

HOPE 2

2nd Semester

Module 1: Healthy Mind in a Healthy Body



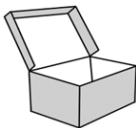
Writer

: Leah S. Bulay-og



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What I Need to Know

This Module was designed & written to help you to understand the concept of Modified Sports Activity & how they can help to improve one's health through regular participation. In this subject, we will discuss how to modify dual and teams' sports, which allows for students to participate in the action and helps to keep the children safe from injuries as well in this pandemic time.

The lesson is arranged to follow the standard sequence of the course.

The module is divided into two parts namely:

LESSON 1:

Content Standard: The learners demonstrate understanding of sports in optimizing one's health as a habit; as a requisite for physical activity assessment performance, and as a career opportunity.

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

Learning Competencies and Objectives:

- Recall the definition of sports and its benefits
- Describes the role of physical activity (sports) in managing one's stress.



What I Know

1. Which of the following is a physical benefit of participating in sports?
A. A stronger body
B. Physical fitness
C. Better coordination
D. All of the answers are correct.
2. Which of the following is not a social benefit of sports participation?
A. Teamwork
B. Time management
C. Poor sportsmanship
D. Responsibility
3. It is an outdoor or indoor game, competition, or activity needing physical effort and skill and usually carried on according to rules.
A. Dance
B. Fitness
C. Recreational activity
D. Sports
4. Recreational sport is also called _____ and is done for various purposes, but mainly for fun and entertainment in leisure time.
A. sport for all
B. sport for you
C. sport for me
D. none of the above



5. It is the highest level of competitive sport.

 - A. Elite sports
 - B. Intramurals
 - C. High class sports
 - D. High class sports



What's In

1. What are the physical activities did you enjoy in Health Optimizing Physical Education (HOPE)1?

2. What are the benefits did you gain from engaging in Moderate to Vigorous physical activities?

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3. How did you continue your physical activities while schooling from home?



What's New

HOW MANY WORDS OR GROUP OF WORDS CAN YOU SEARCH?

Directions: Find ten (20) words related to sports on the grid. Words appear straight across, up and down, and up, and diagonally. Write your answer on the provided table below.

Word Search

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





What is It

LESSON 1: SPORTS & ITS BENEFITS

In this pandemic time students will continue studying to achieve academic success. But students sometimes need a break from online class and release some energy.

Engaging in sports or any physical activities each week helps improve students' focus on schoolwork, as well as help them lead happier, healthier lives. Here are reasons why students should be involved in structured, after-school physical activities.

Definition of *sport* used in the dictionary says: SPORT is an outdoor or indoor game, competition, or activity needing physical effort and skill and usually carried on according to rules.

Some people say that sport is a physical activity governed by rules and played by individuals seeking to outperform opponents, while others can understand sport as organized spontaneous exercises or games, or as a competitive or non-competitive process through which an individual obtains physical skills, mental relaxation and bodily fitness.

KINDS OF SPORTS

Recreational sport is also called *sport for all* and is done for various purposes, but mainly for fun and entertainment in leisure time. An increasing number of people are becoming health-conscious and do recreational sport activities and various keep-fit exercises to maintain or improve their physical as well as mental fitness and health, to affect their flexibility, to strengthen their muscles and shape the body, to delay ageing symptoms, etc. Some people desire to learn new skills or experience new feelings through sport activities. Some people might have social reasons for their participation in sport including the need of integration, friendship, teamwork, support, recognition etc.

Competitive sport is done mainly for performance, for achieving good results in competitions, defeating opponents, and becoming the winner or record holder. People who do competitive sport train hard and regularly and participate in various forms of competition. They are organized and belong to different sport teams, clubs, associations, or federations.

The highest level of competitive sport is *elite sport* (top performance sport). Elite athletes must sacrifice almost everything to their sport. It lasts many years to become an excellent sportsman. Such a process means years of hard everyday training, effort and drudgery, years of pain and stress as well. Financial and social background is a necessity. Elite athletes are often professionals who make living through sport. They follow principles of sport training to make progress, including various regeneration programs. The elite sport is linked with a serious problem – doping, the use of illegal substances to improve performance.



SPORTS CATEGORIES

INDIVIDUAL SPORTS

There are certain sports, such as golf, bowling, and track and field that, for the most part, are considered individual sports, which are sports played alone without teammates.

There are thousands of individual sports, and the skill requirements for each vary greatly; however, there are certain skills that apply to most individual athletes. Most have high levels of cardiovascular fitness to allow for long hours of practice and play. Most have well-toned muscles and are flexible.

Arnis	Bowling	Figure skating
Archery	Boxing	Golf
Badminton	Cycling	Surfing
Swimming	Track and field	Wrestling

DUAL & TEAM SPORTS

Dual and team sports may seem different, but many of their strategies are similar, and participating in one can help strengthen skills in another. Both dual and team sports are about competing against an opponent with the goal to win. Therefore, what makes dual sports different from team sports? As you may already know from experience, team sports involve organized groups of players competing against each other. These include sports such as football, soccer, lacrosse, volleyball, basketball, softball, and baseball. Dual sports, on the other hand, are played by two people striving against one another. Examples of dual sports include tennis and racquetball.

Some sports can dual and team. For instance, wrestling can be considered both a dual and a team sport, as the wrestler must compete individually on the mat against his or her opponent, but his performance affects the overall team's score.

baseball	gymnastics	football
basketball	speak takraw	softball

THE HEALTH AND FITNESS BENEFITS OF SPORTS



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PHYSICAL BENEFITS

- Playing sports can make you stronger and healthier, contributing to lower obesity rates.
- Active people tend to have lower rates of diabetes and high blood pressure.
- Exercising regularly through sports programs could contribute to better heart and lung function.





https://picryl.com/media/the-navy-womens-volleyball-team-celebrates-their-victory-over-army-during-round-01864b?fbclid=IwAR0TKdP-zVL2tZJfmELpjg7g-EhwKDNhignRIJ8eMNwCR6bn8Tz6U0YV_4

HEALTHY SOCIALIZING

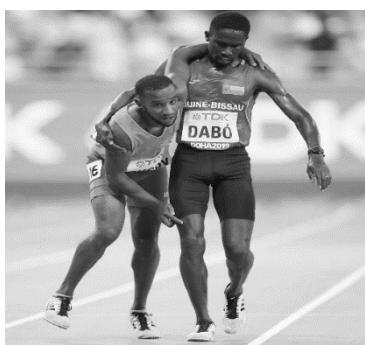
- Playing sports can help develop friendships centered on healthy, safe, and enjoyable activities.
- Through sports you will meet people with a similar interest to yourself and are likely to gain many new friends.
- Team practice and competitions provide socializing options that are healthier and more active compared with regular sessions of other more sedentary activities.
- Sports are a great way for families to get exercise together.



https://pixy.org/1200487/?fbclid=IwAR3DW4Yi_r99mmtQ-oL2M0GLjCPEQPgN_oIUmRwWN-1tMyC_-btedigiGVk

CONTRIBUTING TO ACADEMIC SUCCESS

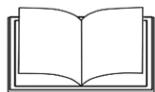
- According to research people who play sports tend to perform better at school.
- Physical activity can boost observational skills, improve focus, and even develop our abilities to improvise.
- Mastering fundamental movement skills boosts brainpower and academic performance.



BUILDING CHARACTER VALUES

- Playing sports can help teach honesty, teamwork, and fair play. Sports allow you to experience the highs and lows of both winning and losing!
- Learning to follow rules and respecting teammates and opponents can also be useful.
- Experiencing the role of a graceful winner and loser teaches people about being humble, and competition in general can teach individuals about self-respect, confidence and managing stress.
- Taking on leading roles within your team can also teach leadership, according to the Palo Alto Medical Foundation.
- Sports allow you to experience the highs and lows of both winning and losing!

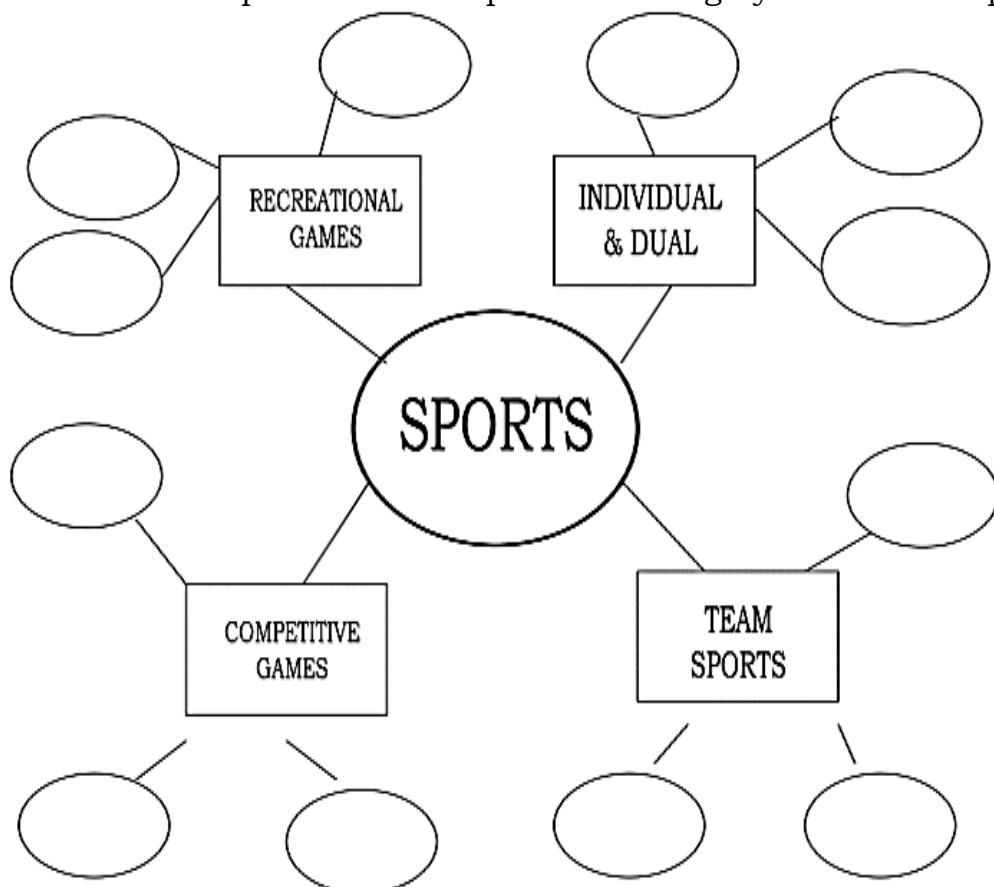




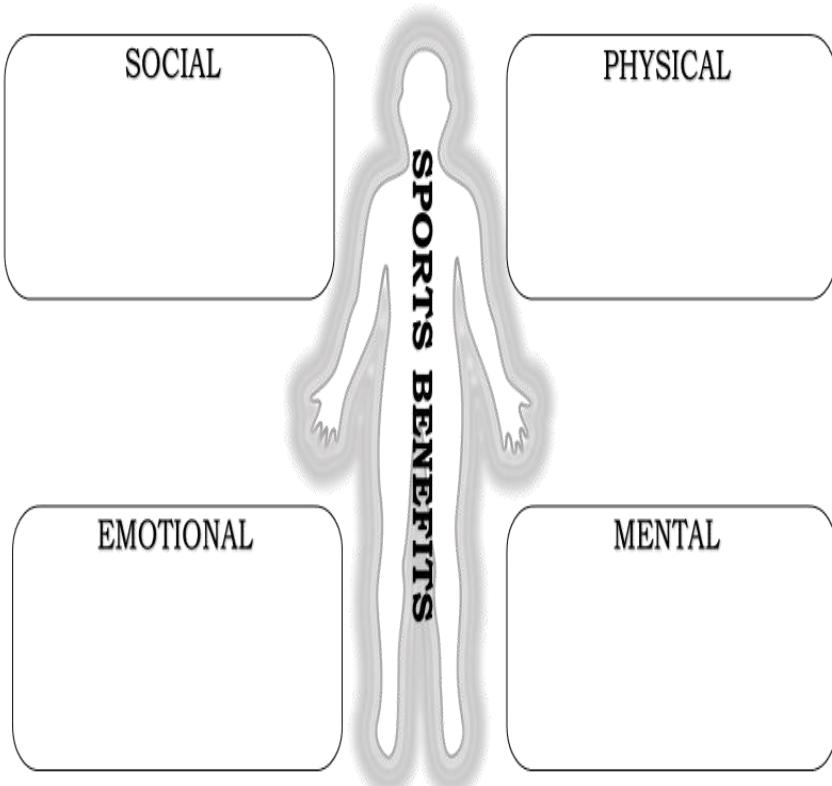
What's More

Activity 1: Mind Map

Give a short description and example of the category and kind of sports.



Write the following benefits you can gain if you will be engaging in sports activities.





What I Have Learned

1. Why is sports and physical activity important?

2. What are the physical benefits of sports?

3. Do you think sports can give more impact your life?



What I Can Do

In this activity you're going to create an **infographics** to promote the importance of Sports.

Infographics – are a visual representation of data. In creating infographics you are going to use information, visual and technology literacies

Procedure:

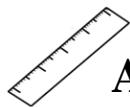
1. Create an infographics based on what you have learned about sports.
2. Focus on the importance of engaging into sports as your daily physical activity.
3. You may use the information on the “What I Have Learned” part.
4. You may use the basic version of the following tools for free:
 - A. PiktoChart
 - B. Canva
 - C. Infogram
 - D. Venngage
 - E. Dipity
 - F. iCharts
5. Post on your Facebook account or any social media platform to promote the importance of engaging to sports and the benefits you will gain from it. You could also draw or paint your work to be posted on your teachers group page.
6. See sample below
7. Your grade will be based on the rubric scale below.



INFOGRAPHICS RUBRIC

CRITERIA	4. Distinguished	3. Proficient	2. Apprentice	1. Novice
Content-Amount of Information: Topic and length	Topic was completely addressed. Statements were clearly supported by many facts and detailed examples.	Topic was addressed. Most statements were supported by facts and examples.	Topic was addressed. Some statements were supported by facts and examples.	Topic was not addressed. Statements were not supported by facts or examples.
Design-Creativity and Originality: Creative design and original artwork	Design was unique and interesting. Used more than five original media items.	Design was original. Used three to five original media items.	Made a few changes to background or layout. Used one or two original media items.	Used only design templates. Media and ideas were not original.
Design-Layout and Organization: Organized and easy to read	Content was well organized with headings and subheadings. Text and graphics were neatly organized and made the project easy to read.	Project was organized with headings and subheadings. Text and graphics were placed to make the project easy to read.	Most of the project was organized. The placement of text and graphics sometimes made the project hard to read.	Project was hard to read. There is no clear structure. Text and graphics were randomly





Assessment

Make an essay about “*Families that Play Together Stay Healthy Forever*”

RUBRICS FOR ESSAY WRITING

	Unsatisfactory 0 pts	Needs Improvement 5 pts	Satisfactory 15 pts	Outstanding 25 pts
Content & Development	Unsatisfactory <ul style="list-style-type: none"> - Content is incomplete. - Major points are not clear. - Specific examples are not used. 	Needs Improvement <ul style="list-style-type: none"> - Content is not comprehensive and / or persuasive. - Major points are addressed, but not well supported. - Responses are inadequate or do not address topic. - Specific examples do not support topic. 	Satisfactory <ul style="list-style-type: none"> - Content is accurate and persuasive. - Major points are stated. - Responses are adequate and address topic. - Content is clear. - Specific examples are used. 	Outstanding <ul style="list-style-type: none"> - Content is comprehensive, accurate, and persuasive. - Major points are stated clearly and are well supported. - Responses are excellent, timely and address topic. - Content is clear. - Specific examples are used.
Organization & Structure	Unsatisfactory <ul style="list-style-type: none"> - Organization and structure detract from the message. - Writing is disjointed and lacks transition of thoughts. 	Needs Improvement <ul style="list-style-type: none"> - Structure of the paper is not easy to follow. - Transitions need improvement. - Conclusion is missing, or if provided, does not flow from the body of the paper. 	Satisfactory <ul style="list-style-type: none"> - Structure is mostly clear and easy to follow. - Transitions are present. - Conclusion is logical. 	Outstanding <ul style="list-style-type: none"> - Structure of the paper is clear and easy to follow. - Transitions are logical and maintain the flow of thought throughout the paper. - Conclusion is logical and flows from the body of the paper.



Additional Activities

Create your own **infomercial** about the positive effects of engaging into sports.

An **infomercial** is a longer-form video or television advertisement that acts as a stand-alone program to pitch a good or service with a call to action. Infomercials are different than regular commercials because they last longer and have no breaks in the program.

Example:



<https://youtu.be/iI5zNsPEtQU>





What's In

Do Sports Relieve Stress?

One of the benefits in engaging into sports is when you are physically active, your mind is disturbed from daily stresses. This can help avoid getting stuck by negative thoughts. Exercise lessens the levels of stress hormones in your body. At the same time, it stimulates production of endorphins (are chemicals produced by the body to relieve stress and pain). So, start being active! Play sports and be Positive!



What's New

PUT YOUR GLASS DOWN

A professor entered his classroom with a glass of water. He raised the glass of water. everyone in the room expected the: half empty or half full” question. Instead, to everyone’s surprise, the professor smiled and inquired: “How heavy is this glass of water?”.

The answers called out for the range from 8 Oz to 15 Oz.

“I need to weigh it to know how much exactly it weighs. But the question, I really want you to answer is – what if I held the glass up for a minute?”, asked the professor.

“Nothing” the students answered unanimously.

“But what if I hold it for an hour?” asked the professor.

“Your arms will start aching “, answered one of the students.

“You are right! But what if I held it up for a whole day?”, queried the professor.

“Your arms will feel numb, your muscles get stressed and it may even get paralyzed” ventured another student.

“You are right!”, exclaimed the professor. “So, what should I do to avoid the pain “asked the professor.

“Keep the glass down”, answered a student.

“Exactly!” said the professor. He continued “In all the case the weight of the glass remains the same. But longer I held it up, heavier it becomes.



The longer
you hold on
the heavier
it gets.

The stress and worries in life are like the glass of water. If you think about them for a while, nothing happens. Think about them for longer, they will start hurting. Think about them for even longer, you will feel stress and be paralyzed”

It is important to think about the problems in the life. But you should not carry the stress long enough that it begins to ache and paralyze your life. It is important to let go of your stresses. Do not carry your stress all day and always remember to put the glass down before you go to bed!

<https://medium.com/motivationapp/the-weight-of-the-glass-a0e120ed90b3>

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What is It

Lesson 2: Exercise Your Stress Away

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.

Stress is an important portion of our daily lives and can have both positive and negative effects. The stress reaction is mainly defined by our assessment of an event, transition, or problem. Finding stability in our lives and managing our stress can be a challenge. It is important to recognize the degree to which we are affected by the stress in our everyday lives and know how to move towards strategies to make it better.

STRESS SIGNALS

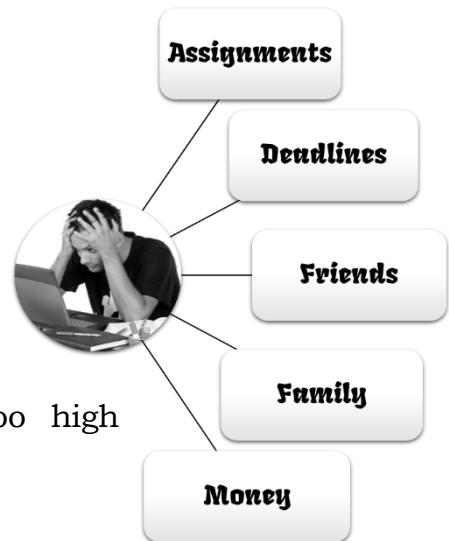
FEELINGS	BEHAVIORS	THOUGHTS	PHYSICAL
<ul style="list-style-type: none">• Nervousness• Bad temper• Fear• Irritability• shame	<ul style="list-style-type: none">• Crying• Increase or decrease desire for food,• Acting on impulse• Alcohol or other drug use including smoking• Tense laughter• Teeth grinding or jaw gritting• Stammering or other speech trouble• Being clumsy or accident prone	<ul style="list-style-type: none">• Self-criticism• Trouble in concentrating or making decision• Poor memory• Anxiety about the future• Recurring thoughts• Fear of failure	<ul style="list-style-type: none">• Sleep disorder• Stiff muscles• Headaches• Cold & sweaty hands• Back or neck problems• Stomach distress• More colds and infections• Fast breathing• Palpititation• Trembling• Dry mouth



SOURCES OF STRESS (STRESSORS)

Most of the teens experience more stress when they perceive a situation as a dangerous, difficult, or painful and they do not have a resource to cope with it. Some sources of stress for teens might include:

- School demands and frustrations
- Negative thoughts and feelings about self
- Changes in their body
- Problems with friends and / or peers at school
- Unsafe living environment / neighborhood
- Separation or divorce of parents
- Chronic illness or severe problems in the family
- Death of love one
- Moving or changing school
- Taking on too many activities or having too high expectation
- Financial problems with the family



WHAT IS THE ROLE OF PHYSICAL ACTIVITY IN STRESS MANAGEMENT?

Physical activity can help lower your overall stress levels and improve your quality of life, both mentally and physically. Exercising regularly can have a positive effect on your mood by relieving the tension, anxiety, anger, and mild depression that often go together with stress. It can improve the quality of your sleep, which can be negatively impacted by stress, depression, and anxiety. It can also help boost your confidence levels.

How Does Exercise Help with Stress?

- **MOOD ELEVATION** - Exercise can be a great way to lift your mood and improve your ability to deal with stress. When you exercise, your body often feels more relaxed and calmer, but there are mental benefits, too. Exercise can also improve quality of sleep which certainly can have an impact on one's general mood.
- **ENDORPHIN RELEASE** - Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, any aerobic activity, such as a rousing game of tennis or a nature hike, can contribute to this same feeling.
- **MEDITATION -LIKE QUALITIES** – After engaging in a long run or walk, several laps in pool or any kind of activities like washing clothes and gardening, you may find that you've forgotten the day's irritations and concentrated only on your body movements.

As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and



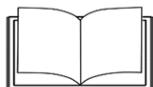
the resulting energy and optimism, can help you stay calm, clear and focused in everything you do

- **REDUCTION OF FIGHT OR FIGHT RESPONSE** - It reduces negative effects of stress. Exercise can provide stress relief for your body while imitating effects of stress, such as the flight or fight response, and helping your body and its systems practice working together through those effects. This can also lead to positive effects in your body—including your cardiovascular, digestive and immune systems—by helping protect your body from harmful effects of stress.

PUT EXERCISE AND STRESS RELIEF TO WORK FOR YOU

Cardiovascular and Aerobic Exercises

Cardiovascular and aerobic exercises are great for creating the intensity required for the release of mood-raising endorphins in your body. Aerobic exercises are those that get your heart rate up, like jogging, swimming, cycling, brisk walking, or using an elliptical trainer. You can also get your heart rate up by doing activities like gardening and dancing—both have been shown to reduce depression and anxiety.



What's More

HOW STRESSED YOU ARE?

Perceived Stress Scale

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived For each question choose from the following alternatives:

0 – never 1 - almost never 2 – sometimes 3 - often 4 - very often

1. In the last month, how often have you been upset because of something that happened unexpectedly.
2. In the last month, how often have you felt that you were unable to control the important things in your life?
3. In the last month, how often have you felt nervous and stressed?
4. In the last month, how often have you felt confident about your ability to handle your personal problems.
5. In the last month, how often have you felt that things were going your way?
6. In the last month, how often have you found that you could not cope with all the things that you had to do.
7. In the last month, how often have you been able to control irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. In the last month, how often have you been angered because of things that happened that were outside of your control.
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?



Figuring your PSS score:

You can determine your PSS score by following these directions:

First, reverse your scores for questions 4, 5, 7, & 8. On these 4 questions, change the scores like this:

0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

Now add up your scores for each item to get a total. My total score is _____.

Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

Scores ranging from 0-13 would be considered low stress.

Scores ranging from 14-26 would be considered moderate stress.

Scores ranging from 27-40 would be considered high perceived stress.

The Perceived Stress Scale is interesting and important because your perception of what is happening in your life is most important. Consider the idea that 2 individuals could have the exact same events and experiences in their lives for the past month. Depending on their perception, total score could put one of those individuals in the low stress category and the total score could put the second person in the high stress category.

II- For each of the following experiences, check the phrase or situation that has been a part of your life over the past month.

1. Lacking your activities in school
2. Lack of privacy
3. Being bullied in school
4. Conflicts with siblings
5. Being let down or disappointed by friend
6. Too many things to do at once
7. Being taken for granted
8. Financial Problem with family
9. Having your trust betrayed by a friend
10. Separation from people you care about
11. Struggling to meet your own standards of performance and accomplishments.
12. being taken advantage of
13. Not enough leisure time
14. Having your actions misunderstood by others
15. A lot of responsibilities
16. Dissatisfaction with academic grades
17. Not enough time to meet project deadlines
18. Not enough money to join friends in their activities like dining out
19. Parents too busy with work and spend little time with you
20. Not accepted by friends



Now look at the list and the items that you have checked and analyze those situations. Using positive response how are you going to cope with these stressors?

Example:

6. I will do my “Things to do List” and write which will be prioritize first and ask some help to my family/household members, friend or ask the teacher concerned to adjust deadlines if it is for school activities.



What I Have Learned

1. How do you know that you are stressed?

2. How much stress do you think you are currently under?

3. How are your stress signals different for different types of stressors?

4. What are some ways that you usually remove or reduce the stress that cause you physical, emotional, or behavioral difficulties?

5. In what way does physical activity help reduce the stress that you are experiencing?

6. What are some of the suggested exercise or physical activities that can help you manage stress?





What I Can Do

Activity 1:

Let's STRESS/STRETCH Out!

Let us move and stay away from STRESS! Do the Sports Dance!

- Select the kind of music you want (lively or mellow)
- Choose one kind sports do you like most. (Individual, Dual or Team Sports)

Example:

Swimming – steps like freestyle, backstroke, breaststroke, and butterfly

- Use an application (if available) that will document your performance.
- Using the basic skills or movement of the sports you choose, apply it in form of dancing (it sounds funny but challenging).
- Do it for 3 minutes or more if you want. Have Fun!

Activity 2:

POSTER MAKING

Stress Free Living By Engaging Into Physical Activity.



Assessment

Write an Essay about “**Coping With COVID-19-Related Stress as A Student**”

RUBRIC

	Unsatisfactory 0 pts	Needs Improvement 5 pts	Satisfactory 15 pts	Outstanding 25 pts
Content & Development	Unsatisfactory <ul style="list-style-type: none">- Content is incomplete.- Major points are not clear.- Specific examples are not used.	Needs Improvement <ul style="list-style-type: none">- Content is not comprehensive and /or persuasive.- Major points are addressed, but not well supported.- Responses are inadequate or do not address topic.- Specific examples do not support topic.	Satisfactory <ul style="list-style-type: none">- Content is accurate and persuasive.- Major points are stated.- Responses are adequate and address topic.- Content is clear.- Specific examples are used.	Outstanding <ul style="list-style-type: none">- Content is comprehensive, accurate, and persuasive.- Major points are stated clearly and are well supported.- Responses are excellent, timely and address topic.- Content is clear.- Specific examples are used.



Organization & Structure	Unsatisfactory	Needs Improvement	Satisfactory	Outstanding
	<ul style="list-style-type: none"> - Organization and structure detract from the message. - Writing is disjointed and lacks transition of thoughts. 	<ul style="list-style-type: none"> - Structure of the paper is not easy to follow. - Transitions need improvement. - Conclusion is missing, or if provided, does not flow from the body of the paper. 	<ul style="list-style-type: none"> - Structure is mostly clear and easy to follow. - Transitions are present. - Conclusion is logical. 	<ul style="list-style-type: none"> -Structure of the paper is clear and easy to follow. - Transitions are logical and maintain the flow of thought throughout the paper. - Conclusion is logical and flows from the body of the paper.



Additional Activities

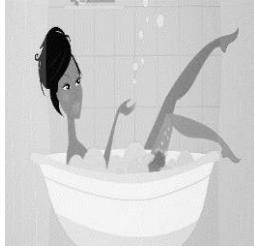
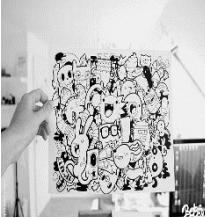
Let's Do this!

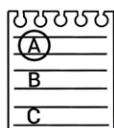
Stress-Reducing Activities You Can Do at Home

Choose an activity that makes you relax every time you feel you are pressured and stress out. Write down how did you do the activity and how it feels after the activity.

DO A QUICK EXERCISE	DO SOMETHING TACTILE	GIVE YOURSELF A MASSAGE	POINT YOUR BRAIN AT A PROBLEM	DANCE LIKE NO ONE IS WATCHING



TAKE A BATH	STRETCH YOURSELF	MEDITATE—OR EVEN JUST CONSCIOUSLY BREATHE	GO ON CLEANING	DOODLE
				



Answer Key

What I Know	What's New	Varry
1. D 2. C 3. D 4. C 5. D	1. Wrestling 2. Baseball 3. Athletics 4. Badminton 5. Dancepost 6. Football 7. Archery 8. Swimming 9. Surfing 10. Billiards 11. Basketball 12. Basketball 13. Breakdancing 14. Bowling 15. Golf 16. Arms 17. Archery 18. Swimming 19. Surfing 20. Billiards	Answers may vary

LESSON 1



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Books

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