

Music

Quarter 1 – Module 1: Music of Lowlands of Luzon (Folk Songs)



Music – Grade 7

Alternative Delivery Mode

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Music

Quarter 1 – Module 1:

Music of Lowlands of Luzon

(Folk Songs)

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-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed to complete 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 are 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 tests. 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.

Lesson 1

Music of Lowlands of Luzon (Folk Songs)

Learning Competencies

The learner:

1. identifies the musical characteristics of representative music selections from the lowlands of Luzon after listening. MU7LU-Ia-1
2. analyzes the musical elements of some lowland vocal music selections MU7-LU-1a-2
3. sings folksongs from the lowlands of Luzon MU7LU-Ia-h7



What I Need to Know

Before we explore the music of the Luzon Lowlands, let us first recall the different musical elements that you have learned in your previous music lessons.

The first element is Rhythm. Rhythm is the regular repeated pattern of sounds. It serves as the pulse of the musical composition. This element has three components: beat, tempo and meter. Do you think you can identify these components in a certain music while listening to it? Have you experienced nodding your head or tapping your foot every time you hear music? If so, you are actually feeling the beat of the music. In singing your favorite videoke tune, you are actually singing the rhythm because of the different note durations of the lyrics of the song.

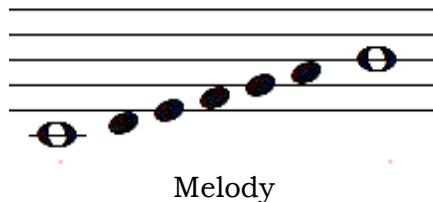
Tempo is the speed of the beat. Every music has its own speed which depends on the mood of the whole music. Most happy songs are fast while sad songs are relatively slow.

The *meter*, which composes of time signature is the combination of strong beats (accent) and weak beats.

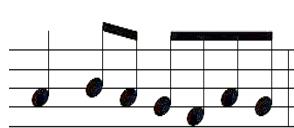
For example, $\frac{4}{4}$ (four four) time signature is like counting 1, 2, 3, 4, 1, 2, 3, 4, 1, 2, 3, 4, and so on. This type of meter is commonly used in pop songs. In $\frac{3}{4}$ time signature, you just count 1, 2, 3, 1, 2, 3, 1, 2, 3 and so on. This meter is commonly used in waltz music. For the time signature $\frac{2}{4}$ (two four), you just count 1, 2, 1, 2, 1, 2 and so on. Marches, polkas use this kind of meter.

The second element is about the softness and loudness of the music - the Dynamics. This can be gradual (crescendo and decrescendo) or sudden / abrupt. Dynamics in music suggests the emotional aspect of the composition. Soft music suggests themes such as love while loud or strong music suggests bravery or war.

The next element is the most obvious among all musical elements – the Melody. It is the organized sequence (horizontal) of single notes.



In other words, it is the main tune of the musical piece. It is what you hear and what retains in your head. It has two types, the conjunct and the disjunct.



conjunct

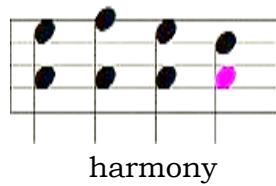


disjunct

Based on the diagram, which of the two do you think you can easily learn to sing? Why?

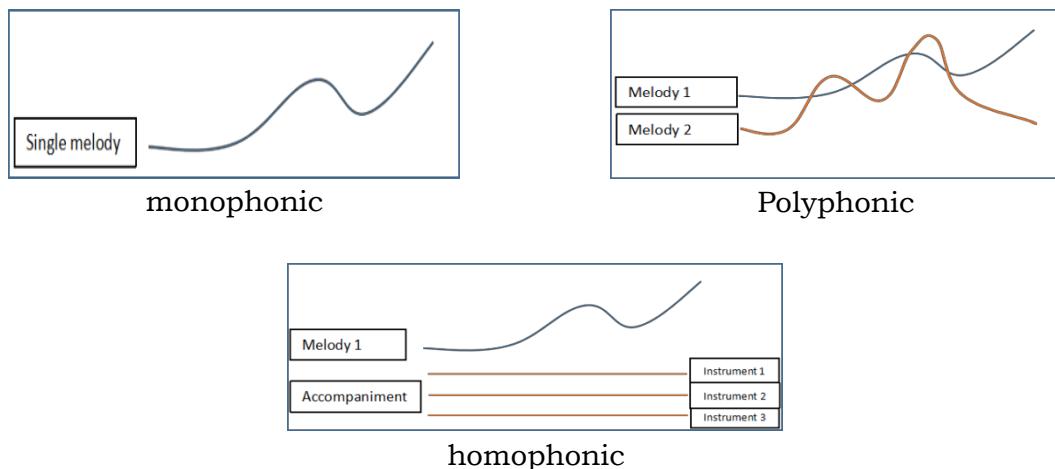
The more singable or playable type is the conjunct. The melody is easy to sing because the notes have no skips or leaps. Try to sing a Filipino folk song and try to analyze the movement of the melody. Does the tune tend to move far from the other or are the notes just next to one another?

The vertical arrangement of sound in a musical piece is called Harmony. It is the simultaneous sounding of two or more notes.



This element can refer to the chords produced, the accompaniment styles, and the countermelodies. Harmony has two types, the consonance and the dissonance. Consonant intervals in music are more pleasant and seems like “everything is ok”. Dissonant intervals on the other hand produce a more “creepy” sound that shows tension and needs to be resolved.

Texture is all about the thickness of the sound. In the three diagrams below, the lines represent the melodic movement of a musical piece. For example, in the *monophonic texture*, only single line can be seen which means there is only one melody or tune playing. It is like you are singing alone in the bathroom. In *homophonic texture*, a single melody is present with an accompaniment of an instrument or several instruments. It is like you are singing with a videoke machine. In *polyphonic texture*, two or more melodic contours or lines are playing simultaneously. It is like you are singing with others in a choir contest.



The *timbre* is the quality of sound heard. If you and your friend sing “Bahay Kubo” in unison, you can easily distinguish each other’s voice based on the quality of the sound of your voices.

Now that you have reconstructed your previous knowledge about the different musical elements, you are now ready to explore one of our cultural identities, the Luzon Lowland Folksongs.

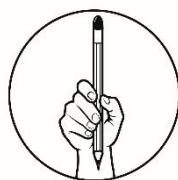
Can you recall what song your parents used to sing to you when you were just a child? Or your grandparents’ type of music which you used to hear? What can you say about its tune? Is it easy to remember? How about the tempo, is it hard to follow? What other musical elements are present in their kind of music?

Luzon’s lowland music is made up of simple vocal and instrumental music, primarily a product of daily experiences from folks like farmers, fishermen, artisans, vendors, and other common people. Family or community members learned this music orally which they sang in their native tongue. Mostly, the persons who originally made this music were unknown.

Learning Objectives

In this module, you will be able to:

- A. cite the musical characteristics of representative music selections from the lowlands of Luzon after listening;
- B. determine the musical elements, themes, and moods present in vocal and instrumental music of lowland of Luzon; and
- C. appreciate the unique characteristics of Luzon's lowland folksongs through singing a representative folk song.



What I Know

Modified TRUE or FALSE

Directions: Write *APPROVED* if the statement is true and if not, write *DISAPPROVED* then identify the word that made the statement false. Accomplish this task in your activity notebook.

1. Luzon lowland folksongs have a very distinctive Spanish influence.
2. Folksongs are generally taught in schools.
3. Sitsiritsit is a Tagalog folksong.
4. An example of a Kapampangan folk song is Sarung Banggi.
5. The composers and lyricists of folk songs are usually unknown.
6. Naraniag a Bulan is an example of an Ilocano folk song.
7. Folk songs are mostly short and complicated.
8. Key signatures in folk songs do not change.
9. Folk songs are based on the community's livelihood, tradition and culture.
10. Atin Cu Pung Singsing is an example of a Bicolano folk song.
11. Sarung Banggi is a folk song from Batangas.
12. Pamulinawen is a folksong with a triple meter.
13. Folksongs are usually sung in the dialect of the people of its place of origin.
14. Pamulinawen and Manang Biday are both Tagalog folksongs.
15. All folksongs have the same story to tell.



What's New

Try to find 16 popular folk songs in the puzzle. List down the titles of the songs you found in your activity notebook. In the table on the next page, tell whether it is a TAGALOG, ILOCANO, KAPAMPANGAN, and BIKOLANO by writing the dialects on the space provided.

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

Dialect	Dialect	Dialect	Dialect
Magtanim ay 'di Biro	Pamulinawen	Atin Cu Pung Singsing	Sarung Banggi
Bahay Kubo	Naraniag A Bulan	Doredo	
Leron Leron Sinta	Manang Biday	Caca O Caca	
Sitsiritsit	Dudungwen Kanto	Y Mariang Malagu	
Paru-parong Bukid	Bannatiran	Patag a Bundoc	

Examine the puzzle and table you have just accomplished.

1. What helped you find the songs in the puzzle?
2. Are you familiar with the given songs in this activity?
3. How did they become familiar to you?
4. Have you tried singing those songs before? How was it?
5. Do you like listening to those type of songs? Why or why not?

In this activity, you should understand that because folk songs were transferred orally from the family or community members, only the songs you find yourself connected with (dialect, culture, tradition, community) are only the songs that will retain in your mind, thus they became familiar to you. There are some songs you do not understand but you remember its tunes because a family member / community who stayed in that place where love songs originated used to sing them or a visitor from that locality tried to teach you those songs.



What is It

Folk songs in general have the following characteristics:

A. The lyrics are according to the native tongue.

Because songs are based on the daily experiences of the people in a particular place and the message of the songs needs to be understood easily to be appreciated, the lyrics of the songs are written or sung in their own dialects. For example, the Tagalog folk songs came from the people who speak Tagalog. (Bahay Kubo, Leron, Leron Sinta, Magtanim ay Di Biro). The Ilocanos have their own (Manang Biday and Pamulinawen). The Kapampangan's Atin Cu Pung Singsing, and the Bicolano's Sarung Banggi are just a few among the folk songs of Luzon that are sung in their own dialects. Why do you think it is important for a folk song to be sung or written in their native tongue?

B. Passed down through oral tradition to family or community members, hence, learned by mere memorization

Singing is a form of social bonding among early Filipino families. Because they did not have access to internet, T.V. and radio during that time, singing folksongs became their favorite pastime.

C. Unknown composers and lyricists

Most composers of Filipino folk songs are unknown because songs are just based on daily experiences and are passed down orally.

D. Simple key signature of the song

Do you know how to play a guitar? If you can play this instrument, you can try to play a simple folk song. While playing, you will notice that it starts with a particular key (key of G for example) and ends in that same key. That only shows the simplicity of the Luzon folk songs.

E. Duple, triple, or, quadruple are common meters used

These meters were very common during that time. The dances and common songs are based on these meters. The composers of the folk songs adopted these rhythmic patterns to their compositions.

What folk songs do you know? Can you identify the meters used based on the discussion in the review section of this module?

F. Primarily based on the community's culture, tradition and livelihood

G. Short and simple

Aside from Tagalog, several other dialects are used by unkown composers from Luzon in composing their own lowland folk songs such as Ilocano, Kapampangan, Pangasinense, and Bicolano. Spanish and other western influences are very evident in the construction of the songs such as the meter used, and the minor and the major modes.

ACTIVITY: YOUR SONG SOUNDS FAMILIAR!

In this activity, you will listen to some of the representative folk songs of the Lowlands Luzon. For your reference, choose some of the YouTube links listed on the table below and browse for sample folk songs in the internet. Watch and listen attentively and analyze the characteristics and elements of the song. After analyzing the representative folk songs, answer the questions below.

YOUR SONG SOUNDS FAMILIAR

Folk Songs	YouTube Links
Atin Cu Pung Singsing	https://youtu.be/gVZgJGC8u2k
Bahay Kubo	https://youtu.be/4EY4Gc0poMw
Bannatiran	https://youtu.be/wcqM_nrhpDk
Caca O Caca	https://youtu.be/an1DEiaE7C0
Doredo	https://youtu.be/2Hv5UjWP5yE
Dudungwen Kanto	https://youtu.be/4FGdeJcR754
Leron Leron Sinta	https://youtu.be/firHRhLsprc
Magtanim ay 'di Biro	https://youtu.be/f8TgQ0aagls
Manang Biday	https://youtu.be/Nc2cLyZmEJA
Naraniag A Bulan	https://youtu.be/pD_Zno9pqPAc
Pamulinawen	https://youtu.be/F_hCrbe3sbc
Paru-parong Bukid	https://youtu.be/aJK0ve_0xdI
Patag a Bundoc	https://youtu.be/cI_ZWG9Yrt-w
Sarung Banggi	https://youtu.be/SaRJCG4MWjY
Sitsiritsit	https://youtu.be/rjkrdy2A_HI
Y Mariang Malagu	https://youtu.be/zzVxOOaGDw0

1. What can you say about the lyrics of the folksongs?
2. What can you say about the translation of the dialects in other languages?
3. How do people become familiar with the folksongs in the community?
4. Based from the folksongs that you heard, how do folksongs depict the community's tradition, culture, and livelihood?
5. Why do you think the composers of these particular folk songs made it that way?

Note: If you lack access to the internet or devices, you may simply ask some members of the family to sing some of the given folk song examples to you. Listen attentively and analyze the characteristics and elements of the song. After listening, you may now answer the given questions.

ATIN CU PUNG SINGSING

<https://youtu.be/gVZgJGC8u2k>

Kapampangan Folk Song

KAPAMPANGAN	ENGLISH TRANSLATION	TAGALOG TRANSLATION
Atin cu pung singsing Metung yang timpucan Amana que iti Queng indung ibatan Sangcan queng sininup Queng metung a ca ban Mewala ya iti Ecu ca malayan.	I had a ring With a beautiful gem I inherited it From my mother I kept it very well In a chest But it just disappeared Without my noticing. The heartache within me Is as high as the sky My crossed hands Are upon the table Whoever can find That ring I inherited My poor heart Shall forever worship.	Ako ay may singsing May batong kay-inam Binigay sa akin Ng mahal kong nanay Sa tapat ng dibdib Iningat-ingatan Kung san nawaglit Di ko na nalaman. Nawala ang singsing, 'di ko na nakita Abot hanggang langit Ang taglay kong dusa Sino mang binata Ang makakukuha Ang abang puso ko Ay magiging kanya.

PAMULINAWEN
https://youtu.be/F_hCrbe3sbc

Tagalog Folk Song

ILOCANO	ENGLISH TRANSLATION	TAGALOG TRANSLATION
Pamulinawen Pusoc indengamman Toy umasasug Agrayota sa diam.	Please do not be upset That was just a joke It won't happen again, Have faith my darling.	Huwag kang magtampo Iyon ay biro lamang Di na mauulit Manalig ka hirang.
Panunutemman Di ka pagintultulngan Ay toy agayat Agrayota sa diam	If you are still angry Punish me completely And you will expect That I won't feel bad	Kung galit ka pa Parusahang lubusan At 'yong asahang Hindi magdaramdam.
It dem caniac calipatan Ti na sudiunay anagan Lugar sa di no man Kencapapanan No malagip ca pusok Toy mabang aran.	My love is real And not merely a joke My heart's with you Have no doubt and if that is still not enough I offer you my life That is proof Of my utter love.	Tunay ang aking pag- ibig At hindi biru-biru lamang Ang puso ko'y sa iyo Huwag kang mag- alinlangan. At kung kulang pa rin Ay kunin mo pa yaring buhay 'Yan ay tanda Ng sukkulang pagmamahal.

O NARANIAG A BULAN

<https://youtu.be/pDZno9pqPAc>

Ilocano Folk Song

ILOCANO	ENGLISH TRANSLATION	TAGALOG TRANSLATION
<p>O naraniag a bulan Ununnoy ko indengam Dayta naslag a silaw mo Di mo kad ipaidam.</p> <p>O naraniag a bulan Sang sangit ko indengam Toy nasipnget a lubong ko</p> <p>Inka kad silawan tapnon Diak maiyawawan.</p> <p>No inka nanglipaten Karim kaniak naggiibusen</p> <p>Samsamitek ni patay</p> <p>O bulan ket aklunem nang laylayen ni ayat</p> <p>Inka kad palasbangen</p> <p>Ununnoy ko darasem Nga iked deng</p>	<p>O moon shining so bright fill up my longing tonight your lustrous glow</p> <p>now on sight</p> <p>Don't be selfish about.</p> <p>O moon glowing so bright Hear my crying tonight Into this darkened world of mine</p> <p>Do come visit and shine</p> <p>So, I won't go astray</p> <p>If you choose to forget Your vow to me ending up short</p> <p>Sweet for me will I choose death</p> <p>O moon, you will know it such</p> <p>My love now has wilted much</p> <p>Please refresh it as you must</p> <p>My longing fills it fast Just do it please.</p>	<p>O maliwanag na buwan 'Di niya nararamdamang Ako'y nagdaramdam 'Pag hindi ko na matiis Isang gabi ako'y aalis Itaga mo 'yan sa bato 'pag ako'y wala na sa iyo Tandaan mo ito Ipananalangin ko Na ako'y hanapin mo.</p>

MAGTANIM AY ‘DI BIRO
<https://youtu.be/f8TgQ0aagls>

Tagalog Folk Song

TAGALOG	ENGLISH TRANSLATION
Magtanim ay ‘di biro Maghapong nakayuko ‘Di man lang makaupo Di man lang makatayo	Planting (rice) is not easy One is bent all day long Can’t stand straight Can’t sit properly
Sa umaga pagkagising Ay agad iiispin Kung saan may patanim Masarap ang pagkain.	In the morning when we wake up We quickly think Where help is needed for planting The food is always good.
Bisig ko’y namamanhid Baywang ko’y nangangawit Binti ko’y namimitig Sa pagkababad sa tubig. Halina, halina mga kaliyag Tayo’y magsipag-unat-unat Magpanibago tayo ng lakas Para sa araw ng bukas.	Come, come friends Let’s stretch our muscles Let’s renew our strength For tomorrow.

SANTA CLARA
<https://youtu.be/u8w3ERrBePM>

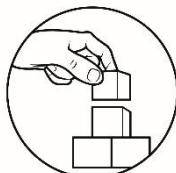
Tagalog Folk Song

TAGALOG	ENGLISH TRANSLATION
Santa Clarang pinung-pino Ang pangako ko ay ganito Pagdating ko po sa Ubando Ay magsasayaw ng pandanggo. Abaruray abarinding Ang pangako ko’y tutuparin Abaruray abarinding Ang pangako ko’y tutuparin.	To the very refined, Saint Claire This is my promise Upon reaching Ubando town I will dance the pandanggo. To the very refined, Saint Claire I pray that you grant my request To the costs, I won’t complain at all.

SARUNG BANGGI
<https://youtu.be/SaRJCG4MWjY>

Bicolano Folk Song

BICOLANO	ENGLISH TRANSLATION
<p>Sarung banggi sa higdanan Nakadangog ako Hinuni nin sarung gamgam Sa lubha ko katorongan Bako kundi simong boses iyo palan Dagos ako bangon Si sakuyang matabinuklat Katdong kadikloman Akong nangalagkalag Si sakong pagheling Pasering sa itaas na heling ko Simong lauog maliwanag.</p>	<p>One evening as I lay in bed I heard a sad song of a bird At first, I thought it was a dream But soon I recognized your voice.</p> <p>I opened my eyes and arose And strained in the darkness to see I looked about and up Then saw your radiant face.</p>



What's More

In this activity, you will analyze the elements of the given folk songs by completing the table below. Refer to the previous discussion and activities as your guide. Options were provided below.

ELEMENTS OF FOLK SONGS	Manang Biday	Paru-parong bukid	Sarung Banggi	Doredo
DYNAMICS				
MELODY				
METER				
TEMPO				
TEXTURE				

Choose from these possible answers:

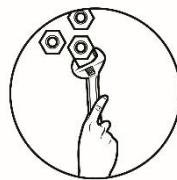
DYNAMICS	MELODY	METER	TEMPO	TEXTURE
Very Soft Soft Loud Very loud	Major Scale Minor Scale	Simple Duple Triple Quadruple	Very slow Slow Fast Very fast	Monophonic Homophonic Polyphonic



What I Have Learned



My Reflections



What I Can Do

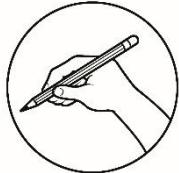
Bring It On

Perform a folk song that is different from your native tongue. Refer to the rubrics for performance guide.

Record your performances using your cellphone or other media devices and submit it to your facilitator through messenger, e-mail or other media platforms.

CRITERIA	4	3	2	1
Musical elements	3 musical elements of the folk song were performed based on the moods and theme of the song	2 elements of the song were performed based on the moods and theme of the song	Only one element of the song was performed based on the moods and theme of the song	The song was sung in its original form
Creativity	The song was sung with a live accompaniment with simple	The song was sung either with canned accompaniment or acapella and	The song was sung with canned accompaniment with no	The song was plainly sung in acapella with no embellishments

	embellishments (choreography, props, costume)	with simple embellishments (choreography, props, costume)	embellishments (choreography, props, costume)	(choreography, props, costume)
Mastery	The song was flawlessly performed (memorized lyrics and steps,)	The lyrics were memorized but there are evident mistakes in the execution of the choreography	The lyrics were memorized but there is no choreography	The lyrics were not memorized (either sung without mistakes but with a copy or without a copy but mistakes were evident in the performance.)

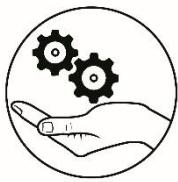


Assessment

Hello, Mind, Test – Modified TRUE or FALSE

Directions: Write *APPROVED* if the statement is true and if not, write *DISAPPROVED* then identify the word that made the statement false. Accomplish this task in your activity notebook.

1. Luzon lowland folksongs have a very distinctive Spanish influence.
2. Folksongs are generally taught in schools.
3. Sitsiritsit is a Tagalog folksong.
4. An example of a Kapampangan folk song is Sarung Banggi.
5. The composers and lyricists of folk songs are usually unknown.
6. Naraniag a Bulan is an example of an Ilocano folk song.
7. Folk songs are mostly short and complicated.
8. Key signatures in folk songs do not change.
9. Folk songs are based on the community's livelihood, tradition and culture.
10. Atin Cu Pung Singsing is an example of a Bicolano folk song.
11. Sarung Banggi is a folk song from Batangas.
12. Pamulinawen is a folksong with a triple meter.
13. Folksongs are usually sung in the dialect of the people of its place of origin.
14. Pamulinawen and Manang Biday are both Tagalog folksongs.
15. All folksongs have the same story to tell.



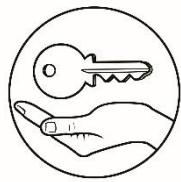
Additional Activities

The Audition

Suppose you are going in an audition about Folk Song singing. One of the requirements is to sing a folk song of your region or province. Here are the mechanics for the audition:

1. You are going to sing a folk song from your region or province.
2. The performance can be acapella or with accompaniment (live or minus 1)
3. Record your performance in your gadget (cellphone or computer) if possible.
4. If recording is not possible, a schedule for a live performance will be given to you.
5. You will be graded based on the following criteria:

Clarity of voice	(25 %)
Volume of voice	(25 %)
Pitch	(25 %)
Expression	(25 %)



Answer Key

1. APPROVED
2. DISAPPROVED - schools
3. APPROVED
4. DISAPPROVED - Kapatanganan
5. APPROVED
6. APPROVED
7. DISAPPROVED - complicated
8. APPROVED
9. APPROVED
10. DISAPPROVED - Biocolano
11. DISAPPROVED - Batangas
12. DISAPPROVED - triple
13. APPROVED
14. DISAPPROVED - Tagalog
15. DISAPPROVED - the same

What I Know / Assessment

References

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