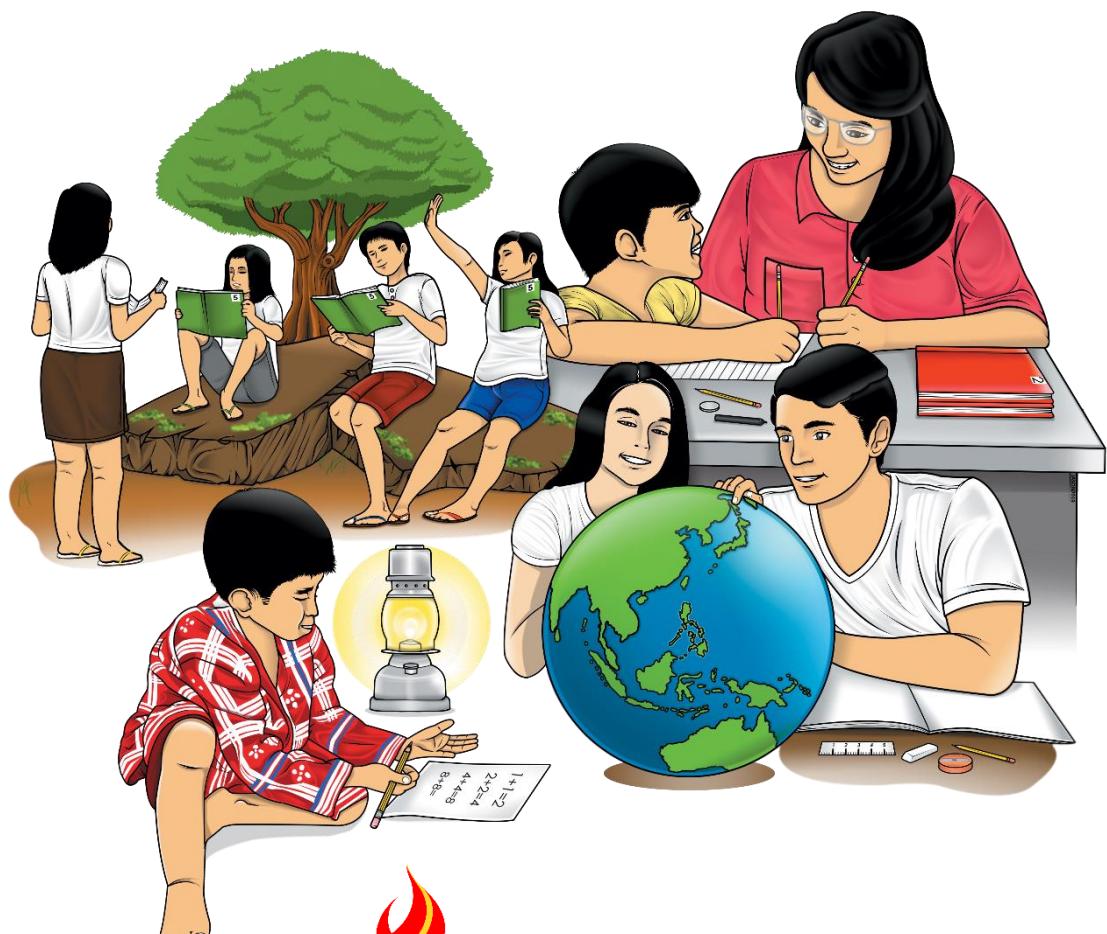


# Physical Education

## Quarter 1 – Module 4: Introduction to Individual Sports: Rhythmic Gymnastics



**Physical Education – Grade 7**

**Alternative Delivery Mode**

**Quarter 1 – Module 4: Introduction to Individual Sports: Rhythmic Gymnastics**

**First Edition, 2020**

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# **Physical Education**

## **Quarter 1 – Module 4:**

### **Introduction to Individual Sports:**

### **Rhythmic Gymnastics**

## **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**

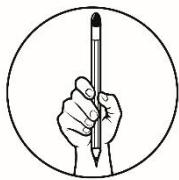
This module has been designed and written with you in mind. This will help you understand the nature and background of the rhythmic gymnastics. The scope of this module will involve you in different learning situations. The language used in the following topics are appropriate to your vocabulary level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

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

- Lesson 1 – Introduction to Rhythmic Gymnastics
- Lesson 2 – Let's Do the Rhythm

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**

- A. **Directions:** Read the following statements carefully. Choose the word from the choices in the box that is described in each sentence. Write your answers on a separate sheet of paper.

Ball	Ribbon	Hoop	Rope
Clubs	Gymnastics	Baton	Rhythmic Gymnastics

- \_\_\_\_\_ 1. It is a sport that uses apparatus such as rope, hoop, ball, clubs, and ribbon.
- \_\_\_\_\_ 2. It is a component of rhythmic gymnastics composed of a handle.
- \_\_\_\_\_ 3. It is an apparatus used in rhythmic gymnastics made of either rubber or synthetic material.
- \_\_\_\_\_ 4. It may be made of a hemp or a synthetic material.
- \_\_\_\_\_ 5. It may be made of plastic or wood, and it retains its shape during the routine.
- \_\_\_\_\_ 6. It is an apparatus used in rhythmic gymnastics that are thrown from alternate hands.
- \_\_\_\_\_ 7. It refers to a graceful and artistic sport that requires a combination of strength, balance, agility, and muscle coordination, usually performed on specialized apparatus.

B. **Directions:** Copy the following table on a half sheet of paper. On the appropriate column, put a check (✓) if the fundamental skill of rhythmic gymnastics falls under locomotor or non-locomotor skill.

Fundamental Skills	Locomotor	Non-Locomotor
1. Bending		
2. Jumping		
3. Walking		
4. Swaying		
5. Stretching		
6. Leaping		
7. Turning		
8. Running		

# Lesson 1

# Introduction to Rhythmic Gymnastics

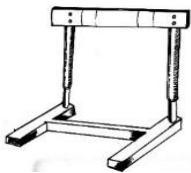
You did a great job in your last lessons. Welcome to this lesson, where you will learn about the basics of Rhythmic Gymnastics!



## What's In

**Directions:** Identify each piece of equipment used in running or swimming.

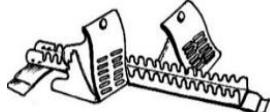
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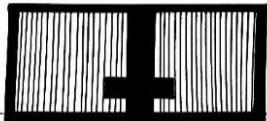
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4.



5.



6.



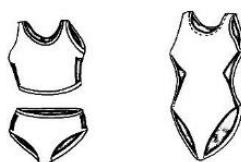
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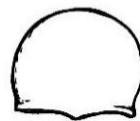
8.



9.



10.





## **What's New**

### **Activity 1: Arrange Me!**

This activity will allow you to share what you know about rhythmic gymnastics as well as your expectations of the lesson, your prior knowledge, and skills.

Directions: The letters of the words below are jumbled. Figure out the words and write them on a separate sheet of paper.

1. It is a graceful and artistic sport that requires a combination of strength, balance, agility, and muscle coordination, usually performed on specialized apparatus.

GSNYMASTCI \_\_\_\_\_

2. It may be made of hemp or synthetic material.

ROEP \_\_\_\_\_

3. It is an apparatus used in rhythmic gymnastics made of either rubber or synthetic material.

ALLB \_\_\_\_\_

4. It refers to an apparatus used in rhythmic gymnastics that is thrown from alternate hands.

BULCS \_\_\_\_\_

5. It is a component of rhythmic gymnastics composed of a handle.

NIRBBO \_\_\_\_\_



## What is It

### Read to Understand

#### Nature and Background of Rhythmic Gymnastics

Rhythmic gymnastics is a sport in which individuals or groups of five manipulate one or two pieces of apparatus: rope, hoop, ball, clubs and ribbon, or freehand (no apparatus). Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation.

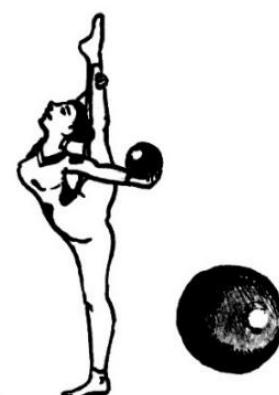
Competitive rhythmic gymnastics began in the 1940s in the Soviet Union. The FIG formally recognized this discipline in 1961, first as **modern gymnastics**, then as **rhythmic sportive gymnastics**, and finally as **rhythmic gymnastics**.

The first World Championships for individual rhythmic gymnasts was held in 1963 in Budapest. Groups were introduced at the same level in 1967 in Copenhagen, Denmark. Rhythmic gymnastics was added to the 1984 Summer Olympics in Los Angeles, with an individual all-around competition. Canadian Lori Fung was the first rhythmic gymnast to earn an Olympic gold medal. The group competition was added to the 1996 Summer Olympics in Atlanta. The Spanish team won the first gold medal of the new competition with a team formed by Estela Giménez, Marta Baldó, Nuria Cabanillas, Lorena Guréndez, Estibaliz Martínez and Tania Lamarca.

#### Apparatus Used in Rhythmic Gymnastics:

##### Ball

A ball is made of either rubber or plastic. It ranges between 18 to 20 cm in diameter and must have a minimum weight of 400g.





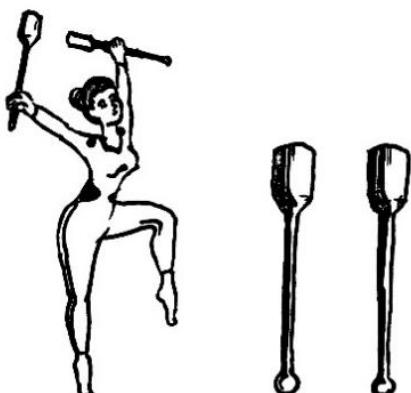
### Hoop

A hoop may be made of plastic or wood, must have a diameter of 80 to 90 cm and a minimum weight of 300g.



### Rope

A rope is made of hemp and is knotted at each end. The height of the gymnast determines the length of the rope.



### Clubs

Clubs are made of wood or plastics, resemble bowling pins. The minimum weight per club is 150 g.



### Ribbon

It is a 7-m strip of satin ribbon attached to a wooden stick. Holding the stick, the gymnast must keep the ribbon in constant motion throughout her routine.

Rhythmic gymnastics is a sport that combines elements of gymnastics, dance, and calisthenics. Rhythmic gymnasts must possess the following qualities in order to perform at their best; balance, flexibility, coordination, and strength.

## **Rhythmic Gymnastics Skills**

### **Locomotor Skills:**

- Walking
- Running
- Leaping
- Jumping
- Hopping
- Galloping
- Sliding
- Skipping

### **Non-Locomotor Skills:**

- Bending
- Swaying
- Swinging
- Turning
- Twisting
- Stretching

### **Fundamental Skill of Rhythmic Gymnastics:**

#### **Ball**

- Ball routine includes throwing, bouncing, or rolling.
- The gymnast must use both hands and work on the whole floor area while showing continuous flowing movement.
- The ball emphasizes the gymnasts flowing lines and body difficulty.

#### **Hoop**

- Fundamental requirements of a hoop routine include rotation around the hand or body and rolling, as well as swings, circles, throws, and passes through and over the hoop.

#### **Rope**

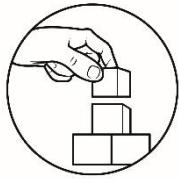
- The fundamental requirements of a rope routine include leaps and skipping.
- Other elements include swings, throws, circles, rotations and figures of eight.

#### **Clubs**

- Clubs are thrown from alternate hands; each passes underneath the other clubs and is caught in the opposite hand to the one from which it was thrown.

#### **Ribbon**

- Compulsory elements for the ribbon include flicks, circles, snakes and spirals, and throws.
- It requires a high degree of coordination to form the spirals and circles as any knots which may accidentally form in the ribbon are penalized.
- During a ribbon routine, large, smooth, and flowing movements are looked for.
- The ribbon may not stop moving or else, points are taken off.



## **What's More**

### **Activity 1: LET'S DO IT**

Directions: Do the movements indicated below.

1. Leap going forward taking off with your right foot and landing on your left. Do it again with your taking off with your left foot and landing on your right foot. Take note to cover a large distance when you do movement. Turn around, and do the same movement going back to your original place.
2. Jump forward four times, keeping your legs about shoulder width apart, and propel your body forward using both legs at the same time. Turn around, and do the same movement going back to your original position.
3. Run forward covering a distance of 10 meters. Turn around and run back to your original place.

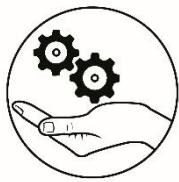
### **Activity 2: ON YOUR PLACE**

Directions: Do the movements indicated below.

1. Stand straight. Raise both hands on top of your head and turn to the right two times going back to your original position. Do the same movement going to the left.
2. Stand straight and put your hands on your waist. Slowly lift your right foot until it reaches your knee. Stay in that position for 10 seconds, then slowly lower your right foot. Do the same on your left foot. Do the movements twice.
3. Stand straight and put your hands on your waist. Slowly twist to your right and raise both arms above your head. Hold that position for about 5 seconds then slowly go back to your original position. Do the same movement going to the left. Do the movements twice.

### **Activity 3: LET'S MOVE and GROOVE**

Directions: With an upbeat music, do Activity 1 and Activity 2 with the use of a ball and a hoop. Do the movements until the music stops.



## ***Additional Activities***

**YES...**

**Directions:** Perform Activity 3 every other day. Answer the following questions:

1. How do you feel every time you do the activity?
2. What developments in your body and concentration have you observed?

<b>Day 1</b>	<b>Day 3</b>	<b>Day 5</b>	<b>Day 7</b>

**Lesson  
2**

## **Let's Do the Rhythm**



### **What's In**

#### **Activity 1: LOOKS FAMILIAR?**

Directions: Look closely at each picture below. Match the rhythmic gymnastics in Column A with the appropriate equipment in Column B. Write the letters of your answers on a separate sheet of paper.

**Column A**

1. A rhythmic gymnast in a split leap position, holding a ball in one hand.
2. A rhythmic gymnast in a vertical split position, holding a baton vertically.
3. A rhythmic gymnast in a split leap position, holding clubs in both hands.
4. A rhythmic gymnast in a vertical split position, holding a hoop around her waist.
5. A rhythmic gymnast in a split leap position, holding a ribbon in one hand.

**Column B**

A. Ball

B. Baton

C. Clubs

D. Hoop

E. Ribbon

F. Rope



## **What's New**

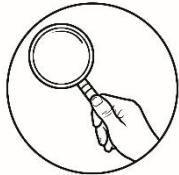
In this activity, you will be performing several warm – up exercises to avoid injuries and to condition your body better before performing a physical activity.

### **Activity 1: WARM ME UP**

This activity will prepare your body for any physical activity.

Procedure:

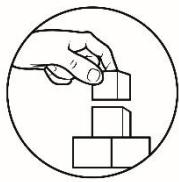
1. Get and record your RHR.
2. Do the following exercises:
  - a. 5 - Minute jog in place or jogging around.
  - b. Head stretch – 10 seconds (forward, backward, sideward)
  - c. Arm stretch – 10 seconds (right and left)
  - d. Leg stretch – 10 seconds (right and left)
  - e. Lunge
  - f. High knees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



## **What is It**

A physical activity has benefits for the human body, but it carries with it 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 safety tips that you may follow:

- Wear comfortable clothing and well – padded shoes that will protect the heels and arches of your 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. Don't do a physical activity when you don't feel well.



## What's More

### Activity 1: Let's Do the Move

Using an upbeat music, create a dance routine using the different skills in rhythmic gymnastics. Select at least two apparatuses that you will use in the routine.

### Activity 2: Let's Dance

Using the routine you created in Activity 1, dance it off with the music. You will be graded accordingly using the rubric below. Ask someone in your family to rate you using the following rubric.

Criteria	Exceeds Expectations 4	Meets Expectations 3	Approaching Expectations 2	Does Not Meet Expectations 1
Knowledge of choreography	Demonstrates excellent knowledge of the choreography and performs free of errors.	Demonstrates knowledge of movement and performs with few errors.	Demonstrates some knowledge of movement, and movement has many errors.	No knowledge of movement.
Stage presence	Uses face and body to fully express the intent of the movement.	Uses facial and body expression when performing.	Uses little face and body expressions when performing.	No facial and/or body expressions.
Musicality	Shows full understanding of rhythm and timing by staying on beat for the entire dance.	Shows understanding of rhythm and timing by staying on beat.	Has some knowledge of rhythm and timing, but speeds up and/or slows down many times.	Speeds up and/or falls behind often throughout the dance.
Technique	Great attention to the quality of movement, body position, and demonstrate excellent understanding of dance style.	Choreography is performed with attention to details and shows proficiency of dance style	Choreography is performed with little attention to details of movement, and student is not proficient in dance style.	Choreography shows no attention to details of movement and demonstrates little knowledge of dance style.
Effort	Shows great effort while performing the choreography.	Shows effort when performing the choreography.	Shows little effort while performing the choreography.	Shows no effort while performing the choreography.

Total: \_\_\_\_\_ / 20

### **Activity 3: Cool Down**

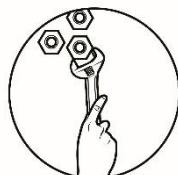
Perform static stretching to cool down your muscles.



### ***What I Have Learned***

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

<b>3 Things I Have Learned</b>	<b>2 Thing I have Enjoyed</b>	<b>1 Question in my Mind</b>



### ***What I Can Do***

On a half sheet of paper, write an essay about this question.

“If you were given a chance to be a gymnast, what would you do to be good and successful in this field?”



## ***Assessment***

9. This routine involves fundamental requirements including rotation around the hand or body and rolling.

- |         |          |
|---------|----------|
| A. Ball | C. Rope  |
| B. Hoop | D. Clubs |

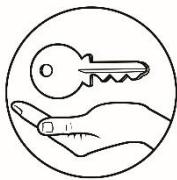
10. The fundamental requirements of this routine include throwing, bouncing, or rolling.

- |         |           |
|---------|-----------|
| A. Ball | C. Rope   |
| B. Hoop | D. Ribbon |

B. **Directions:** Tell which of the following movements is Locomotor and Non-Locomotor. Copy the given movements under the correct column in the table. Write your answers on a separate sheet of paper.

Running	Turning	Jumping
Leaping	Swaying	

<b>Locomotor</b>	<b>Non-Locomotor</b>
1.	
2.	
3.	



## ***Answer Key***

## **References**

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<https://www.betterhealth.vic.gov.au/health/ten-tips/10-tips-to-exercise-safely>

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