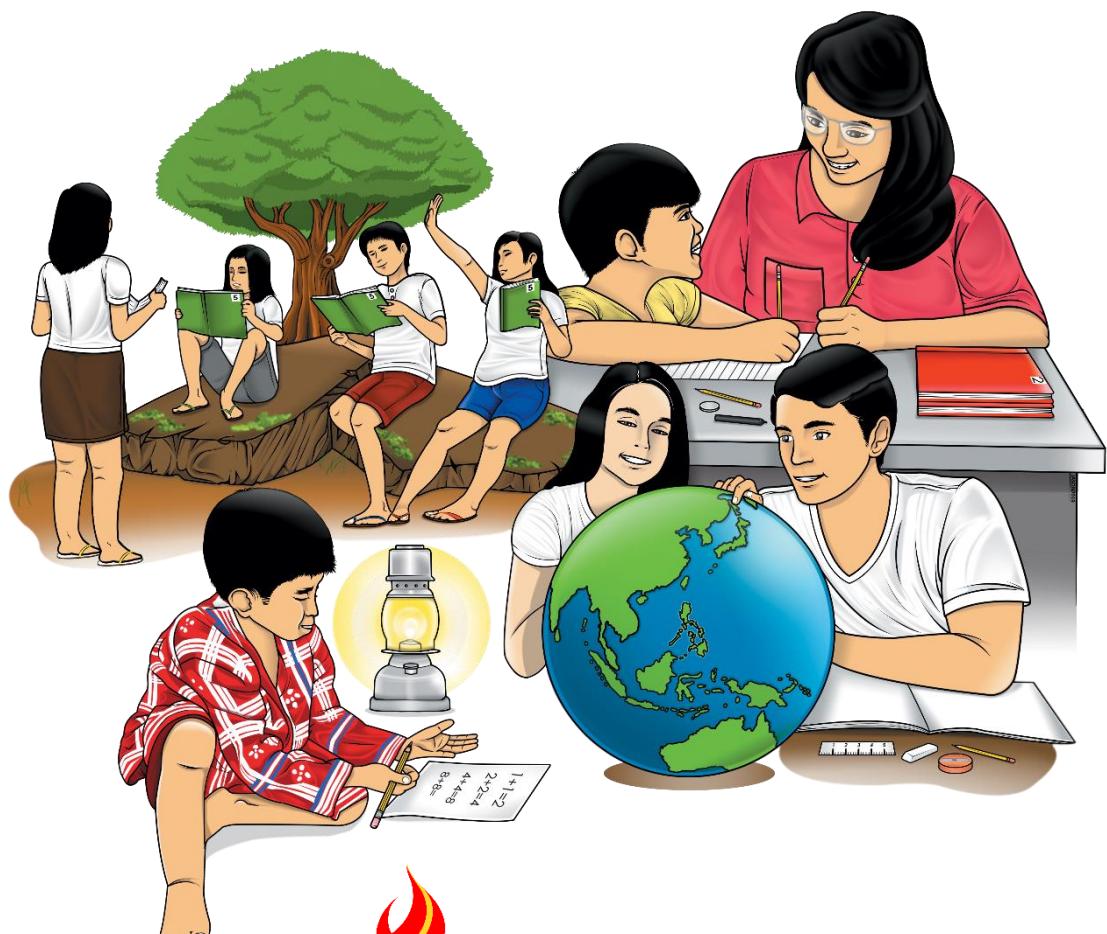


Physical Education

Quarter 1 – Module 3: Introduction to Individual Sports: Running and Swimming



Physical Education – Grade 7

Alternative Delivery Mode

Quarter 1 – Module 3: Introduction to Individual Sports: Running and Swimming

First Edition, 2020

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Physical Education

Quarter 1 – Module 3:

Introduction to Individual Sports:

Running and Swimming

Introductory Message

This Self-Learning Module (SLM) has been prepared for you 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.

This SLM is composed of different parts. Each part will guide you step-by-step as you discover and understand the lesson prepared for you.

In this SLM, a pretest is provided to measure your prior knowledge on the lessons in it. The result of it will tell you if you need to proceed on completing the activities in it or if you need to ask your facilitator or your teacher's assistance for better understanding of the lessons in it. At the end of this SLM, 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.

Please use this SLM 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 question in using this SLM or any difficulty in answering the activities in it, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

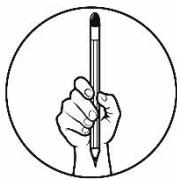
This module has been designed and written for you. This will help you understand the nature and background of the running and swimming. The scope of this module will involve you in different learning situations. The language used in the following topics are appropriate to your vocabulary level as a student. The lessons are arranged to follow the standard sequence of the course.

Are you ready to learn more about running and swimming? This module will help you understand the nature, background, and skills of individual sports such as track event, running, and swimming. This module focuses on the following lessons:

- Lesson 1 – Introduction to Running
- Lesson 2 – Skills in Running
- Lesson 3 – Introduction to Swimming
- Lesson 4 – Skills in Swimming

After going through this module, you are expected to:

- undertake physical activity and physical fitness assessments (PE7PF-Ia-h-23);
- describe the nature and background of the sport (PE7GS-Id-5);
- execute the skills involved in sport (PE7GS-Id-h-4); and
- monitor periodically one's progress towards fitness goals (PE7PF-Id-h28).



What I Know

Pretest

Directions: Choose the letter of the best answer to each question below.

1. This event is participated by four runners. Each runner covers 100 meters.
 - a. 4 x 100
 - b. 4 x 200
 - c. 4 x 400
 - d. 4 x 800
 2. This event requires the participant to run over the hurdles during the race.
 - a. Relay
 - b. Sprint
 - c. Hurdles
 - d. Long Distance
 3. The following events are held in a 400-meter track, EXCEPT:
 - a. Sprint
 - b. Relays
 - c. Hurdles
 - d. Shot put
 4. It is a collection of sport events that involves running, throwing, and jumping.
 - a. Archery
 - b. Athletics
 - c. Swimming
 - d. Gymnastics
 5. The following are the starter's command in running, EXCEPT:
 - a. Go
 - b. Set
 - c. Ready
 - d. On Your Marks
 6. This event is participated by four runners. Each runner covers 400 meters.
 - a. 4 x 100
 - b. 4 x 200
 - c. 4 x 400
 - d. 4 x 800
 7. Which of the following pieces of equipment is used in relay races?
 - a. Baton
 - b. Discus
 - c. Hurdles
 - d. Shot put
 8. Which of the following choices is NOT a part of any running event?
 - a. Individual
 - b. Relay
 - c. Medley
 - d. Long distance
 9. He was the first man to swim the English Channel in 1875.
 - a. George Bath
 - b. John Arthur
 - c. Richmond Cavill
 - d. Captain Matthew Webb

10. It is an individual or team racing sport that requires the use of one's entire body to move through water.
- a. Athletics
 - b. Running
 - c. Swimming
 - d. Gymnastics
11. Which of the following swimming strokes is the fastest and most efficient technique?
- a. Butterfly
 - b. Freestyle
 - c. Backstroke
 - d. Breaststroke
12. It is the most difficult and exhausting stroke in swimming.
- a. Butterfly
 - b. Freestyle
 - c. Backstroke
 - d. Breaststroke
13. It is the slowest swimming stroke.
- a. Butterfly
 - b. Freestyle
 - c. Backstroke
 - d. Breaststroke
14. The following are the pieces of equipment used in swimming, EXCEPT:
- a. Kickboard
 - b. Baton
 - c. Goggles
 - d. Swimsuit
15. In 1951, the first ASEAN Games was held in:
- a. New Delhi, India
 - b. Bangkok, Thailand
 - c. Los Angeles, California
 - d. Amsterdam, The Netherlands

Lesson 1

Introduction to Running

In the previous lesson, you have learned about the basic exercise program as well as the skills on how to design your own exercise. You have also learned about the different kinds of stretching. Are you ready to learn more? The following lesson will focus on the different running and swimming events. You will be provided with activities that will test your prior knowledge and will help you understand more about running and swimming.



What's In

Let's refresh your memory about our previous lesson.

Directions: Copy the table below in your notebook. From the given list of exercises, classify the warm-up (dynamic exercise) and cool-down (static exercise) using the table.

- | | |
|----------------------|----------------------------|
| 1. Front of Thighs | 6. Upperback |
| 2. Knee & Thigh | 7. Plank Walk-Outs |
| 3. March & Reach | 8. Chest |
| 4. Back of upper arm | 9. Front Leg Raise Toe Tap |
| 5. Side Cross Swings | 10. Front Swings |

WARM-UP	COOL-DOWN



What's New

Activity 1: Personal Check

In this part of the lesson, you will be engaged in different activities to enhance your knowledge and understanding about individual sports.

Directions: Put a check (✓) mark in the Column of YES if you have performed the activities listed below and (✗) in the NO column if you have not.

ACTIVITIES	YES	NO
I have joined a running competition in our barangay.		
I'm good at playing <i>Luksong Tinik</i> .		
I have overtaken a dog barking at or running after me.		
I became a runner and jumper in my elementary grade.		
I can run fast without getting any injury.		
I enjoy playing, running, and jumping with my neighbors.		
I can throw a stone to a far distance.		
I can jump high without giving full effort.		
I enjoy watching different activities like running, jumping, and throwing competitions.		
I can run and jump in fun games.		

If you have more than five “Yes” answers in this activity, it means that you possess athletic skills. All you need to do is to develop and enhance such skills to become a potential athlete.



What is It

Read to Understand

The Background of Athletics

Track and field athletics, commonly known as athletics or track and field, is a collection of sport events that involve running, throwing, and jumping. The name "athletics" is derived from the Greek word "athlos" meaning "contest".

Going back to the Ancient Greeks, athletics was the only competition being held in the first Olympic Games which took place in Athens in 776 BC. At that time, the single athletic event was known as the "stade", a foot race which covered the length of the Athenian Olympic stadium.

In 1896, the first modern Olympic Games were staged. Although initially of limited appeal, the Olympics captured the imagination of athletes and grew steadily, making track and field an international sport for the first time. In 1913, the International Amateur Athletic Federation (IAAF) was formed by the representatives from 16 countries. The IAAF was charged with establishing standard rules for the sport, approving world records, and ensuring that the amateur code was adhered to; it continues to carry out these duties today.

Track Events

Track events often involve a field or a running track of varying measurements. These events are typically held in a 400-meter track. These include sprints, middle distance events, long distance events, hurdles, relays, road running, and race walking.

Short Distance or Sprints

Sprint is a short running race. In a track and field competition, there are generally three different sprint distances: 100m, 200m, and 400m.

Middle Distance

The middle-distance races are 800m, 1500m, and 3000m. These races require different skills and tactics to win. They rely more on endurance and pacing than just pure speed. Also, the runners do not stay in a single lane for the entire race. They start out in staggered lanes, to make the distance the same for each runner. The race soon becomes open with no lanes and the runners must pass around each other to gain the lead.

Long Distance

There are three main long-distance races: 3000m, 5000m, and 10,000m races. These races are similar to the middle-distance races, but the emphasis is even more on correct pacing and endurance.

Hurdles

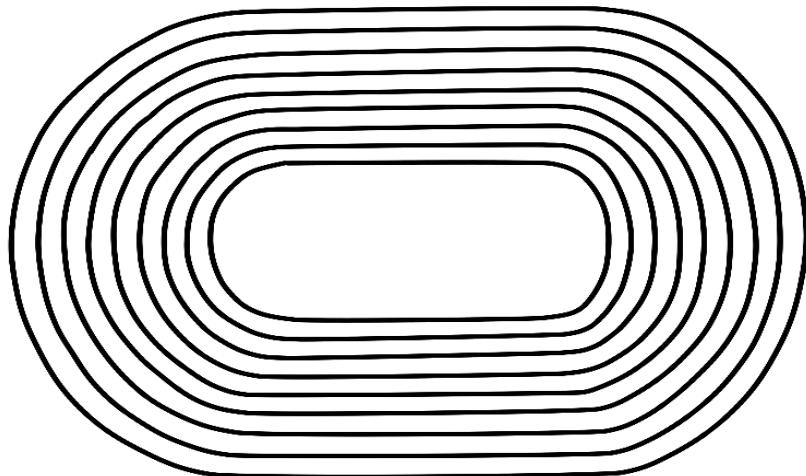
A hurdles race is a track and field event with obstacles placed at intervals along the track. The runners must jump over the hurdles as they run to the finish line. The hurdles races are the 100m and 400m for women and 110m and 400m for men. Timing, footwork, and technique are the key in winning hurdle events. Furthermore, the runners still need to be fast while jumping over the hurdles in stride without much slowing down to win the race.

Relays

Relay races are where teams of runners compete against each other. There are four runners and four legs (stages) to the race. The first runner starts with the baton and runs the first leg handing off to the second runner. The hand off must typically take place within a given area of the track. The second then hands off to the third and the third to the fourth. The fourth runner runs the final, or anchor, leg to the finish line. Common relay races are the 4x100m and the 4x400m.

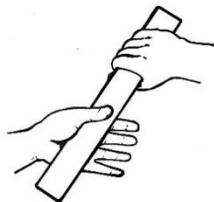
Facilities and Equipment used in Athletics

Track facility

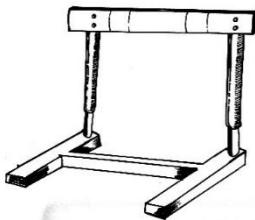


Track Oval

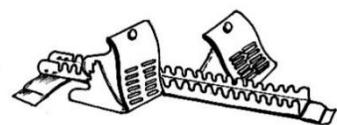
Equipment



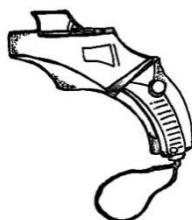
Baton



Hurdles



Starting Blocks



Starting Gun



Spike Shoes

To be able to participate and perform well during track and field events, it requires the athletes or runners to master the running skills. Mastering these skills will develop the use of essential muscles, use of optimum force, and relax the muscles that will not be involved in your movements during the race.

Running Skills

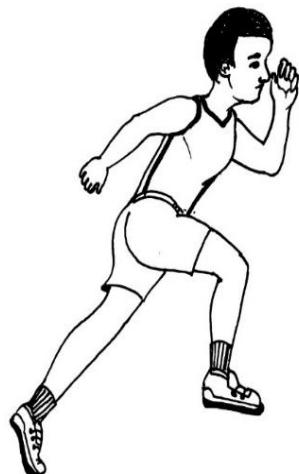
Body Position



The head, trunk, and pelvis should be positioned along a vertical line, which is perpendicular to the ground. This helps ensure that the pelvis is in the most efficient position. It should be obvious that the erect position better enables you to lift your knees, which in turn, increase stride length.

The head should be up, with eyes focused 20 - 30 yards ahead. Runners who look at the ground tend to have short and choppy stride. This should be avoided by the runners.

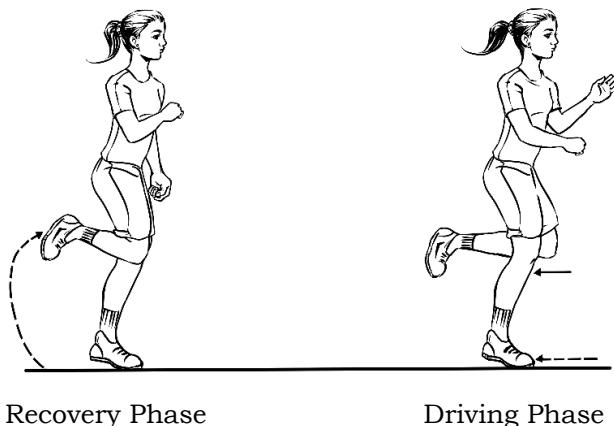
Arm and Shoulder Carriage



It is necessary to have arm and shoulder movements during running so that torque produced by the driving of the legs is more easily absorbed. The shoulder must move in coordination with the arms.

It is advisable that the hands, arms, and shoulder should be relaxed as possible, for the tense muscle does not only require a greater oxygen consumption but also prone to cramps. Most runners cup the hands or maintain a light pressure between the thumb and fist, finger on each hand; this tends to prevent the arms and shoulders from tensing.

The position of the arms should probably approach a right angle during the forward movement, but the exact position is not critical. However, you must not carry your arms excessively high for this can be very fatiguing. During the forward swing, your arms should not cross the imaginary mid-line which divides the body. Runners who do this "cross-body" action cause the trunk to rotate unnecessarily.



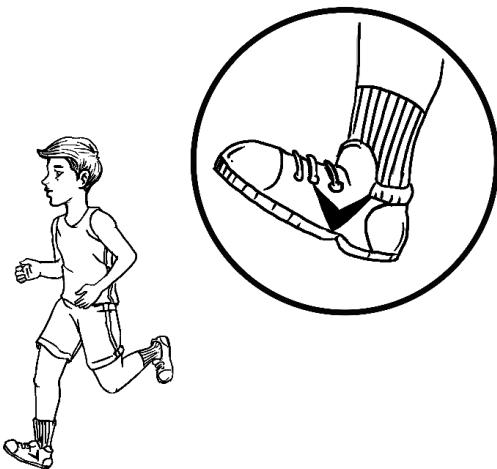
Action of the Legs

The leg action has two parts. These are: (1) the recovery phase, and (2) the driving phase. In the recovery phase, the rear foot leaves the ground and in the driving phase the lead foot touches the ground.

Running speed is the combination of the stride length and frequency of the stride. Stride length and body lean will increase as one increases speed.

Foot Action

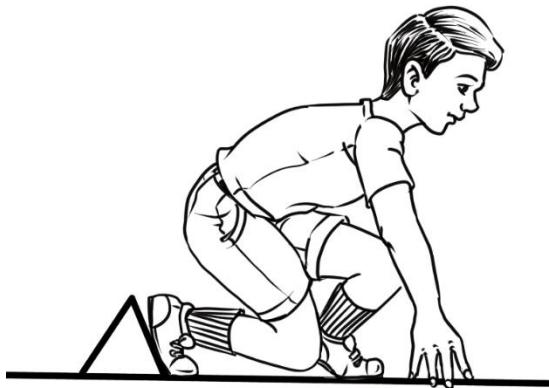
A male runner has a landing touch with a "heel-ball" action, which is where the heel hits the ground first. The weight is then transferred to the ball of the foot in a rocking chair fashion. Among female runners the "heel-ball" and "ball-heel-ball" is about the same. In the "ball-heel-ball", the runner initially settles on the ball of the foot, then momentarily transfers the body's weight to the heel, and then rolls forward again to the ball for the driving phase. The "heel-ball" landing tough is suited to be more efficient over long distances because there is less strain put on the muscles of the calf.



Consider the following tips for sprint:

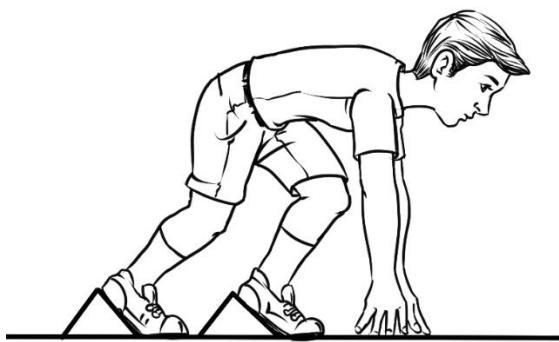
- Master the sprint start.
- Starting a sprint race is all about explosion of speed and power.
- You do need to keep it under control.
- Being relaxed helps your body run efficiently and quickly at any distance.
- Try to breathe gently and await the starter's commands.

ON YOUR MARK



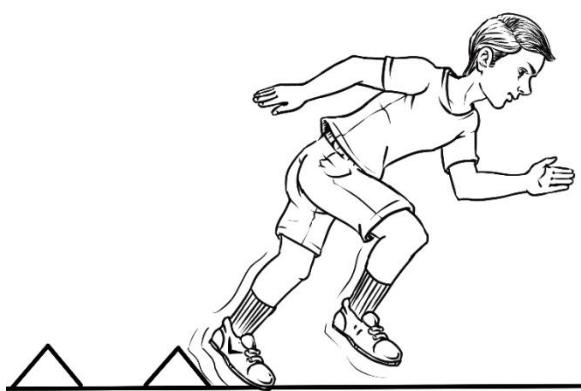
- a. Crouch on one knee and form a high bridge with your fingers just behind the line.
- b. Your hands should be placed slightly wider than your shoulder width.
- c. If you feel cramped, you are probably positioned too close to the start line.
- d. Don't get distracted by anything or anybody.
- e. Keeping your eyes focused on the ground ahead of you will help your balance, focus, and relaxation.

SET

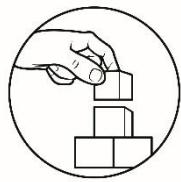


- a. Raise your hips to a level just above your shoulders.
- b. Your head should not be dropped towards the ground, but don't 'crick' your neck by trying to look up the track.
- c. Lean your body as far forward as you can, and aim to begin running without stumbling.
- d. Wait for that starting signal.

GO



- a. When the gun goes off, breathe out hard and pump those arms and legs.
- b. Try not to travel too far with each stride to start with.
- c. Thrust your elbows as high as possible with each backward swing and drive your legs with a high knee action.
- d. Keeping your body low in your opening strides will thrust you forward.



What's More

Activity 1: Word Hunt Game

This activity will enhance your knowledge and understanding on our lesson about individual sports specifically the track event.

Directions: There are 13 empty boxes in the middle of the chart. Write the missing letter in column 8 to complete the words related to athletics.

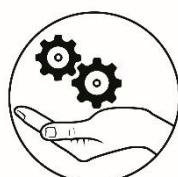
Z	C	F	A	T	H	L		T	I	C	S	S	W	Q
X	L	O	S	B	H	E		D	U	R	A	N	C	E
C	P	O	K	T	U	I		U	N	N	E	R	S	X
V	O	T	G	Z	R	E		A	Y	S	K	H	C	H
B	I	A	D	P	D	A		U	A	Y	N	M	G	T
N	U	C	S	O	L	E		Y	Z	O	C	N	K	D
M	Y	T	A	I	E	G		K	T	S	I	S	F	U
L	T	I	T	P	S	E		A	O	N	H	G	S	S
K	R	O	S	I	N	N		C	N	V	S	T	L	Z
J	E	N	E	O	N	Y		U	R	M	A	R	K	S
U	W	R	W	E	E	G		V	F	Y	I	L	C	K
G	Q	S	P	I	K	E		S	H	O	E	S	Y	Y
S	T	A	R	T	I	N		B	L	O	C	K	S	W

Activity 2: Peer or Family Assisted Activity

Directions:

1. Perform the following command in running.
2. Put a check (✓) if it observed or not observed.
3. Repeat the activity three times.

POSITION	OBSERVED			NOT OBSERVED		
	1 ST Trial	2 nd Trial	3 rd Trial	1 ST Trial	2 nd Trial	3 rd Trial
On Your Mark - Both hands are on the ground shoulder width apart, arms supporting the body and knee of the rear leg rest on the ground						
Set - Arms support the body, shoulders are above and slightly ahead of the hands, and front knee is at angle of 90 degrees higher than the shoulder level.						
Go - Front leg is driven forward and hands are lifted from the ground at the same time. Knee and hip are fully extended on completion of drive.						



Additional Activities

Activity Log

In this activity, you will monitor the progress of your running speed for one week.

Directions:

1. Perform a warm-up exercise before doing the activity and cool-down after.
2. Execute the recommended running activity for three (3) days.
3. Record your heart rate and the running time on your weekly activity log.

DAYS		ACTIVITY	TIME (hours: minutes: seconds)	HEART RATE (bpm)
Monday	Morning/ Afternoon	800-meter walk		
Wednesday	Morning/ Afternoon	5-minute jogging		
Friday	Morning/ Afternoon	50-meter run		

Lesson 2

Let's Run the Race

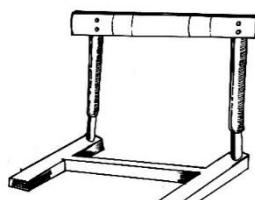


What's In

Directions: Identify the pieces of equipment used in running. Write your answer in your notebook.



1.



2.



3.



4.



5.



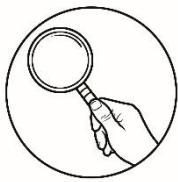
What's New

Activity 1: WARM ME UP

This activity will prepare your body for any physical activity.

Procedure:

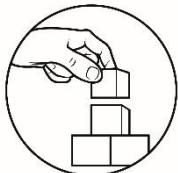
1. Obtain and record your RHR.
2. Do the following exercises:
 - a. 5 - Minute jog in place or jogging around.
 - b. Head stretch – 10 seconds (forward, backward, sideward)
 - c. Arm stretch – 10 seconds (right and left)
 - d. Leg stretch – 10 seconds (right and left)
 - e. Lunge
 - f. High knees
 - g. Side shuffle (right and left)
3. Obtain and record your heart rate after.



What is It

Physical activity has benefits for the human body, but along with this, it also carries some risks. The most common of these risks are burnout and musculoskeletal injury. Depending on the activity, injury may be present. To minimize the risks of activity – related injuries, here are some precautions and safety tips that you may follow:

- Wear comfortable clothing and well – padded shoes that will protect the heels and arches of the feet.
- Put on appropriate gear for the activity such as knee pad and elbow pads.
- Always do warm up exercises before any physical activity and cool down afterwards to lower the risk of strains and sprains.
- Take some break during the activity.
- Do not exercise with an empty stomach. Eat something light to give you some stamina, but do not exercise immediately after a full meal.
- Replenish fluids before, during, and after a physical activity.
- Be aware of the weather and environmental conditions. Avoid doing outdoor vigorous activities in hot or humid weather.
- Listen to your body. Do not do physical activity when you don't feel well.



What's More

Activity 1: Let's Run!

Remember that before doing any physical activity, you must do warm up exercises first. This should be done to prevent injuries that may happen.

Directions: Wear a proper attire in doing the activity for your safety. Perform warm-up exercises first, before doing the activity.

Procedure:

1. Find a place or space where running is possible. Measure the distance.
2. Run for about three (3) minutes straight.
3. If you feel tired after some time, you may do jogging but make sure to finish the time.
4. Note for the distance you covered for the 3-minute run.
5. Do your cool down exercise.

Activity 2: Run with Me!

Directions: Wear a proper attire in doing the activity for your safety. Have someone to accompany you during your run.

Procedure:

1. Repeat what you did in Activity 1. This time, have someone to check if you are doing the proper body actions in running.
2. Observe proper command during your run.

Activity 3: Let's Run, Run, Run!

In this activity, your understanding about the running skills will be deepened. You will perform and apply the basic skills in running.

Directions: Wear a proper attire in doing the activity for your safety. Perform warm-up exercises first before doing the activity. Record your time in order to keep track of your performance. Ask one member of your family to record your time.

Procedure:

1. Find a place or space where running is possible. Measure the distance of the event that you are running (20m, 30m, 40m, 50m)
2. Run different distances.
3. Observe the different running commands.
4. Record your performance of speed.
5. You will be rated according to the rubric below.

Sprint	Time (Minutes and seconds)
20 meters	
30 meters	
40 meters	
50 meters	

Mastery (4)	Proficient (3)	Developing (2)	Needs Improvement (1)
Arms move in opposition to legs, elbows bent.	Arms moves in opposition to legs most of the time, elbows bent.	Arms move in opposition inconsistently.	Arms do not move in opposition of legs
Brief period where both feet are off the ground (period of suspension)	Feet are on the ground together sometimes.	Feet are on the ground together most of the time.	Feet are always on the ground together.
Foot placement is always correct.	Foot placement is correct most of the time	Landing is flat footed majority of the time.	Landing is always flat footed.
Nonsupport leg bent approximately 90 degrees	Knee bend is less than 90 degrees	Knee bend varies in degrees.	Slight or no knee bend.

Activity 4: Cool Down

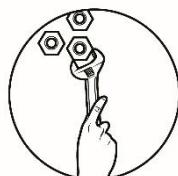
Perform static stretching to cool down your muscles.



What I Have Learned

Complete the chart below. This will be your exit ticket showing what you have learned from this lesson.

3 Things I Have Learned	2 Thing I have Enjoyed	1 Question in my Mind



What I Can Do

Make an essay about this question. Write your answer on a sheet of paper

If you were given a chance to become an athlete, particularly a runner, what would you do to be good and successful in this field?

Lesson 3

Introduction to Swimming



What's In

In our previous lesson, you have learned about track event, facilities, equipment, and skills in running. Let's check if you still remember our previous lesson. Answer the following questions in your notebook.

1. What is running?
2. What are the facilities and pieces of equipment used in running events?
3. Give at least 3 examples of running events.



What's New

Activity 1: Puzzle Game

This activity introduces the basic strokes and techniques of swimming and how each skill is properly executed.

Directions: Find and loop words related to swimming. Identify whether each word is an equipment or a skill using the table. Do this activity in your notebook.

E	B	R	E	A	S	T	S	T	R	O	K	E	C	T
E	F	D	C	V	W	Q	A	Z	M	K	L	U	F	O
L	R	I	E	K	I	C	K	B	O	A	R	D	G	U
Y	O	E	N	V	M	H	E	A	D	G	E	A	R	C
T	N	X	I	S	M	P	O	G	B	S	D	S	U	H
S	T	A	R	T	I	N	G	G	U	N	E	B	I	P
E	C	H	J	F	N	U	L	Y	P	L	M	A	A	A
E	R	Q	H	E	G	H	L	H	G	I	U	C	S	D
R	A	Y	F	D	T	F	B	G	P	O	M	K	W	W
F	W	I	U	N	R	G	O	H	J	I	V	S	I	Q
R	L	R	L	E	U	G	S	U	W	S	Y	T	M	A
F	U	F	T	K	N	P	U	S	S	K	T	R	S	S
V	H	T	L	K	K	W	I	K	D	J	R	O	U	X
C	U	U	R	T	S	Q	T	O	E	I	E	K	I	Z
B	F	L	U	T	T	E	R	K	I	C	K	E	T	H

Equipment	Skills

Directions: Using the words you have listed from the puzzle game, write a paragraph that will describe swimming. Write your answer on a sheet of paper.



What is It

Read to Understand

Swimming is an individual or a team racing sport that requires the use of one's entire body to move through the water. This sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, and freestyle.

History of Swimming

- Prehistoric times – Evidence of recreational swimming was found with the earliest evidence dating to Stone Age paintings from around 10,000 years ago.
- 2000 BC – Some of the earliest references to swimming including the Iliad, the Odyssey, the Bible, Beowulf, the Quran and others.
- 1538 – *Nikolaus Wynmann*, a Swiss-German professor of languages, wrote the earliest known complete book about swimming, *Colymbetes, sive de arte natandi dialogus et festivus et iucundus lectu* (*The Swimmer, or A Dialogue on the Art of Swimming and Joyful and Pleasant to Read*).
- 1830 – Swimming emerged as a competitive recreational activity in England.
- 1828 – The first indoor swimming pool, St George's Baths was opened to the public.
- 1837 – The National Swimming Society was holding regular swimming competitions in six artificial swimming pools, built around London. The recreational activity grew in popularity.

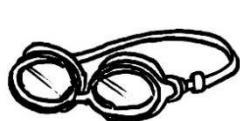
- 1844 – Two Native American participants at a swimming competition in London introduced the front crawl to a European audience.
 - *Sir John Arthur Trudgen* – picked up the hand-over stroke from some South American natives and successfully debuted the new stroke in 1873. His stroke is still regarded as the most powerful to use today.
 - *Captain Matthew Webb* – was the first man to swim the English Channel (between England and France), in 1875. Using the breaststroke technique
- 1880 – The first national governing body, the Amateur Swimming Association was formed, there were already over 300 regional clubs in operation across the country.
- 1889 – The first European amateur swimming competitions were in Vienna.
- 1892 – The world's first women's swimming championship was held in Scotland.
- 1896 – Men's swimming became part of the first modern Olympic Games in Athens.
- 1902 – The Australian Richmond Cavill introduced freestyle to the Western world.
- 1908 – The world swimming association, Fédération Internationale de Natation (FINA), was formed.
- 1912 – Women's swimming was introduced into the Olympics.
- 1922 – Women's Olympiad was the first international swim meet for women outside the Olympics
- 1930 – Butterfly was developed and was at first a variant of breaststroke, until it was accepted as a separate style in 1952.

History of swimming in the Philippines

- 1900s – Americans introduced swimming as a sport to the Philippines.
- 1912 – Several local swimmers had emerged from different parts of the country who competed against each other in championships organized by the Americans.
- 1928 – The greatest achievement of a Filipino in the sport.
 - Teofilo E. Yldelfonso – nicknamed the “Ilocano Shark,” won the Philippines first Olympic medal by winning bronze in the 200 m breaststroke event at the 1928 Olympics in Amsterdam, Netherlands.
 - He repeated this feat in the 1932 Olympics in Los Angeles, California, when he won his second bronze medal, becoming the first Filipino to win multiple medals in the Olympics.
- 1951 – The first Asian Games was held in New Delhi, India.
 - Artemio Salamat and Jacinto Cayco won gold medals for the 200m and 100m breaststroke events, respectively.
- 1985 – Erik Buhain won a gold in the 400-meter individual medley at Southeast Asian Games held in Bangkok, Thailand.

Equipment in Swimming

The following are the basic pieces of equipment used in swimming.



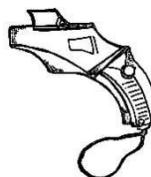
Goggles



Kick Board



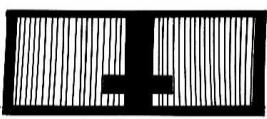
Swim Cap



Starting Gun



Swimsuit



Touch pad

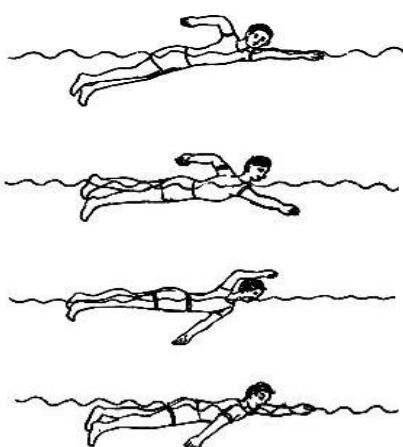


Swimming trunks



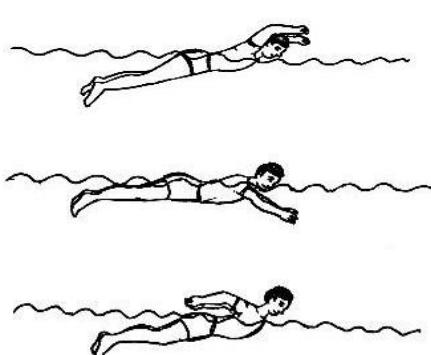
Four Swimming Strokes

1. Front Crawl



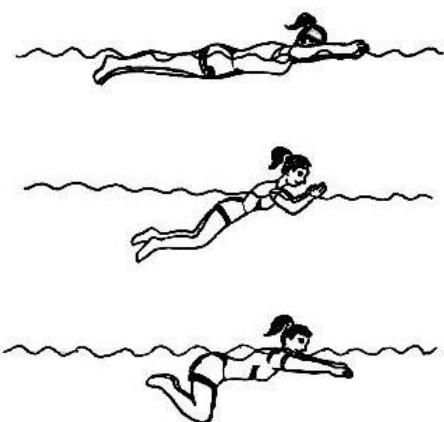
- It is popularly known as Freestyle. It is also considered as the fastest and most efficient swimming technique.
- The body must be kept horizontal, stretched, and streamlined.
- It involves alternating over arm strokes and the flutter kick, the up and down movement of the legs.
- The head remains in the water, the face alternating from side to side.

2. Butterfly



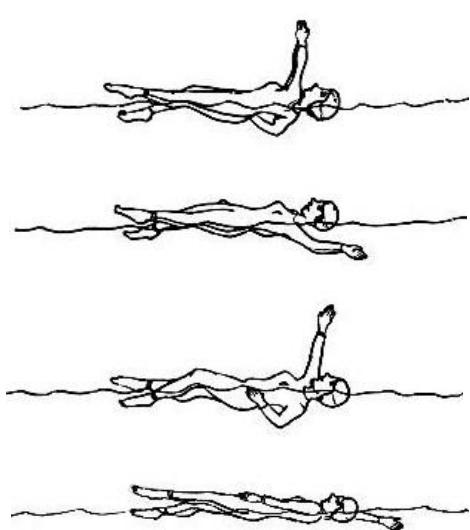
- It is a powerful and graceful technique. It is also the most difficult and exhausting stroke.
- Hands enter the water, shoulder width apart.
- Legs move in fishtail or dolphin kick, which the legs move up and down together, with the knees bent on the upward swing.
- Arms move up and downward shoulder rotate bringing arms around.

3. Breaststroke

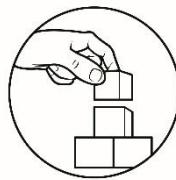


- It is the slowest of the four official styles in competitive swimming which requires comparable endurance and strength to other strokes.
- Strokes begin with the body in a stretched out, horizontal position with the face in the water.
- Upper body lifts as the arms pull and the head lifts to breathe.
- Frog kick takes place under the water and begins with the legs in an extended position with feet together. Frog kick is a leg movement where the knees primarily turned outward, and the legs alternately separated and closed.

4. Backstroke



- It has the advantage of easy breathing but has the disadvantage of swimmers not being able to see where they are going. This is the only competition swimming style that has a different start.
- Push off the wall, on your back, in a streamline position.
- The alternating kick originates from the hip and remains within the body width.
- Toes are pointed with ankles relaxed and the knees bend slightly with each kick.
- The leg kick and arm actions should be controlled and steady while maintaining a fixed head position.



What's More

Activity 1: Swimming Exercise Log

In this activity, you will design your own exercises related to swimming.

Directions: List down five exercises that aim to develop cardiovascular endurance and five exercises that aim to develop muscular endurance. Specify the number of repetitions and the time. Do this in your notebook.

Exercises	Repetition	Time (in seconds)
A. Cardiovascular Endurance		
1.		
2.		
3.		
4.		
5.		
B. Muscular Endurance		
1.		
2.		
3.		
4.		
5.		

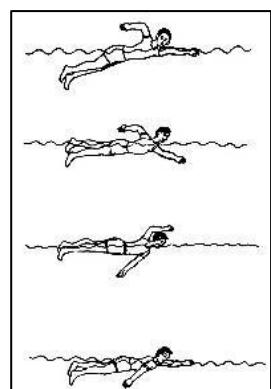
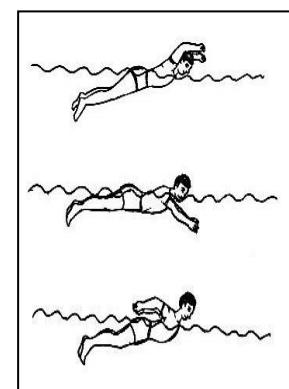
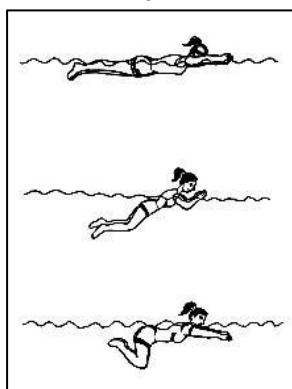
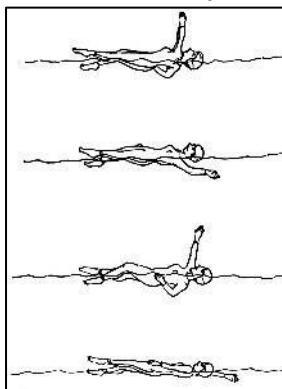
**Lesson
4**

Let's Swim



What's In

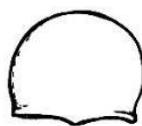
- A. **Directions:** Identify the swimming strokes illustrated in each of the following items. Write your answers in your notebook.



1. _____ 2. _____ 3. _____ 4. _____

- B. **Directions:** Identify the names of the following pieces of swimming equipment. Write your answer in your notebook.

1.



4.



2.



5.



3.



6.





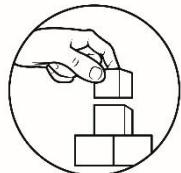
What's New

Activity 1: WARM ME UP

This activity will prepare your body for any physical activity.

Procedure:

1. Obtain and record your RHR.
2. Do the following exercises:
 - a. 5 - Minute jog in place or jogging around.
 - b. Head stretch – 10 seconds (forward, backward, sideward)
 - c. Arm stretch – 10 seconds (right and left)
 - d. Leg stretch – 10 seconds (right and left)
 - e. Lunge
 - f. High knees
 - g. Side shuffle (right and left)
3. Obtain and record your heart rate after.



What's More

Activity 1: Dry Land Exercise

In this activity, you will apply the swimming skills in dry land.

Material: Timer

Procedure:

1. Ask friends/family members to assist you.
2. Copy the table in your notebook. Obtain and record your RHR.
3. Using a bench perform each exercise such as flutter kicks, Dolphin kicks, and Frog kicks.
4. After each exercise, record your heart rate.
5. Rest for 1 minute, then repeat the exercises.
6. Observe the proper procedure in doing the different skills.

Leg Work Exercises	First Trial	Second Trial
	No. of kicks	No. of kicks
Flutter Kicks (1 minute)		
Dolphin Kicks (1 minute)		
Frog Kicks (1 minute)		
Arm Exercises	First Trial	Second Trial
	No. of Strokes	No. of Strokes
Backstroke (1 minute)		
Breaststroke (1 minute)		
Butterfly (1 minute)		
Front Crawl (1 minute)		

Processing questions:

Directions: Read and answer the following questions. Do this in your notebook.

1. What is your observation on your performance?
2. Which of the exercises you have done is easy to perform? Why?
3. Which of the exercises you have done is hard to perform? Why?
4. Is there an improvement in your performance from first trial up to the last trial? State your answer.
5. Is there an increase in your heart rate in every exercise?
6. What do you think is the relationship between your heart rate and your performance?

Activity 2: Dry Land Exercise with my Family

Material: Timer

Procedure:

1. Do Activity 2 together with your family member or a friend.
2. Increase repetition and the time of every exercise you will do.
3. Observe the proper procedure in doing the different skills.

Activity 3: Cool Down

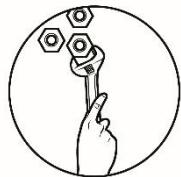
Perform static stretching to cool down your muscles.



What I Have Learned

Complete the K-W-L chart by answering the things you already know, the things you still want to know, and the things you have learned about swimming in general.

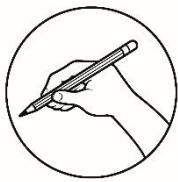
What I KNOW	What I WANT to Know	What I've Learned
A. History	A. History	A. History
B. Facilities	B. Facilities	B. Facilities
C. Skills	C. Skills	C. Skills



What I Can Do

Directions: Write a short essay about this question? Do this on a sheet of paper.

How can you use the skills you have learned in running and swimming in real life situations?



Assessment

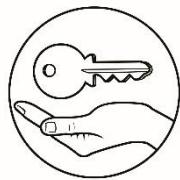
10. Which of the following pieces of equipment is used in relay races?
- a. Shot put
 - c. Discuss
 - b. Hurdles
 - d. Baton
11. Which of the following choices is NOT a part of any running event?
- a. Individual
 - c. Long Distance
 - b. Relay
 - d. Medley
12. He was the first man to swim the English Channel in 1875.
- a. Richmond Cavill
 - c. John Arthur
 - b. George Bath
 - d. Captain Matthew Webb
13. It is an individual or team racing sport that requires the use of one's entire body to move through water.
- a. Swimming
 - c. Gymnastics
 - b. Running
 - d. Athletics
14. This event is participated by four runners. Each runner covers 100 meters.
- a. 4 x 800
 - c. 4 x 200
 - b. 4 x 400
 - d. 4 x 100
15. This event requires the participant to run over the hurdles during the race.
- a. Relay
 - c. Hurdles
 - b. Sprint
 - d. Long Distance



Answer Key (Lesson 1 and 2)

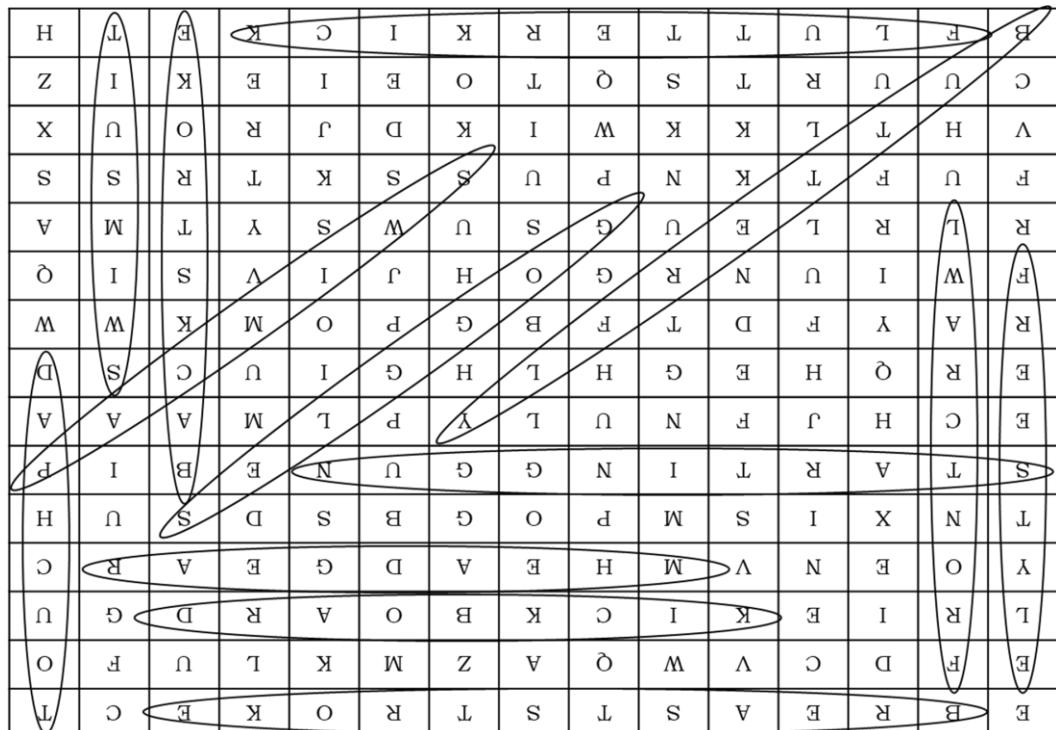
What I Know		What's In (Lesson 2)	
A. Warm-up	LET'S RECALL	1. Spike shoes 2. Hurdles 3. Starting blocks 4. Starting gun 5. Spike shoes	1. Baton 2. C 3. D 4. B 5. C 6. C 7. A 8. C 9. D 10. C 11. B 12. A 13. D 14. B 15. A
B. Cool-down		1. Chest 2. Upperback 3. Back of upper arm 4. Front of thighs 5. Knee & thigh 6. Front Swings 7. Tap 8. C 9. D 10. C 11. B 12. A 13. D 14. B 15. A	

Activity 1: Word Hunt Game															
S	T	A	R	T	I	N	G	B	L	O	C	K	S	W	
G	Q	S	P	I	K	E	R	S	H	O	E	S	Y	X	
U	W	R	W	E	E	G	O	V	F	Y	I	L	C	K	
J	E	N	E	O	N	Y	O	U	R	M	A	R	K	S	
K	R	O	S	I	N	N	B	C	N	V	S	T	L	Z	
L	T	I	T	P	S	E	T	A	O	N	H	G	S	S	
M	Y	T	A	I	E	G	O	K	T	S	I	F	U		
N	U	C	S	O	L	E	C	Y	Z	O	C	N	K	D	
B	I	A	D	P	D	A	D	U	A	Y	N	M	G	T	
V	O	T	G	Z	R	E	L	A	Y	S	K	H	C	H	
C	P	O	K	T	U	I	R	U	N	N	E	R	S	X	
X	L	O	S	B	H	E	N	D	U	R	A	N	C	E	
Z	C	F	A	T	H	L	E	T	I	C	S	S	W	Q	



Answer Key (Lesson 3 and 4)

Assessment	What's In (Lesson 4)	What's In (Lesson 3)
1. C	1. Backstroke	1. Running event is typically held in 400-
2. C	2. Breaststroke	meter track.
3. A	3. Butterfly	Track Oval, Baton,
4. C	4. Freestyle	Hurdles, starting blocks,
5. D	5. Goggles	Starting gun, Spike shoes
6. B	6. Swim cap	Sprint
7. D	7. Touch Pad	Middle Distance
8. B	8. Starting gun	Long Distance
9. B	9. Swim trunks	Hurdles
10. D	10. Relay	Relays
11. D	11. Suit	Swim suit
12. D	12. Trunks	Trunks
13. A	13. Glasses	Glasses
14. D	14. Cap	Cap
1. C	1. C	C



Activity 1: Puzzle Game

Kick board	Equipment	Skills
Head gear	Breaststroke	Fly kick
Heel kick	Front crawl	Freestyle
Stirring gun	Backstroke	Touch pad
Start style	Swim suit	Front crawl
Swim cap	Goggles	Swim cap

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