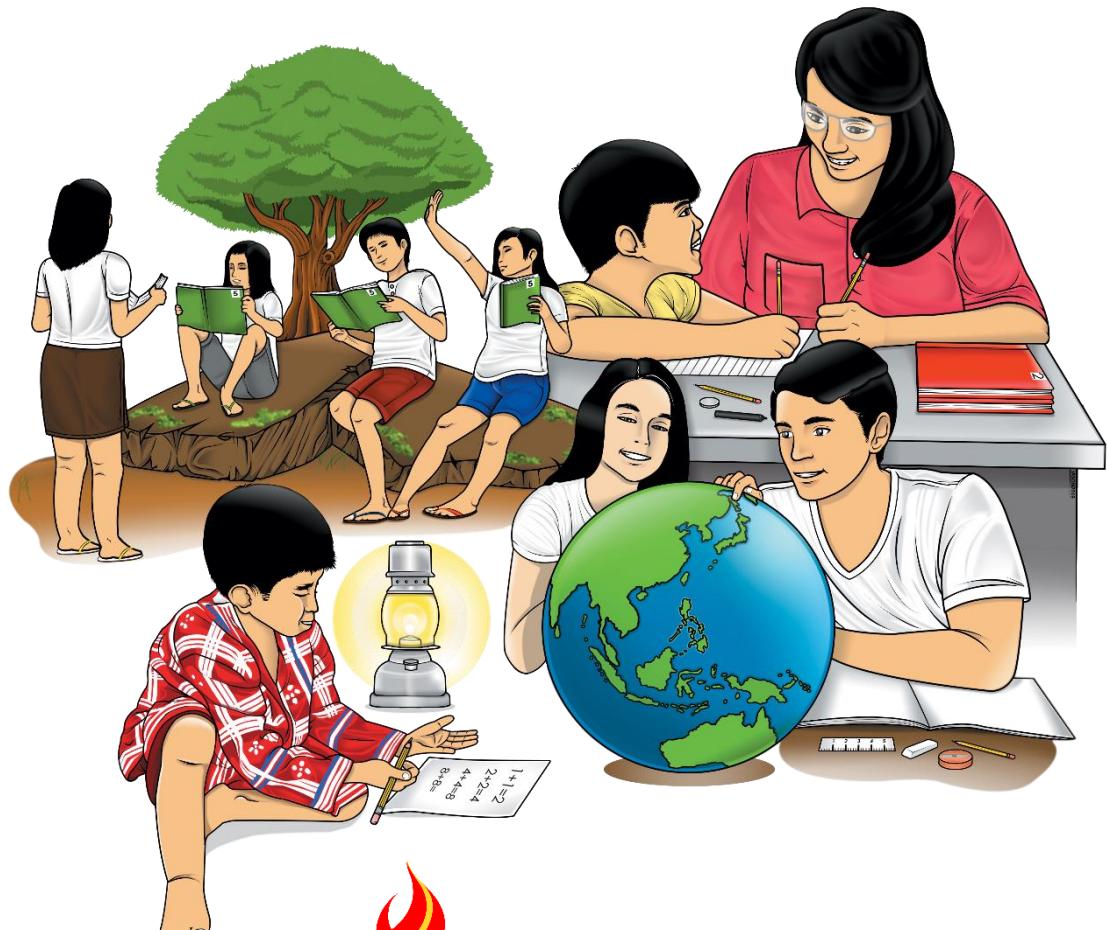


# Physical Education

## Quarter 1 – Module 2: Basic Exercise Program



**Physical Education – Grade 7**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 2: Basic Exercise Program**  
**First Edition, 2020**

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7

# **Physical Education**

## **Quarter 1 – Module 2:**

### **Basic Exercise Program**

# **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 lesson 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 lesson 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 will help you understand the basic exercises in individual sports. An exercise involves a physical activity or movement of the body that will increase the heart rate from normal level. A regular physical exercise can improve your muscle strength and cardiovascular endurance. It also helps reduce the risks of serious illnesses. Be sure that your exercise program helps develop your skill-related fitness.

This module is about:

- Basic Exercise Program

After going through this module, you are expected to:

- prepare an exercise program (PE7PF-Ic-27);
- undertake physical activity and physical fitness assessments (PE7PF-Ia-h-23); and
- monitor (Monitors) periodically one's progress towards the fitness goals (PE7PF-Id-h-28).



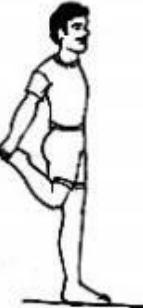
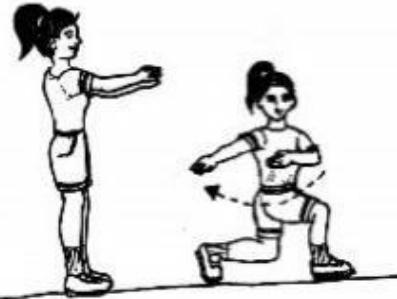
## **What I Know**

### **Pretest**

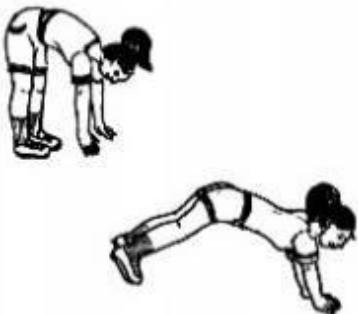
A. **Directions:** Choose the letter of the best answer to each question below:

1. What type of exercise is the most appropriate in the cool down as they help the muscles to relax?
  - a. Static stretching
  - b. Strength exercise
  - c. Dynamic stretching
  - d. Endurance exercise
  
2. Which type of exercise prepares the muscles for active contraction?
  - a. Static stretching
  - b. Strength exercise
  - c. Dynamic stretching
  - d. Endurance exercise
  
3. Which of the following choices is an example of static stretching exercise?
  - a. Calf
  - b. Front swings
  - c. Plank walk-outs
  - d. March and Reach
  
4. Which of the following choices is an example of dynamic stretching?
  - a. Calf
  - b. Chest
  - c. Upper back
  - d. March and Reach
  
5. These exercises are done by doing gradual stretching activities from upper to lower extremities.
  - a. Strength exercises
  - b. Endurance exercises
  - c. Flexibility exercises
  - d. Warm-up exercises

B. **Directions:** Look closely at each picture below. Put a check (✓) on the appropriate column where it belongs.

<b>Exercises</b>	<b>Dynamic</b>	<b>Static</b>
1. March & Reach		_____
2. Front of Thighs		_____
3. Lunge Torso Twist		_____
4. Knee & Thigh		_____
5. Calf		_____

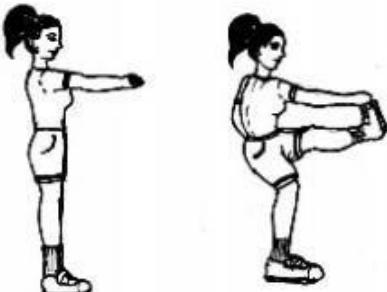
6. Plank  
Walk-Outs



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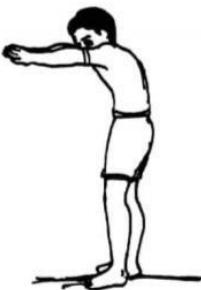
7. Front Leg  
Raise Toe  
Tap



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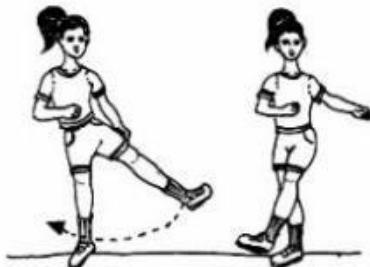
8. Upper  
back



---

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9. Side Cross  
Swings



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10. Back of  
Upper  
Arm



---

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**Lesson  
1**

# **Basic Exercise Program**

In your previous lesson, you have undergone Physical Fitness Test (PFT) and set your fitness goals. This lesson will equip you with the basic knowledge and understanding about the different kinds of exercises for you to reach your set fitness goals.



## **What's In**

**Directions:** In your previous lesson, you have undergone PFT. Let's recall the different tests that you have performed. List down at least three (3) skill-related fitness tests and three (3) health-related fitness tests.

<b>Skills-Related Fitness Test</b>	<b>Health-Related Fitness Test</b>
1.	1.
2.	2.
3.	3.



## **What's New**

In this activity, you will be introduced to 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. 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 afterwards.

#### **Processing questions:**

Write your answers to the following questions on your activity notebook.

1. How do you find the activity?
2. Were you able to execute all of them?
3. Is there an increase in your heart rate after doing the different exercises? How much?
4. Which of the exercises you have performed are dynamic stretching (exercises) and static stretching exercises?



## **What is It**

### **Read to Understand**

What is an exercise program? It is a plan or a program detailing a range of physical exercises and the amount of time each exercise should be performed or used especially in gymnasiums, where they are typically tailored to individuals' needs.

A good exercise program is a key to promote and maintain your good health. It is a way to make sure that you get the most out of your workouts and that you are targeting all your muscle groups. Many people exercise but they do not get the full benefits of their exercises. By planning out an exercise program, you can make sure that you are not wasting your time.

An exercise program that is tailored specifically to your needs is a great way to stay physically and mentally fit. It also provides additional benefits such as: improved condition of the heart and lungs, increased muscular strength, endurance and motor fitness, increased aerobic fitness, improved muscle tone and strength, weight management, better coordination, agility and flexibility, improved balance and spatial awareness, increased energy levels, improved immunity, increased physical confidence, reduced risk of chronic disease (such as type 2 diabetes and heart disease), improved sleep, improved brain function and health, improved general and psychological well-being, greater self-confidence and self-esteem, and improved social life.

In engaging or participating in any physical activity or sports, it is important to start with a warm-up exercise to prepare your body for the activity and end with a cool-down exercise to relax your muscle and return your body to its normal temperature.

There are three things every exercise program should have:

1. Warm-Up Exercise
2. Major Exercise Focus
  - a. Flexibility exercise
  - b. Strength exercise
  - c. Endurance exercise
3. Cool down Exercise

### **Warm-Up Phase**

It is important to increase the body's temperature to prepare the muscles to any succeeding strenuous activity. By warming up, the muscles are provided with sufficient amount of blood and oxygen supply so that they will contract more efficiently. Without warming up, you may have greater risk of physical injuries as you proceed immediately with vigorous activities.

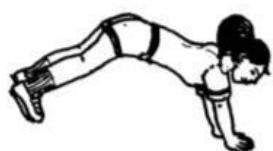
## Flexibility Exercises

This phase of exercise follows immediately after warm-up. It is done by doing gradual stretching activities from upper to lower extremities. There are different types of stretching to improve flexibility: static, and dynamic stretching.

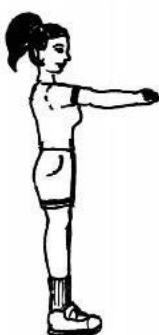
**Static stretching** is more appropriate in the cool down exercise as they help muscles to relax, realign muscles fibers and re-establish their normal range of movement.

**Dynamic stretching** exercises specifically prepare the muscles for active contraction. However, they do not cause long-term improvement in flexibility because of the short stretching time.

Some examples of dynamic stretching.



Plank Walk-Outs



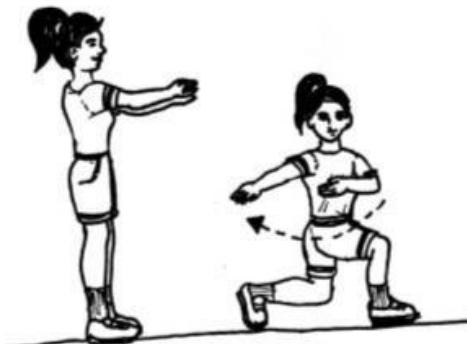
Front Leg Raise Toe Tap



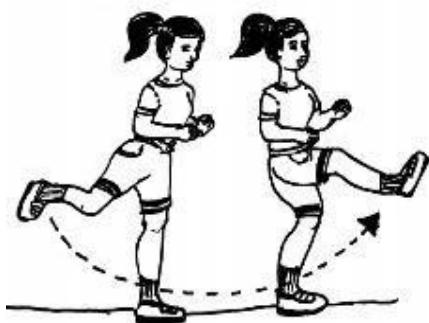
Hug into Chest Expansion



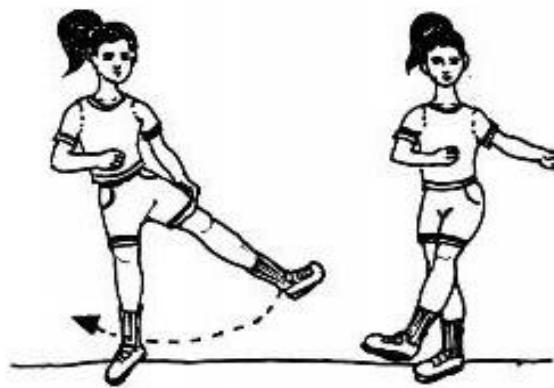
March & Reach



Lunge Torso Twist

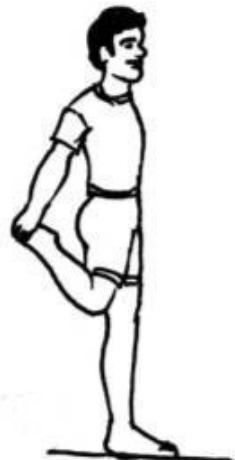


Front Swings



Side Cross Swings

Some examples of static stretching.



Front of Thighs



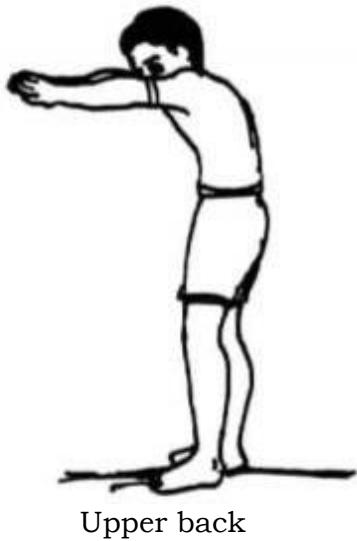
Knee & Thigh



Calf



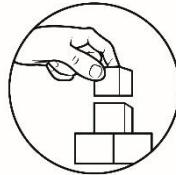
Chest



Upper back



Back of upper arm



## What's More

In this activity, you will perform and identify the muscle contractions of static and dynamic exercises.

### Activity 1: Move your Body

#### Directions:

1. Perform the following exercises below.
2. Put a check (✓) if the muscle contraction made is *static* or *dynamic*.
3. Repeat the exercises five times.

Exercises	Dynamic	Static
1. Squats		
2. Lunges		
3. Front plank		
4. Side plank		
5. Push-ups		
6. Curl-ups		
7. Jumping Jacks		
8. Toe Touch		
9. Walking High Kicks		
10. Overhead stretch		

**Processing Questions:**

Answer the following questions in your activity notebook.

1. Which of the exercises you had done were easy to perform?
2. Did you continue performing those exercises which you found to be difficult? Why?
3. Were you confident in doing those exercises on your own? Why?



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

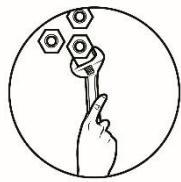
### **Activity 1: Zumba Moves**

**Directions:**

1. Prepare a 3-minute Zumba dance presentation.
2. Incorporate the components of a basic exercise program: warm-up, exercise proper, and cool-down.
3. Choose the exercises carefully to avoid injury.

Below is an assessment tool to assess your performance for the activity. Your work will be scored according to the criteria in the rubrics below.

<b>Performance Indicator</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>
I perform the stretching correctly.				
I display accurate movements.				
I show positive attitude towards participating in the activity.				

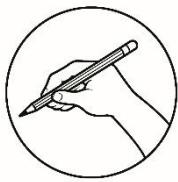


## What I Can Do

**Directions:** Using the template below, design a 4 – week exercise program that consists of warm-up exercise (dynamic stretching), exercise proper, and cool down exercise (static stretching). Specify the exercises that you are going to perform in each phase, their corresponding frequency, time, and intensity. The first one is done for you as your guide. Remember to do only the exercises that you can do, and increase the frequency, time, and intensity of these exercises as you progress every week.

### Exercise Program: Week 1

PHASE	EXERCISES	FREQUENCY	TIME	INTENSITY
Warm-up (Dynamic stretching)	1. Jog in place	3-5 times per week	2-3 minutes	Low - Moderate
	2.			
	3.			
	4.			
	5.			
Exercise Proper	1. Push ups	10 push ups	2 repetitions	Low
	2.			
	3.			
	4.			
	5.			
Cool-down (static stretching)	1. Shoulder stretch			
	2.			
	3.			
	4.			
	5.			



## Assessment

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

1. It is done by doing gradual stretching activities from upper to lower extremities.
  - A. Strength exercises
  - B. Warm-up exercises
  - C. Flexibility exercises
  - D. Endurance exercises
2. The exercise that specifically prepares the muscles for active contraction is called \_\_\_\_\_.
  - A. Static stretching
  - B. Strength exercise
  - C. Dynamic stretching
  - D. Endurance exercise
3. Which of the following exercises is the most appropriate as a cool down exercise?
  - A. Static stretching
  - B. Strength exercise
  - C. Dynamic stretching
  - D. Endurance exercise
4. The following are examples of dynamic stretching, EXCEPT:
  - A. Calf
  - B. Front swings
  - C. Plank walk-outs
  - D. March and Reach
5. Which is NOT an example of static stretching?
  - A. Calf
  - B. Chest
  - C. Upper back
  - D. March and Reach

B. **Directions:** Match the image of stretching in Column **A** with the appropriate name of stretching in Column **B**. Write the letters of your answers on a separate sheet of paper.

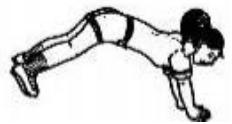
**Column A**

**Column B**



1.

A. Back of Upper Arm



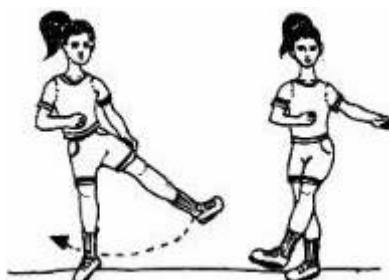
2.

B. Calf



3.

C. Chest



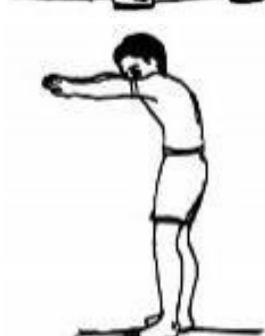
4.

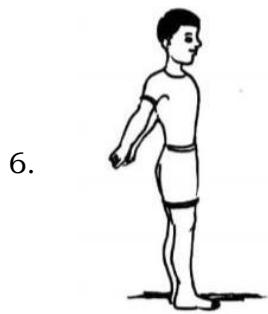
D. Front Swings



5.

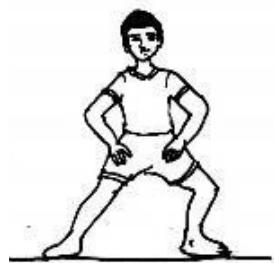
E. Hug into Chest Expansion





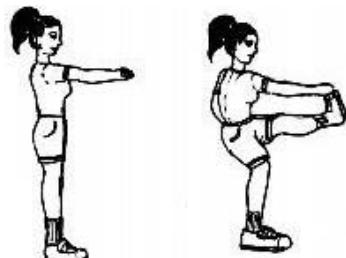
6.

F. Knee & Thighs



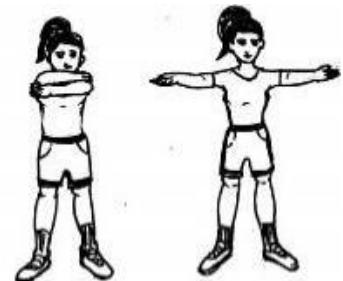
7.

G. March & Reach



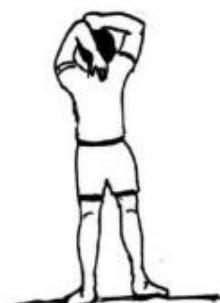
8.

H. Plank Walk-Outs



9.

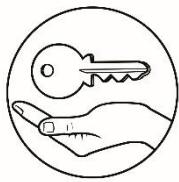
I. Side Cross Swings



10.

J. Upper back

K. Front Leg Raise Toe Tap



## Answer Key

Assessment		What I Know	What's In	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1. C	2. C	1. Lack of time	1. Lack of energy	1. A	2. A	3. A	4. A	5. D	6. C	7. F	8. K	9. E	10. A	1. H	2. B	3. I	4. D	5. J	6. C	7. F	8. K	9. E	10. A	1. G	2. E	3. D	4. B	5. H	

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