebar shows a navigation menu with various course modules like Account, Home, Announcements, Zoom, Modules, Assignments (which is selected), Discussions, Grades, Files, Syllabus, Outcomes, Quizzes, Collaborations, Chat, Office 365, Library Resources, and Google Drive.

We had to perform Krumping and Waacking Hip-hop dance and submit it to the canvas if we did not attend the Milo Marathon

Week 16 & 17

Examination



**We had to practice and perform the HipHop dance during this week,
Onsite, ahead of the actual exam week so that we wouldnt have a
schedule conflict with other subjects,**

Week 18

Eportfolio

PED C202-201I > Assignments > ePortfolio (Finals)

COLSY 2023-2024 2 SEM

Home Announcements Zoom Modules Assignments Discussions Grades Files Syllabus Outcomes Quizzes Collaborations Chat Office 365 Library Resources Google Drive

ePortfolio (Finals)

Due Sunday by 11:59pm Points 20 Submitting a website url

Upload your e-portfolio here

1. orelim
2. midter
3. finals

e-portfolio

Criteria	Ratings				Pts
Description of criterion Selection of Artifacts	5 pts Exemplary All artifacts and work samples are clearly and directly related to the purpose of the eportfolio. A wide variety of artifacts is included.	4 pts Proficient Most artifacts and work samples are related to the purpose of the eportfolio.	3 pts Emerging Some of the artifacts and work samples are related to the purpose of the eportfolio	2 pts Unsatisfactory The artifacts and work samples do not relate to the purpose of the eportfolio.	5 pts
Description of criterion Reflective Commentary	5 pts Exemplary All reflections clearly explain how the artifact demonstrates your growth, competencies, accomplishments, and include goals for continued learning (long and short term).	4 pts Proficient Most of the reflections explain growth and include goals for continued learning.	3 pts Emerging A few of the reflections explain growth and include goals for continued learning.	2 pts Unsatisfactory The reflections do not explain growth or include goals for continued learning.	5 pts
Description of criterion Citations	5 pts Exemplary All images, media or text created by others are cited with accurate, properly formatted citations.	4 pts Proficient Most images, media or text created by others are cited with accurate, properly formatted citations	3 pts Emerging Some of the images, media or text created by others are not cited with accurate, properly formatted citations.	2 pts Unsatisfactory No images, media or text created by others are cited with accurate, properly formatted citations.	5 pts
Description of criterion Navigation	5 pts Exemplary The navigation links are intuitive. The various parts of the portfolio are labeled, clearly organized and allow the reader to easily locate an artifact and move to related pages or a different section. All pages connect to the navigation menu, and all external links connect to the appropriate website or file.	4 pts Proficient The navigation links generally function well, but it is not always clear how to locate an artifact or move to related pages or different section. Most of the pages connect to the navigation menu. Most of the external links connect to the appropriate website or file.	3 pts Emerging The navigation links are somewhat confusing, and it is often unclear how to locate an artifact or move to related pages or a different section. Some of the pages connect to the navigation menu, but in other places the links do not connect to preceding pages or to the navigation menu. Some of the external links do not connect to the appropriate website or file.	2 pts Unsatisfactory The navigation links are confusing, and it is difficult to locate artifacts and move to related pages or a different section. There are significant problems with pages connecting to preceding pages or the navigation menu. Many of the external links do not connect to the appropriate website or file.	5 pts
CLO2 Develop physical, mental, emotional, and social exposure and creativity nurtured through participation in activities threshold: 3.0 pts	5 pts Exceeds Expectations	3 pts Meets Expectations	0 pts Does Not Meet Expectations	**	

Lastly, we had to document all what we did from prelims to finals and put it in an E Portfolio.