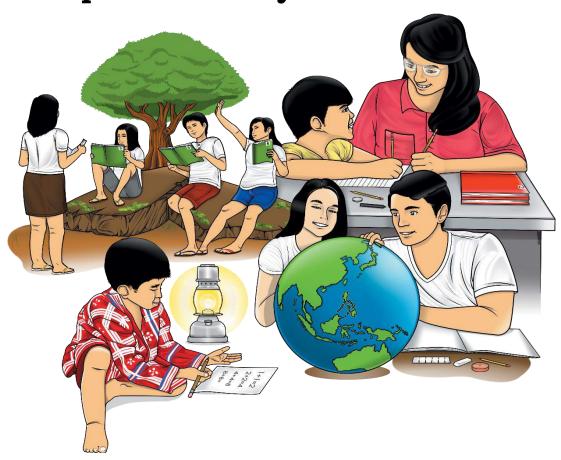




Physical Education Quarter 4 – Module 1:

Philippines Physical Activity Pyramid/ Component of Physical Fitness





Sold to be seen to be

Physical Education – Grade 6 Alternative Delivery Mode

Quarter 4 - Module 1: Philippines Physical Activity Pyramid Component of Physical

Fitness

First Edition, 2021

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Development Team of the Module

Writers: Carmela Alfaras, Cherry N. Domanico, Jomel C. Porras, Norlien P. Dorliac

Editors: Emelda V. Britania, Rona F. de la Torre

Reviewers: Francisco, C. Dela Pena, Jr., Jayson Corbita, Maylord S. Dequina

Illustrator: Mara Jamaica B. Floreno, Mark D. Petran

Layout Artist: Mara Jamaica B. Floreno

Management Team: MA. Gemma M. Ledesma, Josilyn S. Solana

Elena P. Gonzaga, Donald Genine, Jerry A. Oquendo,

MA. Lorlinie M. Ortillo, May P. Pascual

Rona F. de la Torre, Francisco C. Dela Pena, Jr

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Department of Education – Region VI

Office Address: Duran Street, Iloilo City

Telefax: (033)493-0352

E-mail Address: region6@deped.gov.ph

Physical Education Quarter 4 – Module 1: Philippines Physical Activity Pyramid / Component of Physical Fitness



Introductory Message

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Thank you.



This module was designed and written with you in mind. It is here to help you master Physical Fitness and its components for Folk Dance. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

These modules are divided into four lessons, namely:

Module 1

- Lesson 1 –Philippines Physical Activity Pyramid
- Lesson 2 –Components of Physical Fitness

After going through this module, you are expected to:

- 1. Regularly assess participation in physical activities based on the Philippines physical activity pyramid **(PE6PF-1Vb-h-18)**
- 2. identify the components of physical fitness.
- 3. determine the different physical activities under Health-related and Skill-related fitness.
- 4. display joy of effort, respect for others during participation in physical activities. **(PE6PF-VIb-h-20)**



What I Know

Directions: Read the questions carefully. Choose the letter of the correct answer. Use a separate sheet.

	vsical components that are improved in
dancing. EXCEPT A. Appreciation	C. Coordination
B. Balance	D. Endurance
B. Balance	D. Dilddranee
2. The ability to carry the body moving.	while in stationary position or when it is
A. balance	C. body composition
B. coordination	D. agility
3. The ability to move joints with 6	ease through its full range of motion.
A. speed	C. flexibility
B. reaction time	D. power
4. The ability of the body to move of	uickly and properly in different directions.
A. agility	C. coordination
B. speed	D. flexibility
•	·
5. The ability to exert energy into	
A. reaction time	C. agility
B. power	D. speed
6. The quick response of the body	and the mind to a certain task.
A. power	C. balance
B. reaction time	D. agility
7. The ability to use the differen	t senses with the different body parts to
perform a task properly.	c correct mean care carretoric souly parts to
A. agility	C. coordination
B. reaction time	D. speed
0. 771	1
	bones, and other tissues that cover the
body, some experts define it as A. balance	C. body composition
B. coordination	·
b. coordination	D. agility
9. The ability of the muscles to re	peatedly exert force against resistance for
an extended period.	
A. Muscular Endurance	C. Body Composition
B. Power	D. agility
10. The ability to maye quickly ag	ross the ground. It requires good strength
and power.	ross the ground. It requires good strength
A. agility	C. coordination
B. reaction time	D. speed

Lesson 1

Philippines Physical Activity Pyramid

Congratulations for successfully finishing previous Physical Activity Assessment. Now in the first part of this stage, you will assess yourself on how prepared you are, for the next moderately vigorous activity. Remember always that you must take these assessments carefully to prevent harm.



What's In

Directions: Answer the Physical Activity Assessment (PAA) form honestly.

PHYSICAL ACTIVITY ASSESSMENT

Put a check (/) if how often you do the following activities.

Activities	Minimal (A few times a month)	Often (2-3 times a Week at least 30-45 minutes or longer)	Regular (3-5 times a week at least 30- 45minutes or longer)	Habitual (Daily for at least 30-45 minutes or longer)	Never
Watching television					
Playing badminton, basketball, or softball					
Swimming					
Brisk walking					
Roller Skating					
Ballroom dancing					
Strolling					
Aerobic dancing					
Running errands					
Grocery Shopping					

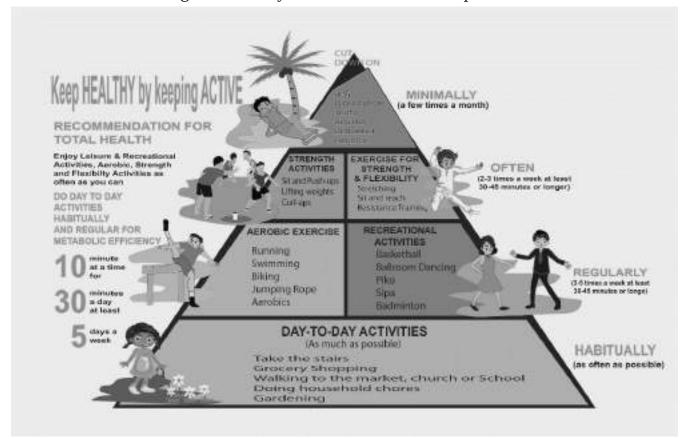


Physical Activity Pyramid

The Physical activity pyramid is an illustration of the different types of physical activities and its associated benefits to health fitness. It is composed of categorized physical activities. Moreover, it determines how frequent each activity should be performed.

This pyramid was designed to help people live an active lifestyle, reap the fitness and performance benefits of routine exercise, reduce the health risks associated with inactivity, and reduce the injury risks associated with too much activity (The Physical Activity Pyramid - Health Protection karelsavry.us).

Look at the drawing below. Study the activities in each step.





What is It

PHYSICAL ACTIVITY PYRAMID

Based on the picture presented there are 4 types of activity in Physical Activity Pyramid.

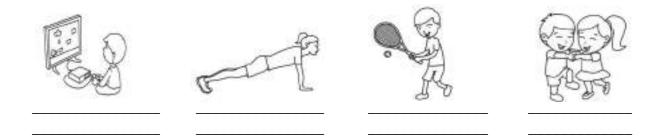
- A. Moderate activities are found in Level 1. It has activities like brisk walking. This is also including active play. They are at the base of the pyramid. They are the most done activities. They can be done more often. They are activities that increase the heart rate. Walking, jogging, or climbing for a short time are some examples that belong to this step.
- B. Level 2 Jogging, biking, swimming, playing volleyball, basketball and other vigorous sports and recreation belong to this step.
- C. Level 3 is made up of exercises for muscles fitness. Climbing on a building, pushups, curl-ups, and dancing belong to this step.
- D. Level 4 is the top of the pyramid. The minimal activity. It includes activities that you should do once in a while watching T.V., playing video games and working at the computer for a long period of time.



What's More

Activity 1

Directions: Describe the following activity from the pyramiD. Determine the number of sessions that an individual will do per week.











Activity 2 Let's Do It

Directions: List down at least four physical activities that you do regularly, then identify the level of the activity based on the physical activity pyramid.

Physical Activity	Level of physical activity in the pyramid
1.	
2.	
3.	
4.	



Additional Activities

Directions: Look at the pictures. Based on the Physical Pyramid, describe the following activities.

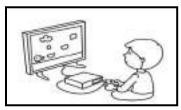
1.



2.



3.



4.



5.



Lesson 2

Components of Physical Fitness

Physical fitness is the general well-being by which an individual can perform regular physical tasks efficiently. There are several components of physical fitness, grouped basically into two kinds: health-related and skilled- related components.

To put it simply, physical activity and exercise is important for everyone. Children, adolescents, and adults of all ages need regular physical activity. Physical activity promotes good health, and you should stay active throughout all stages of your life regardless of your body type or BMI.



What's In

Directions: Unscramble the letters to form the components of physical fitness.

1. TIYAGIL	 4. NBACELA	
2. ILITYXELFIB	 5. ROWPE	
R DESPE		

Read and understand the table about the health and skill-related fitness components.

HEALTH -RELATED FITNESS COMPONENTS					
Component	Definition	Example			
Body Composition	Percentage of fat, bone, muscles,	-measuring height and			
	and other tissues that comprise	weight			
	the body. Some experts define it as				
	body fat percentage.				
Cardiorespiratory	A Measurement of how well your	-walking			
Endurance	heart, lungs, and muscles work	-running			
	together to keep your body active -jogging				
	over an extended period.	-aerobic exercise			
Muscular Endurance	The ability of the muscles to	-lifting			
	repeatedly exert force against	-carrying heavy load			
	resistance for an extended period.	weights			
Flexibility	The ability to bend or stretch.	-sit and reach			
		-bending			

	SKILL-RELATED FITNESS COM	/DONENTS			
Agility					
	change direction fast.	-run with high knees through			
		the ladder			
Balance	An even distribution of weight	-Standing on one leg at a time			
	enabling someone or something	-Walking heel toe in a straight			
	to remain upright and steady.	line			
Coordination	The ability to use different parts	-jumping rope			
	of the body together smoothly	-Standing balance with ball			
	and efficiently.	tosses			
		-marching			
Power	The ability to exert a maximal	-throwing			
	force in a short time as possible.	-jumping			
		-power lifting			
Reaction Time	The ability to respond quickly. It	-soccer			
	is important in many sports and	-boxing			
	day to day activities.	-taekwondo			
		-motor sports			
Cmaad	The chility to many social-ly comes	single leg brandle irrae			
Speed	The ability to move quickly across	-single-leg hurdle jump			
	the ground. Speed requires good	-squat			
	strength and power.	-power clean			
		-sled push			



Activity 1: Let's Do It

Directions: Ask a family member to help you execute the following activities. Put a check on the appropriate column to rate yourself.

ACTIVITIES	PERFORMANCE				
A. Health-related Fitness	О	VG	G	s	NI
1. Push- ups					
2. Body-bending					
3. Aerobics-bending					
B. Skill-related fitness					
1. Running					
2. Swimming					
3. Jumping rope					

O - Outstanding

VG – Very Good

G - Good

S - Satisfactory

NI - Needs Improvement

Activity 2: More Practice

Directions: Name a daily chore, sport, or activity that you engage in regularly in which each skill component is useful or important. Explain your answers.

Skill	Chore/Sport/Activity	Explanation
1.Power		
2.Agility		
3.Coordination		
4.Speed		
5.Reaction Time		
6.Balance		

1.	What are the components of fitness?
2.	Explain the indicator for fitness?
2.	Why are health-related and skill-related components important?

Directions: Answer the following questions. Use a separate sheet of pad paper.



Additional Activities

description	n. Write the chose	en letter on a sep	arate sheet (of paper.	
1.	The ability of the A. agility	body to move qu B. speed			fferent directions. D. flexibility
2. 7	The ability to exer A. reaction tin	0.0			D. speed
3. 7	The quick respons A. power	se of the body an B. reaction			task. D. agility
	The ability to use a task properly. A. agility		ses with the time C.		ody parts to perform n D. speed
	some experts defi		percentage.		hat cover the body, D. agility

Directions: Choose the letter of the best answer that corresponds to the given



Answer Key

P'0T 9'S
E.6 E.₽
3.8 2.8
ρ.Σ в .Σ
d.a 6.b
(won) 154 (W) T23T-389
-Answers may vary in Learner's performance in the given activity.
FSSONJ(MP≅, 3IP)
7.Biking (2-3 times aweek)
6.Swimming (2-3 times aweek)
(X-3 amit E-S) gniggol. 2
4. Dancing (2-5 times a week)
3.Playing Badminton (2-5 times aweek)
2.Push up (2-3 times a week)
£0 PP 9-de-aib ₍ nαitibe
A sign of a sign of the sign o
naite9 z'hlea HenillA (rinnom e æmit wate) ratuqmoD gniyal9. L' Education Department, Prediabetæs Reducing Type S Diabetæ
What's More
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2.biking: 3.playing:computeh
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12

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For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@depeD.gov.ph * blr.lrpd@depeD.gov.ph

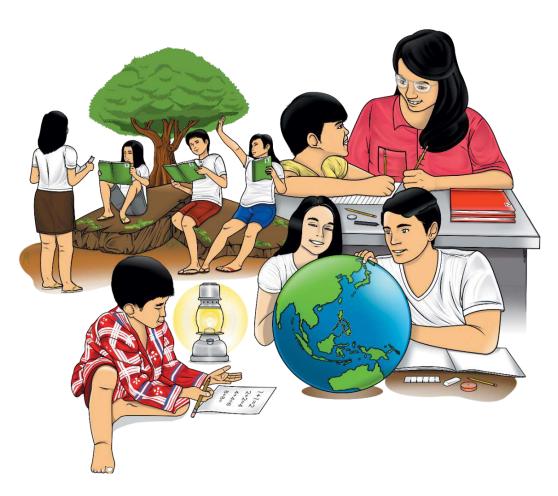




Physical Education Quarter 4 – Module 2:

Physical Fitness for Folk Dance (Itik-Itik):

An Enhanced Understanding





Physical Education – Grade 6 Alternative Delivery Mode

Quarter 4 - Module 2: Physical Fitness for Folk Dance (Itik-Itik): An Enhanced

Understanding First Edition, 2021

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Development Team of the Module

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Editors: Emelda V. Britania, Rona F. de la Torre

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Layout Artist: Mara Jamaica B. Floreno

Management Team: Ramir P. Uytico, Pedro T. Escobarte Jr.,

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Department of Education - Region VI

Office Address: Duran Street, Iloilo City

Telefax: (033)493-0352

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This module is divided into two lessons, namely:

- Lesson 1 Itik-itik Dance
- Lesson 2 Fitness Enhancement Through Folk Dance

After going through this module, you are expected to:

- 1. define the nature of Itik-Itik dance
- 2. perform the dance steps of *Itik Itik* dance
- 3. executes the different skills involved in the dance (**PE6RD-IVc-h-4**)
- 4. display joy of effort, respect for others during participation in physical activities. **(PE6PF-Vlb-h-20)**



What I Know

	e questions carefully. Cl arate sheet.	noose the letter of the correct answer.
A.	an activity where you m Stage play Dance	ove your body in time with the music. C. Acting D. Opera
A.	dancers move like a duc Itik-itik Binasuan	k wading and swimming. C. Sinkil D. Tinikling
A. B. C.	ch of the following is NO Immune system become We get to be with our fr Confidence is developed Balance and posture im	iends even late at night.
Wris A.	hand is with a semi oper t is turned in circular m Kumintang Sarok (Salok)	
forea		sides and bent at elbows so that the nead, palms facing Inwards. C. "T" Position D. Kewet (Kalawit)
posit A.	r arms are in T position vition. Turn wrist in circul Kumintang Reverse "T" Position	C. "T" Position
	le the left arm is resting. Kumintang	oig circular motion in front C. Hayon-hayon D. Kewet (Kalawit)
8. A da A. B.	nce performed by males Binasuan Sala Ti Mais	using coconut shells. C. Maglalatik D. Regatones
	er arms are at your shou Arms in 1st position	t sides and bent at elbows so that the lder level. C. Arms in 3 rd Position D. Arms in 4 th Position
-		ng between bamboo poles stuck on the me with music. C. Kalatong D. Maglalatik

Lesson

Itik-itik Dance

Itik-itik is a mimetic folkdance in the Philippines. It originated in Cantilan, Surigao del Sur in Mindanao. In Itik-itik (from the Tagalog word for "Duck"), the dance steps imitate the movements of ducks among rice paddles and swamp lands, such as wading, flying, and short choppy steps. It is usually danced by women accompanied by a song.



What's In

Directions: Read and answer the following questions. Write your answers on the blank. Use a separate sheet of paper.

- _____1. A war dance between the Muslims and the Christians who battled over a coconut meat.
 - 2. What materials are being used as props?
- _____3. In which city did the Maglalatik dance originate?
 - _____4. What skill-related components are being developed in Maglalatik dance?



What's New

Itik-itik is a folk dance popular among the people in Surigao del Sur. The dance steps are like the movement of a duck as it walks and as it splashes water to attract a mate. It is usually danced by women accompanied by a song.

Duck, duck, where are you from?

Duck, duck from Borongan.

Duck, duck, what is that with you?

That's nothing, just broken postcards.

Ducks and geese lay eggs by eight at a time.

Ducks and geese lay eggs eight at a time.



What is It

ITIK- ITIK

Itik-itik is a mimetic folk dance in the Philippines. It originated in the province of Surigao in Mindanao. In Itik-Itik (from the tagalog word for "duck") the dance steps imitate the movements of ducks among rice paddles and swamplands. Such as wading, flying, and short choppy steps.



To learn this dance, you have to master and execute the following Dance Steps:

- 1. Step, ball close, One foot leading forward.
- 2. Heel, close-ball, close. One foot leading forward.
- 3. Step, slide close, slide close. Alternative foot going to any directions.
- 4. Cross step, slide cross, slide cross. Alternative foot going to any direction.
- 5. Cross step, slide close, cross step, slide close, cross step



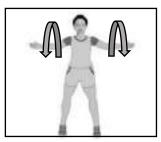
What's More

Before you do an activity, you need to perform warm -up exercises to prevent injury and muscle pain.

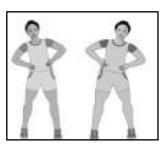
Let's Start!



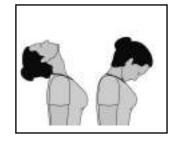
Jog in place



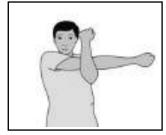
Arm circling

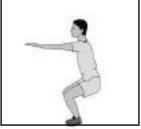


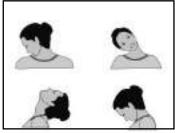
Hip Rotating

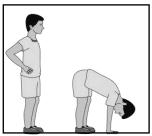


Head Bending









Arm Stretching

Half-Knee Bend

Neck Twisting

Trunk Bending

Dancing can be fun if done properly, However, you should always be guided by safety precautions even without the presence of your teacher. Before dancing, you must see to it that:

- * You are wearing the proper dance attire.
- * You are in a spacious area without barriers.
- * You are not carrying sharp objects that could hurt you.
- * You must do the warm -up before the session.

Now that you have warmed-up already, you may start performing the basics dance steps of Itik-itik below:

- 1.Step, ball close, one foot leading forward.
- 2.Heel, close-ball, close. One foot leading forward.
- 3.Step, slide close, slide close. Alternative foot going to any directions.
- 4. Cross step, slide cross, slide cross. Alternative foot going to any direction.
- 5.Cross step, slide close, cross step, slide close, cross step.



What I Can Do

Direction: Answers the following questions. Use a separate sheet of paper.

I.	Explain	the	nature	ot	lt1k	lt1k	Dance	יי

	w. 14 . w. 14
	Itik-Itik
	Skills Developed
l	
3. \	Why is it important to observe the necessary precautions in dancing?
4 W	Vill you recommended folk dancing as a form of exercise? Why?
	m you recommended four darreing do a form of energies? Willy?



Directions: Rate your performance. Check the column of your answer.

Skills	Yes	No
1. Did I execute the		
indicated positions of		
arms and feet properly?		
2. Did I execute the		
indicated movements of		
arms and feet properly?		
3.Did I perform the dance		
with confidence and		
ease?		
4.Did I execute the steps		
in time with the		
rhythm?		
5.Did I execute the dance		
properly?		
Total		

Explain your answer briefly.					

Lesson 2

Fitness Enhancement Through Folk Dance

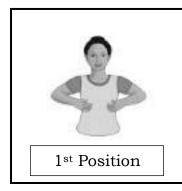
Dance has been done since ancient times. It is very popular today. Dancing can be done alone, with a partner, by a small group or by a large group. You as a young person, have all the qualities to be involved in dance. You should know what dancing can do to you. Dance as a physical activity, gives benefit to young people like you.

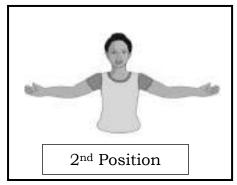


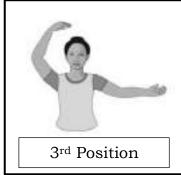
What's In

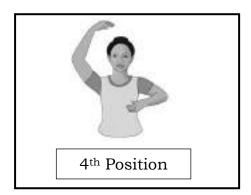
Direction: Below are the fundamental dance positions of the arms, followed by the other Positions of the Arms and Hands. Let's try to execute it one by one.

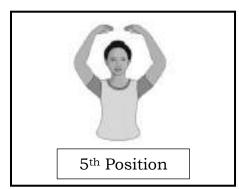
Fundamental Dance Positions of the Arms











Other Positions of the Arms and Hands

Amplified - your arms are more open in the 1st and 5th positions.

Lateral- your both arms are raised at one side parallel to each other.

Hayon-hayon - your one arm is bent in front at the waist level and the other is bent behind at waist level.

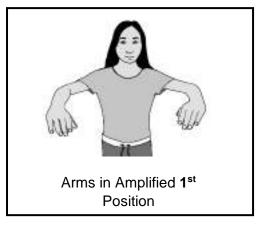
"T"- position - your both arms are raised at sides and bent at elbows so that the upper arms are at your shoulder level.

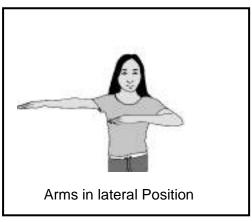
Kumintang - your arms are in "T" position with semi-opened palm and index finger pointing upward. Turn wrist in circular motion.

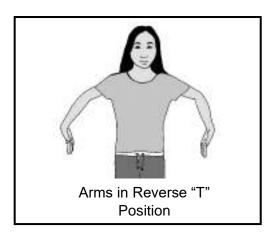
Sarok (Salok) - your right arm is making a big circular motion in front while the left arm is resting. Do it alternately.

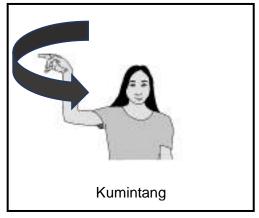
Kewet (kalawit) - your arms are in "T" position with hands closed and thumbs "up" position. Turn wrist in circular motion.

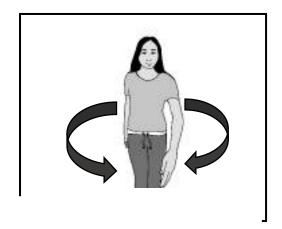
Reverse "T"- your two arms are raised at sides and bent at elbows so that the forearms are parallel to the head, palms facing inward.

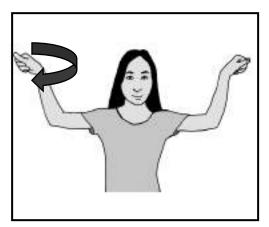


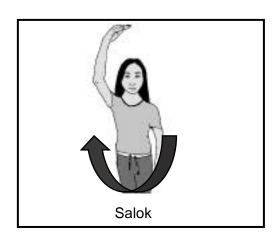


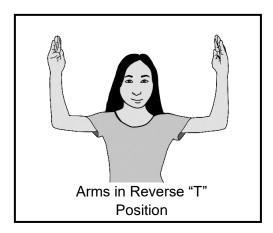














What is It

Itik- itik Dance

Before you do an activity, you need to perform warm -up exercises to prevent injury and muscle pain. You need to do the following for 16 counts each.

- * Head bending
- * Neck twisting
- * Arm stretching
- * Arm circling
- * Trunk bending

- * Hip rotating.
- * Half-knee bend
- * Jumping jack.
- * Jog in place
- * Inhaling-exhaling.

Dancing can be fun if done properly. However, you should always be guided by safety precautions even without the presence of your teacher. Before dancing, you must see to it that:

- You are wearing the proper dance attire.
- You are in a spacious area without barriers.
- You are not carrying sharp objects that could hurt you.
- You must warm-up before the session.
- You do not have medical problems.

Let's Do It

Here are the dance steps of the Itik-itik dance. Let's exe

- 1. Step, ball close, one foot leading forward.
- 2. Heel, close-ball, close. One foot leading forward.
- 3. Step, slide close, slide close. Alternative foot going to any directions.
- 4. Cross step, slide cross, slide cross. Alternative foot going to any direction.
- 5. Cross step, slide close, cross step, slide close, cross step





Activity 1 Try This

Direction: Check $(\sqrt{})$ whether you displayed the following skills in performing the dance activities. Add the score of the equivalent descriptions. Refer to the score equivalents.

Skills	Always (4)	Often (3)	Sometimes (2)	Never (1)
Coordination				
Flexibility				
Balance				
Timing				
Focus				
Footwork				
Expression				
Gracefulness				

Rate your skills after performing the different dance steps by checking the description. Compute your scores and refer to the equivalents. Score Equivalents:

3.51 - 4.0 = Outstanding 2.51 - 3.5 = Very good

1.51 - 2.5 = Good

1.0 - 1.5 = Needs Improvement



Directions: Put a check on each box if you are able to displays-joy of effort when you perform the Philippine folk dance (Itik-itik). Use a separate sheet of paper.

Skills	Excellent (5pts)	Very Good (4pts)	Good (3pts)	Fair (2pts)	Needs Improvement (1pts)
Executing the					
fundamental					
positions of arms					
and feet.					
Executing the					
basic dance steps					
and movements in					
folk dance (Itik-					
itik)					



What I Have Learned

Activity 1 Try This

Directions: Answer the following questions. Use a separate sheet of pad paper.

- 1. What did you feel while doing the activity?
- 2. Were you able to execute the different movements properly? If Yes, proceed to # 3. if No, give your reason.

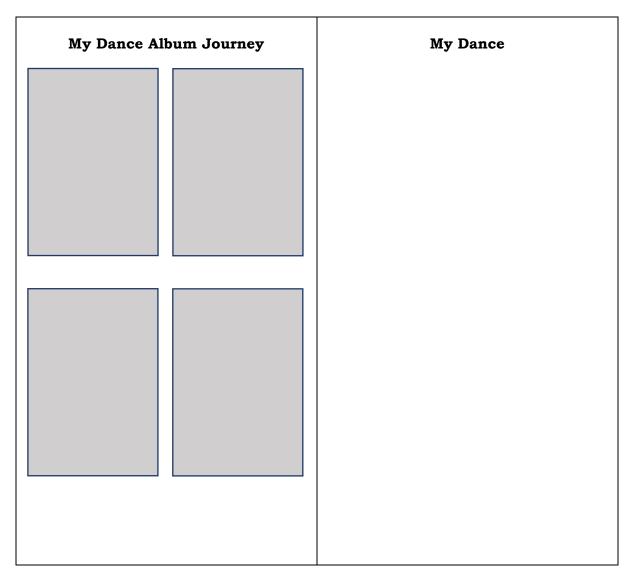
.

- 3. If you will be asked to execute those movements for many repetitions, do you think you have the endurance to do it as many times as possible? If Yes proceed, If no, Why?
- 4. Do you find dancing an effective activity in enhancing your physical fitness? Why or why not?



My Dance Journey

Directions: Recall all the dance activities that you got involved in. Browse your album to look for your picture while dancing. Make a scrapbook of it and describe the benefits you've got.





Assessment

Directions: Read the sentences carefully. Match COLUMN A with COLUMN B. Write the letters only in a piece of paper.

COLUMN A	COLUMN B
1. The hand is with a semi opened palm and index finger pointing upward. Wrist is turned in circular motion.	A. Hayon – hayon
2. Your two arms are related at sides and bent at elbows so that the forearms are parallel to the head, palms facing	B. Sarok (Salok)
inwards.	C. 1 ST position
3. Your right arm is making a big circular motion in front while the left arm is resting.	D. Reverse "T"
4. Your one arm is bent in front at the waist level and the other is bent behind at waist level.	E." T "position
5. Your both arms are raised at sides and bent at elbows so that the upper arms are at your shoulder level.	F. Kewet (kalawit)
6. Your arms are in T position with hands closed and thumbs "UP" position. Turn wrist in circular motion.	G. Kumintang
7. A pair of dancers are hopping between bamboo poles stuck on the ground like a "tikling" in time with music.	H. Tinikling
8. The dancers move like a duck wading and swimming.	I. Itik-itik
9. It is an activity where you move your body in time with the music.	J. Dance
10. A dance performed by males using coconut shells.	K. Maglalatik



10. K 9.J 9.J 9.J 9.J	ASSESSS 2.D 3.B 4.A 5.E	Vhat I Can Do Answers may vary in sarner's performance of the given activity	P[/-	What's More -Answers may vary in learner's performance in the given activity	may mer's nce in	the given vary in les vary in les (What's In LESSON 4
sal Activities s may vary in s performance ven activity	-Answers learner's	What's More Do the Warmup Answers may vary. (Explanation)	K	What's In I.Maglalatik 2.Coconut shells 3.Binan in Laguna 4.coordination \Agilit		LESSON 3. C

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For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph

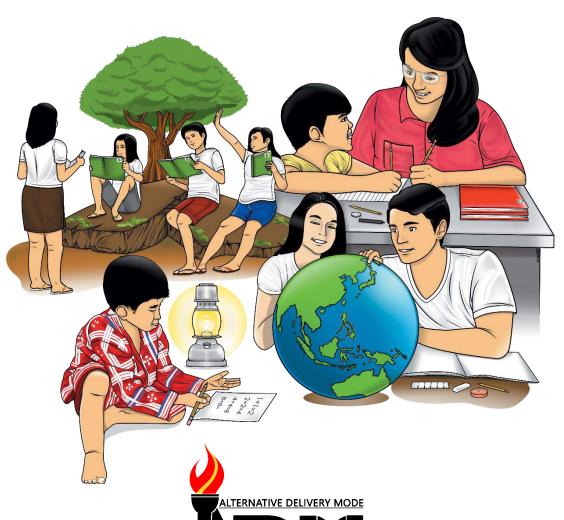




Physical Education Quarter 4 – Module 3:

Physical Fitness for Folk Dance (Tinikling):

An Enhanced Understanding



CO_Q4_PE 6_ Module 3

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Physical Education – Grade 6 Alternative Delivery Mode

Quarter 4 - Module 3: Physical Fitness for Folk Dance (Tinikling): An Enhanced

Understanding First Edition, 2020

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Development Team of the Module

Writers: Ian George S. Acumabig and Dhessa Mae G. Arino

Editors: Emelda V. Britania, Rona F. de la Torre

Reviewers: Francisco C. Dela Pena, Jr. Edna P. Gabayeron

Illustrators: Al P. Contreras, Christiany Joy S. Lazaro

Layout Artist: Mara Jamaica B. Floreno

Management Team: Ramir P. Uytico, Pedro T. Escobarte Jr.

Elena P. Gonzaga, Donald Genine, Jerry A. Oquendo,

Ma. Lorlinie M. Ortillo, May P. Pascual Rona F. de la Torre, Francisco C. Dela Pena

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Physical Education

Quarter 4 – Module 1:
Physical Fitness for Folk Dance
(Tinikling):
An Enhanced Understanding



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-test 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 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 test. 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.



This module was designed and written with you in mind. It is here to help you master the Physical Fitness for Folk Dance. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

This module is divided into two lessons, namely:

Module 3

- Lesson 5 Tinikling: Historical Background, Costume, and Dance Props
- Lesson 6 Tinikling Dance Steps

After going through this module, you are expected to:

- 1. executes the different skills involved in the dance (PE6RD-IVc-h-4)
- 2. display joy of effort, respect for others during participation in physical activities. (**PE6PF-VIb-h-20**)



To assess what you know about the Tinikling Dance in Philippine Folk Dance, answer the following.

Directions: Read the questions carefully. Ch Use separate sheet.	noose the letter of the correct answer.
1. Where did Tinikling Dance original	ated?
A. Bulacan	C. Leyte
B. Pangasinan	D. Region VI
	8
2. It is called the older version of Tin	ikling Dance.
A. Sakuting	C. Tinikling Ha Bayo
B. Tinikling De Panay	D. Tikling-Tikling
3. The Tinikling Dance is usually per	rformed by
A. Both man and woman	
B. Men only	D. None of the above
4. The Tinikling Dance is an imitat of	ive dance; it imitates the movements
A. Bird	C. Fish
B. Duck	D. Frog
	f the following options prescribed the
correct costume for the GIRLS?	
	, butterfly sleeves, and low-cut bodice.
B. Camisa De Chino	
C. Long skirt for the girls, frequen	•
D. Patadyong, Kimona and Panue	lo over one shoulder.
6. A spring from one foot landing on sideward, backward, or oblique).	the other foot in any direction (forward,
A. Hop	C. Leap
B. Jump	D. Panadyak
D. oump	D. Talladyak
7. To displace quickly one foot with	the other, thus, completely taking off
the weight of the body from the d	
A. Brush	
B. Clockwise	D. Cut
	e of the free foot, flexing the ankle joint
	he other foot. There's a no change or
transfer of weight.	C. Stome
A. Set	C. Stamp
B. Slide	D. Tap

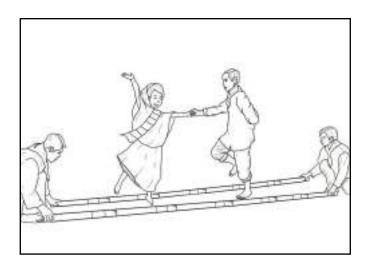
9. Step, close, step.	
A. Hop	C. Leap
B. Jump	D. Waltz
	t landing from the same foot in place or in any t may be raised in any direction (in front, in rear
sideward, or across).	
A. Cut	С. Нор
B. Hapay	D. Kuradang

Lesson Tinikling: Historical Background, Costume, and Dance Props

Congratulations for successfully completing Module 1! Now that you have an idea about Itik-itik dance, Module 2 will bring you to another classification of Folk Dance which will also strengthen and enhance your physical health. Today, you are going to explore and learn the Tinikling Dance, its history, costumes, and equipment or dance props.

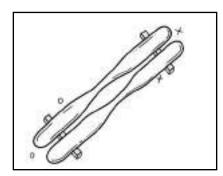


What's New



In Leyte, where this dance originated, the Tinikling used to be performed between two long pestles. It is a dance imitating the movements of Tikling birds as they play and chase each other. Hence, it is named after the bird, Tikling.





During the harvest season, especially at the time of pounding, this dance is usually performed by a man and woman while the pounders are resting. They dance to the music of singers and a guitar. The dancers show their skill, endurance, sprightliness, and grace by nimbly hopping and leaping between the pestles that are clapped in time to the music. There is much fun and teasing if the dancers' feet are caught by the pestles.

Tinkling Ha Bayo is an older version of Tinikling dance. The old people claim this version is more difficult to perform than the Tinikling dance between two bamboo poles.

To witness how Tinikling is being performed, here's a video you need to watch.

✓ https://www.youtube.com/watch?v=wicOLDDggn0

Tinikling Costume

Girl wears Patadyong, Kimona, and Pañuelo over one shoulder. Boy wears barong tagalog, red trousers with one leg rolled up.

Equipment

Two wooden pestles about six feet long and two pieces of board, two feet long, two inches wide, and three inches thick. Two pieces of bamboo about two feet long split into halves may be used instead of boards.

DID YOU KNOW?

In the Philippines, there are different versions of the same folk dance and that the variations enrich folk dancing traditions. Folk dances represent some cultural aspects of place where they came from. It conveys the unique culture of the community, province, or locality.



What I Have Learned

ACTIVITY 1

Directions: Answers the following questions. Use a separate sheet of paper.
1. What's the difference between Tinikling and Tinikling Ha Bayo?
2.Describe the Tinikling Dance and enumerate the skills involved.
3.Is it important to learn the nature of Philippine Folk Dance? Why?
ACTIVITY 2
Directions: Share your thoughts by answering the questions below. Use a separate sheet of paper.
1. What are the popular folk dances in your community?
2.What folk dance have you danced in school.
3.If you were to choose a dance that could represent your community what would it be? Why?



6

Tinikling Dance Steps



What I Know

Matching Type

Directions: Identify the dance steps being described. Match column A with B. Write your answer in a separate sheet of paper.

A	В
1. Step, close, step.	a. hop
2. A spring from one foot landing from the same	
foot in place or in any direction.	b. leap
3. To rap slightly with the ball or toe of the free	_
foot, flexing the ankle joint keeping weight of	c. place
the body on the other foot.	
4. To put foot in a certain or desired position	d. tap
without putting weight on it. The sole of the	_
foot rests on the floor.	e. waltz
5. A spring from one foot landing on the other	
foot in any direction	



What's In

The Tinikling is the national dance of the Philippines and is a traditional folk dance which originates from the Spanish colonial era. It is one of the oldest dances from the Philippines, and originated in the islands of Leyte in the Visayas. However, its appeal has spread worldwide, and it is generally included in the folk dance curricula in the schools of many countries.

Now that you already know the nature of Tinikling, it's time to learn the basic dance steps included in the dance.

♣ Hop

A spring from one foot landing from the same foot in place or in any direction. The other foot may be raised in any direction (in front, in rear, sideward, or across).

↓ Leap

A spring from one foot landing on the other foot in any direction (forward, sideward, backward, or oblique).

Place

To put foot in a certain or desired position without putting weight on it. The sole of the foot rests on the floor.

♣ Waltz

Step R (L) foot, close L (R) foot to right, step R (L) in place.

\rm 4 Тар

To rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot. There's a no change or transfer of weight.

🖊 Kuradang

Step R (L) foot sideward right (ct.1), close L (R) foot to right foot (ct. 2), step R (L) foot close left foot (ct.3).



What's More

Surf and Learn

Directions: Watch the video and learn the different dance terms being performed, you may also follow and execute the dance steps presented in the videos. After watching, answer the guide questions below. Write your answers in a separate sheet of paper.

LINK: https://www.youtube.com/watch?v=T-6bxOS9mFs

Guide Questions:

- a. What is the video all about?
- b. What are the dance steps being performed?
- c. What dance step did you like the most? Why?

Physical Activity Readiness Questionnaire

Before you proceed in performing physical activities, answer the physical activity readiness questionnaire (PAR-Q) first to determine if you are fit to perform moderate exercises and activities.

PAR-C	Q Form		
Name:	Date:		
DOB: Height:	Weig	ht:	
Health Care Provider:	Phon	e:	
Que	stions		
Has your health care provider ever said that you have a that you should only perform physical activity recomn		Yes	☐ No
Do you feel pain in your chest when performing physi	cal activity?	Yes	☐ No
Have you experienced chest pain when NOT performithe last month?	ng physical activity in	Yes	☐ No
Do you lose your balance because of dizziness or have consciousness recently?	e you lost	Yes	☐ No
Do you have any bone or joint problems (back, knee, l arthritis, which could be aggravated through physical a		Yes	☐ No
Is your doctor currently prescribing you medications for a heart condition?	or high blood pressure	Yes	☐ No
Is there any reason why you should not participate in p Reason:		Yes	☐ No
Do you currently exercise on a regular basis (3+ times		Yes	No
If Yes to Any Questions:	Seed to 4.0 1 (1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0		0.000
If No to All Questions:			
Name	2 // // // // // // // // // // // // //	Guardian Na	ıme

After answering the PAR-Q Form, read the safety precautions on the next page in dancing and do the suggested warm – up exercises for you to prevent injury and muscle pain.

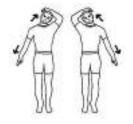
Safety Precautions in Dancing:

- ✓ Wear proper dance attire.
- ✓ Make sure you are in a spacious area without barriers.
- ✓ Warm up thoroughly before you start dancing and include stretches. This is important in preparing the body for dancing.
- ✓ If you have a pre-existing problem or injury especially to the foot, ankle or lower back, consult your teacher or doctor, if you have, before starting.
- ✓ Drink enough amount of water before, during and after dancing.
- ✓ Don't push yourself too far or too fast, especially if you are a beginner.
- ✓ Concentrate on correct posture and your dance technique. The way a dancer connects one movement to another must be technically correct so as not to twist the body incorrectly, or strain a muscle.
- ✓ Make sure you take sufficient rest between dance sessions, especially if you are new to dancing or are not very fit. This will help minimize muscle soreness or stiffness.
- ✓ Cool down after a dance session and stretch again.

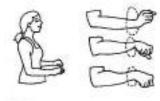
Stretching Before Dancing

Dancing can be fun if done properly. Before you proceed, execute the following warm-up exercises for 8 counts each.

1. Neck Bending



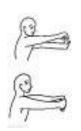
4. Wrist Circling



7. Side Bending



2. Forearm Stretch Circling



5. Extended Arm Circling



8. Knee



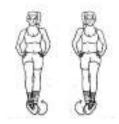
3. Triceps Stretch



6. Hip Circling



9. Foot Rotation



Do It Yourself

Perform the basic dance steps of Tinikling. You may ask assistance from your parents, older siblings, or friends who have knowledge about folk dancing.

- **Hop** spring from one foot landing from the same foot in place or in any direction. The other foot may be raised in any direction (in front, in rear, sideward, or across).
- Leap spring from one foot landing on the other foot in any direction (forward, sideward, backward, or oblique).
- **Place** put foot in a certain or desired position without putting weight on it. The sole of the foot rests on the floor.
- Waltz step R (L) foot, close L (R) foot right, step R (L) in place.
- **Tap** rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot. There's a no change or transfer of weight.
- **Kuradang** step R (L) foot sideward right (ct.1), close L (R) foot to right foot (ct. 2), step R (L) foot close left foot (ct.3).



What I Can Do

Directions: Perform the Tinikling dance steps and assess your performance by answering the Dance Self-Assessment and Create a dance performance.

Hop

- o Spring (L) foot and land on the same foot in front.
- o Spring (R) foot and land on the same foot sideward right.

Leap

- o Spring (L) foot and land on your (R) foot forward.
- o Spring (R) foot and land on your (L) foot obliquely.

Place

- o Put (L) foot in front without putting weight on it. The sole of the foot rests on the floor.
- o Put (R) foot in front without putting weight on it. The sole of the foot rests on the floor.

Waltz

o Step R (L) foot, close L (R) foot to right, step R (L) in place.

Tap

o Rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot. There's a no change or transfer of weight.

Kuradang

Step R (L) foot sideward right (ct.1), close L (R) foot to right foot (ct. 2), step R
 (L) foot close left foot (ct.3).

ACVTIVITY 1 Dance Self-Assessment

Directions: Evaluate your dance performance by putting a check $(\sqrt{})$ on the statement below applicable to you dance execution and experience.

	Satisfied	Neutral	Unsatisfied
	5 points	3 points	1 point
I can perform most basic actions with control			
and fluency.			
I can demonstrate basic actions using some			
dynamic qualities.			
I can make simple suggestions on how to			
improve my performance.			
I understand rhythm and can move in time to			
the music.			
I can demonstrate a wide range of actions,			
with confidence, control and fluency.			
I can use different dynamics to help develop			
my routine.			
I can develop or adapt my routine to make it			
better and choreograph small sections of the			
routine.			
I understand several key terms in dance and			
can describe what they mean.			
I used dynamics and levels to enhance my			
performance.			
I perform with confidence, fluency, and			
control and energy.			
TOTAL			

Rate your dance skill after answering the assessment. Compute your scores and refer to the equivalents below.

50 points – 40 points = Outstanding 24 points – 10 points = Good

39 points – 25 points = Very good 9 points to 1 point = Needs more practice

ACVTIVITY 2 Dance Video Performance

Directions:

- Perform the Tinikling dance steps and record your dance performance through video.
- You may edit your performance using any video editor.
- Use the suggested Tinikling music as your dance accompaniment in performing.
 - https://www.youtube.com/watch?v=X4xXwJgiqNM
- You are encouraged to wear the prescribed costume for girls and boys when dancing.
- Submit your output to your teacher's preferred or assigned online platform.

Dance Video Performance Criteria:

Costume and Props TOTAL	5 30
Creativity	5
Visual Appeal/Impact	10
Mastery and Execution	10



Assessment

To assess your knowledge about Tinikling Dance in Philippine Folk Dance, answer the following.

Use separate sheet.	loose the letter of the correct answer.		
1. Where did Tinikling Dance original	ated?		
C. Bulacan	C. Leyte		
D. Pangasinan	D. Region VI		
2. It is called the older version of Tin	_		
B. Sakuting	C. Tinikling Ha Bayo		
B. Tinikling De Panay	D. Tikling-Tikling		
3. The Tinikling Dance is usually per			
C. Both man and woman			
D. Men only	D. None of the above		
	ive dance; it imitates the movements		
of	G D' 1		
C. Bird	C. Fish		
D. Duck	D. Frog		
5. In the Tinikling Dance, which of t	the following options prescribed the		
correct costume for the GIRLS?			
	, butterfly sleeves, and low-cut bodice.		
B. Camisa De Chino	41		
C. Long skirt for the girls, frequen D. Patadyong, Kimona and Panue			
6. A spring from one foot landing on the other foot in any direction (forward, sideward, backward, or oblique).			
C. Hop	C. Leap		
D. Jump	D. Panadyak		
7. To displace quickly one foot with the other, thus, completely taking off the weight of the body from the displaced foot.			
	C. Cross Over		
D. Clockwise	D. Cut		
8. To rap slightly with the ball or too	e of the free foot, flexing the ankle joint		
keeping weight of the body on the other foot. There's a no change or transfer of weight.			
C. Set	C. Stamp		
D. Slide	D. Tap		

 9. Step, close, step.	
С. Нор	C. Leap
D.Jump	D. Waltz
 1 0	from the same foot in place or in any aised in any direction (in front, in rear,
C. Cut	C. Hop
D. Hapay	D. Kuradang





References

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- 2. SAYAW Filipino Dances (2003)
- 3. https://www.youtube.com/watch?v=X4xXwJgiqNM
- 4. https://www.youtube.com/watch?v=T-6bxOS9mFs
- 5. https://www.youtube.com/watch?v=wicOLDDggn0

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph