

Department of Education
National Capital Region
SCHOOLS DIVISION OFFICE
MARIKINA CITY

HOPE 2

2nd Semester Module 4: Sports Engagement to a Better Fitness



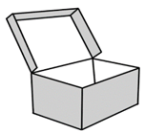
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What I Need to Know

Content Standard: The learner demonstrates understanding of fitness and exercise in optimizing one's health a habit; as requisite for physical activity assessment performance, and as a career opportunity.

Performance Standard: The learner leads fitness events with proficiency and confidence resulting in independent pursuit and in influencing others positively.

Learning Competencies and Objectives:

- Participates in different sports activities to address individual health issues.
- Engages in moderate to vigorous physical activities. Organized school sports activities to achieve a better fitness goal.

After going through this module, you are expected to:

1. Determine the different Organized sports activities and the purpose of the following to address health issues and concern
2. Execute properly the different sports activities to help to improve fitness level and sports skills.
3. Value the important benefits of playing sports. Experience at Organized sports events.



What I Know

A. Enumerate 10 Fitness Benefits that you can get in Playing Sports

Write them in your notebook.



What's In

What are the six (6) principles of training? Name them and explain each briefly.

? What's New

Direction: Study what is in the picture and tell something about what the people are doing . Answer the questions that follow.



<https://www.flickr.com/photos/diabetescare/14589702095>

<https://www.flickr.com/photos/dangerouslyfit/14214440541/>

Questions:

1. What do you think is/ are the purpose/ s of these people in doing such activities?
2. What other benefits of doing physical exercise?
3. What other physical activities can be used to achieve the goal of fitness?
Give as many as you can.
4. Do you believe that physical exercise/ activities and sports can contribute to one's health? Justify your answer .



What is It

Health- is the state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.

Sports- Sports is a form of usually competitive physical activity which, through casual or organized participation, aims to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases of spectators.



Importance of Sports – Playing sports help in strengthening the immune system, maintaining physical coordination, enhancing body strength and improving mental power. Playing sports on a regular basis helps in the character and health building of any person.

Benefits of Playing Sports

- ✓ Aids in Managing diabetes
- ✓ Helps to prevent hypertension
- ✓ Improves blood circulation and muscle toning
- ✓ Increase sweat production and removes toxins
- ✓ Helps in maintaining lower levels of bad cholesterol
- ✓ Boosts immune system and helps to strengthen bones
- ✓ Improve cardiovascular health and reduces risk of any malfunctioning of heart
- ✓ Aids in goal setting and improving performance levels
- ✓ Improves positive fresh outlook and building good relationship with people
- ✓ Improve your personality

Different Organized Sports Activities:

1. **Football**- more commonly known as simply football or soccer, is a team sport played with a spherical ball between two teams of 11 players.

Example:

- FIFA International league
- UFL United football league local in the Philippines
- UAAP Collegiate football league

2. **Volleyball**- is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

Example:

- PVL Philippine Volleyball league
- UAAP Collegiate volleyball league

3. **Table tennis**- also known as ping-pong and whiff-whaff, is a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets. The game takes place on a hard table divided by a net.

- Table tennis competition Palarong Pambansa
- UAAP Table tennis tournament Collegiate league



4. **Triathlon** – is an activity that combines swimming, cycling and running in one event. Triathlon is not an extreme sport, it's not for elite athletes and it's not an unachievable target. Long course triathlon is one tiny part of the sport.

- Alaska Iron kid's division
- Cobra Iron Man Philippines

5. **Badminton**- is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are “singles” (with one player per side) and “doubles” (with two players per side)

Example:

- Palarong Pambansa
- School Intramurals
- Company Sports Fest

6. **Taekwondo**- is a Korean martial art, characterized by punching and kicking techniques, with emphasis on head-height kicks, jumping spinning kicks, and fast kicking techniques.

- Palarong Pambansa
- UAAP Taekwondo competition
- NCAA Taekwondo competition

7. **Basketball** – is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, completes with the primary objective of shooting a basketball through defender's hoop while preventing the opposing team from shooting through their own hoop.

Example:

- UAAP/NCAA Basketball league
- PBA Philippine Basketball league
- NBA National Basketball league

8. **Baseball** – is a very popular sport which involves two teams made up of, more or less, nine players. A baseball game is done in what we call a baseball field, which is played in a ninety-foot square (or diamond) situated in a very large open space. Baseball is often times called a bat-and-ball game wherein a pitcher throw

Example:

- Palarong Pambansa
- UAAP Baseball tournament



9. **Athletics** – refers to track and field sports such as running, jumping and throwing events. The International Amateur Athletics Federation IAAF refers to any kind of physical sports, exercise or games.

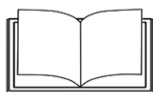
Example:

- Palarong Pambansa
- UAAP Baseball tournament

- 10 **Cycling**- also called bicycling or biking, is the use of bicycles for transport, recreation exercise or sports. People engaged in cycling are referred to as a “cyclist, or bikers”

Example:

- Cycling group for recreation purposes
- Competitive cycling group competing races.



What's More

On the following table, check the different Sports activity, and kindly give the 3 Fitness benefits each that you might get in playing the following sports.

Sports Activities	Write 3 Specific Fitness Benefits that you might get in playing the following sports.	Ideal time Duration of playing to achieve fitness benefits that you give.
1. Basketball	1. 2. 3.	
2. Volleyball	4. 5. 6.	
3. Running	7. 8. 9.	
4. Taekwondo	10. 11. 12.	
5. Badminton	13. 14. 15.	



What I Have Learned

Complete the following statement:

1. I learned that Health is important because

2. I realized the different specific fitness benefits that I can get when I play sports how?



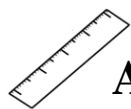


What I Can Do

Developing Sports Skills at Home

Direction: Give household chores that you can use to replace the following sports

Sports Activities	Household Chores	Justification/ Explanation
1. Basketball		
2. Volleyball		
3. Football		



Assessment

A. MULTIPLE CHOICE: Choose the letter of the best answer.

1. This is called bicycling or biking is the use of bicycles for transport, recreation exercise or sports.

- A. Athletics B. Baseball C. Cycling D. Triathlon

2. This sport is a very popular sport which involves two teams made up of more or less, nine players.

- A. Basketball B. Football C. Athletics D. Baseball

3. This is a team sport in which two teams, most commonly of five players each, oppose one another on a rectangular court, complete with the primary objectives of shooting, dribbling and passing.

- A. Basketball B. Football C. Baseball D. Futsal

4. This refers to track and field sports such as running, jumping and throwing events.

- A. Athletics B. Swimming C. Badminton D. Basketball

5. This is a korean martial art, characterized by punching and kicking techniques, with emphasis on head-height kicks, jumping spinning kicks and fast kicking techniques

- A. Badminton B. Arnis C. Taekwondo D. Table tennis



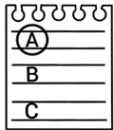
6. This is a racquet sport played using racquets to hit a shuttlecock across a net?
 A. Table tennis
 B. Badminton
 C. Tennis
 D. Volleyball
7. This is a team sport in which two teams or six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.
 A. Volleyball
 B. Tennis
 C. Sepak Takraw
 D. Table tennis
8. This sport known as ping-pong and whiff-whaff, is a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets.
 A. Tennis
 B. Badminton
 C. Table tennis
 D. Volleyball
9. This sport commonly known as a simple soccer is a team sport played with spherical balls between two teams of 11 players.
 A. Futsal
 B. Football
 C. Rugby
 D. Basketball
10. This sports activity combines swimming, cycling and running in one event.
 A. Duathlon
 B. Triathlon
 C. Decathlon
 D. Heptatlon



Additional Activities

Direction: Read the text and give your own insights by writing one paragraph with not less than 10 sentences. Put this in your notebook.

“Regular physical activity helps with arthritis and other rheumatic conditions affecting the joints. Doing 150 minutes a week of moderate-intensity aerobic physical activity, if able, plus muscle-strengthening activity improves your ability to manage pain and do everyday tasks and improves quality of life.”



Answer Key

<p>Lesson 1 Participate in an organized event</p> <p>What I know</p> <p>. Aids in Managing diabetes</p> <p>. Helps to prevent hypertension</p> <p>. Improves blood circulation and muscle toning</p> <p>. Increase sweat production and removes toxins</p> <p>. Helps in maintaining lower levels of bad cholesterol</p> <p>. Boosts immune system and helps to strengthen bones</p>	<p>Lesson 1</p> <p>. Aids in goal setting and improving performance levels</p> <p>. Improves positive fresh outlook and building good relationship with people</p> <p>0. Improve your personality</p> <p>Assessment</p> <p>Different Sports familiarization</p> <p>1. C</p> <p>2. D</p> <p>3. A</p> <p>4. A</p> <p>5. C</p> <p>6. B</p> <p>7. A</p> <p>8. C</p>	<p>Lesson 2</p> <p>Assessment</p> <p>Planning - basic concept, invitation of conferences, planning.</p> <p>Preparati on - announcement, call for papers, pre registration secretariat</p> <p>Coordina tion - is the function of management which ensures the group work synchronize.</p> <p>Executio n - is the stage of the project where everything your team has planned is put into action.</p> <p>Sports benefits - the reality for most athletes are at the high school</p>
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References

Books

Charles B. Corbin, et. Al Concepts of Physical Fitness. Published by McGraw-Hill Companies, Inc.

Thomas D. Fahey, et. Al, Fit & Well. Published by McGraw-Hill Companies, Inc.

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