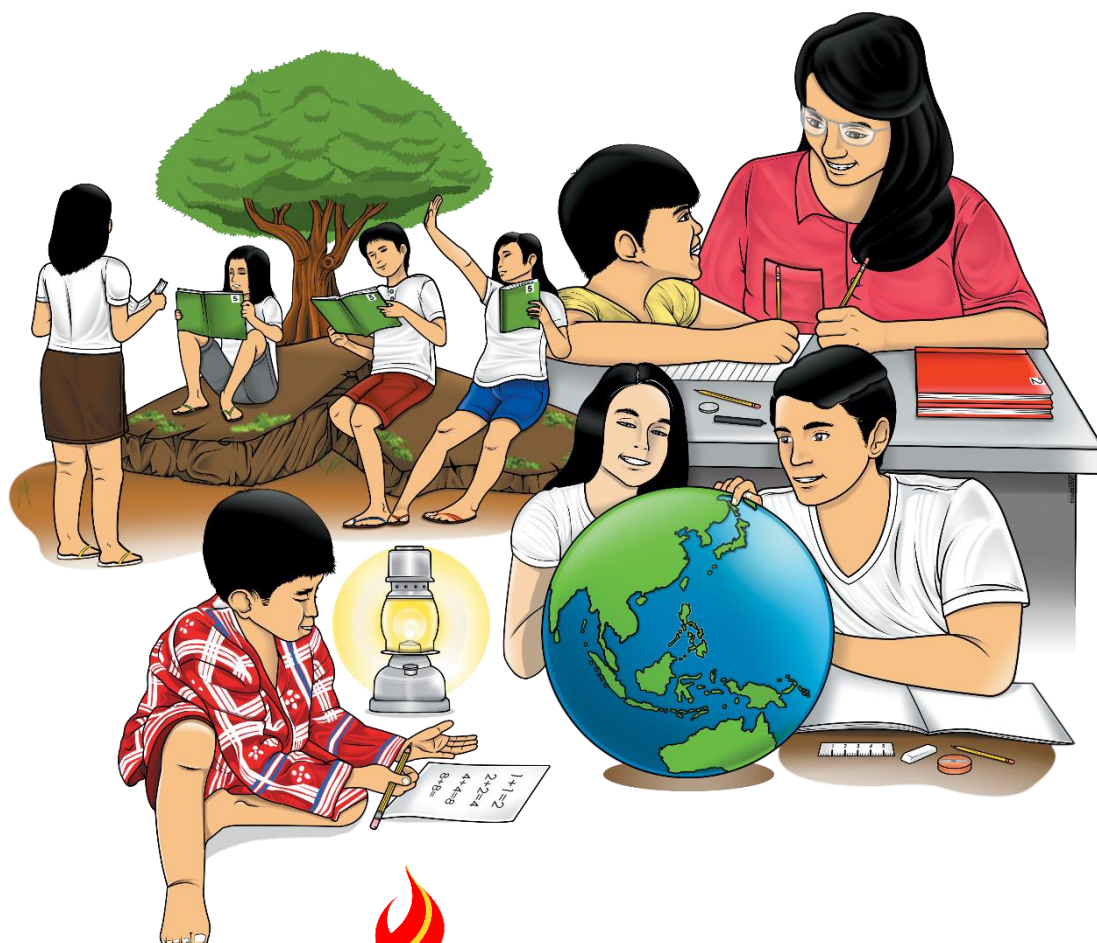


Physical Education

Quarter 1 – Module 1:

Target Games



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Physical Education – Grade 6
Alternative Delivery Mode
Quarter 1 – Module 1: Target Games
First Edition, 2020

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Development Team of the Module

Writers: Arthea T. Borsoto, Julie Ann B. Hagonob, Maricar O. Sambayan

Editors: Debster M. Bacomo, Edna P. Gabayeron, Angie D. Nelmidia

Reviewers: May P. Pascual, Enrico E. Descalsota

Illustrator: Mara Jamaica B. Floreno, Jonafer D. Chavez, Mercoln F. Escarda, Mark D. Petran

Layout Artist: Mara Jamaica B. Floreno

Management Team: Ramir B. Uytico, Pedro T. Escobarte Jr., Elena P. Gonzaga

Donald Genine, Celestino S. Dalumpines IV, Athea V. Landar,
Ma. Lorlinie M. Ortillo, May P. Pascual, Rona F. de la Torre, Enrico
E. Descalsota, Francisco C. Dela Peña Jr.

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Department of Education – Region VI

Office Address: Duran Street, Iloilo City

Telefax: (033)493-0352

E-mail Address: region6@deped.gov.ph

Physical Education

Quarter 1 – Module 1:

Target Games

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 on completing 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.



What I Need to Know

This module was designed and written for you to know the nature/background of target games and the mechanics on how to play these games. There are traditional Filipino Games or Indigenous games in the Philippines (also known as Laro ng Lahi) commonly played by children. You will also learn the different safety precautions before and during games. It is to help you value the importance of games and the emotions one feels when playing such games and its impact to one's health. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

These modules are divided into four lessons, namely:

Module 1 - Target Games:

- Lesson 1 – Introduction to Target Game: Batuhang Bola
- Lesson 2 – Enjoying Batuhang Bola
- Lesson 3 – Introduction to Tumbang Preso
- Lesson 4 – Enjoying Tumbang Preso

After going through this module, you are expected to:

1. assess regularly participation in physical activities based on the Philippines physical activity pyramid **(PE6PF-1b-h-18)**
2. observes safety precautions **(PE6GS-1b-h-3)**
3. executes the different skills involved in the game **(PE6GS-1c-h-4)**
4. display joy of effort, respect for others and fair play during participation in physical activities. **(PE6PF-11b-h-18)**



What I Know

Directions: Read the questions carefully. Choose the letter of the correct answer. Use a separate sheet.

- _____ 1. What do we call the games that involve different manipulative skills like throwing, tossing, rolling, catching, running, jumping, hopping, and stretching?
a. Puzzle Games
b. Simulation Games
c. Target Games
d. Role-playing Games
- _____ 2. Which among the following is **NOT** a Target Game?
a. Batuhang Bola
b. Chinese Garter
c. Tumbang Preso
d. Shatong
- _____ 3. How many teams do you need in order to play Batuhang Bola?
a. 5
b. 3
c. 4
d. 2
- _____ 4. What is the purpose of gaining “life” in Batuhang Bola if a player catches a ball?
a. It adds point to the team.
b. It can be used to revive another player or be used to continue to play on if the ball hits him/her.
c. The team will win.
d. It allows the team to hit the opponent intentionally.
- _____ 5. Who do we call the one who tries to avoid getting hit by the offensive teams shooters until the 5 minute time limit expires in Batuhang Bola?
a. Deflectors
b. Defenders
c. Referee
d. Receiver
- _____ 6. Which among the following is not a safety precaution during playing Batuhang Bola?
a. Encourage the throwing player to aim for dodgers’ bodies, not their heads. Hitting the head is not allowed.
b. Make sure the dodgeball itself is malleable and lightweight.
c. Do not warm up.
d. Uphold sportsmanship during the game.
- _____ 7. It is a traditional Filipino children’s game.
a. Tumbang Preso
b. Soccer
c. Boxing
d. Bowling
- _____ 8. What do we call a slipper or a piece of flat stone used to hit the empty can?
a. milk can
b. hitter
c. pamato
d. target

- _____9. It can be flattened a little to make it harder to topple. What is it?
- a. pamato
 - b. milk can
 - c. target
 - d. hitter
- _____10. They will get ready at the back of the toe-line and at a signal from the game starts. Who are they?
- a. catcher
 - b. fetcher
 - c. runner
 - d. hitter

Lesson

1

Introduction to Target Games: Batuhang Bola

Games have become part of Filipino culture and one of the oldest forms of human social interaction. Games were important as cultural and bonding events, and as teaching tools.

The traditional Filipino games or The Larong Pinoy are very much alive in the Philippines. These are games commonly played by children, usually using native materials. Some games are played or held during town fiesta in the provinces. These games of Filipino children include the following: Luksong Tinik, Batuhang Bola or Dodgeball, Tumbang Preso, and Palo Sebo among others.



What's In

Name some games you usually play during your free time.

1. _____
2. _____
3. _____
4. _____
5. _____

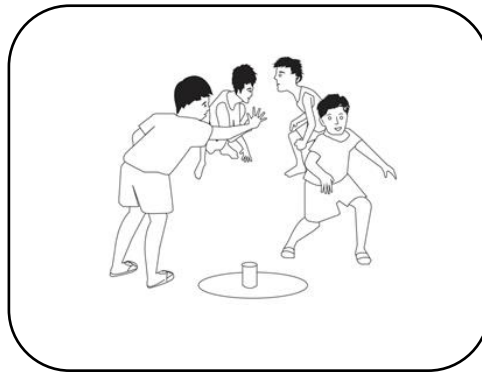
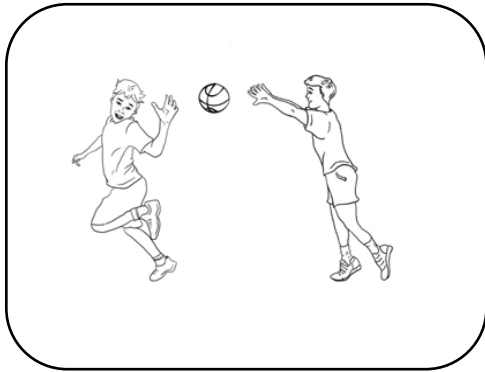


Notes to the Teacher

This is your first lesson in Physical Education 6 which is all about target games. Try to read the nature and background of this game. As you go along with the module, you will encounter several quizzes for you to answer. I will collect the modules once a week to check your work. Remember that direction is always part of the test. Good Luck! Stay at home and be safe.



What's New



Are you familiar with the pictures above? What can you say about it? Are you playing these games? Did you enjoy playing it?



What is It

Target Game

Target games are games that involve the players in placing an object near or in a target to be able to get the highest possible score. The players must propel the object with much accuracy and control to hit the target. The players should also know how to protect the object to prevent the other players from scoring. Target games involve different manipulate skills like throwing, tossing, rolling, catching, running, jumping, hopping, and stretching.

Batuhang Bola

Children naturally love to play outdoor games. One of the most common games is dodgeball. Batuhang Bola is the Filipino version of dodgeball. It is a game that children usually play the most because it is very enjoyable and exciting. It really makes children active because it involves throwing, running, jumping, hopping, catching and dodging which kids really love. It must be done skillfully to have more fun in this game.

Dodgeball or Batuhang Bola is a game in which players on two teams try to throw balls at each other while avoiding being hit.

Dodgeball originated in Africa. It was played there for over two hundred years ago. The original version of it is deadlier and more painful because instead of rubber balls, they used rocks or putrefied matter. That version is played by African tribes to train them.

❖ **These are the safety precautions before playing Batuhang Bola:**

1. Establish medical readiness
 - 1.1 A self-reported health status
 - 1.2 Free from any sickness
2. Proper Clothing
 - 1.1 Avoid clothing that is too tight or that restricts movement.
 - 1.2 For women, wear an exercise bra for support.
 - 1.3 For men, consider an athletic supporter.

❖ **Skills needed in the Game:**

1. throwing
2. running
3. jumping
4. hopping
5. catching
6. dodging

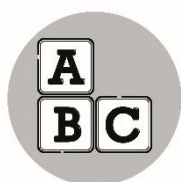
❖ **Mechanics of the game**

1. To play Batuhang Bola you must first gather 2 teams and get a ball.
2. Players play in front of the end line, each team must have a space behind them(5m).When the player is out they go and play behind the other team. In order to get back in they have to hit an opponent
3. The first team should stand in the middle of the court, while the second team should be divided into two and should stand at both sides of the first team.
4. The second team should hit the players of the first team. If the second team could hit a player in the first team, that player is out.
5. If that player catches a ball, his team will gain a " life" and can be used to revive another player or be used to continue to play on if the ball hits him/her.
6. The team will win if it hit all the players and none of the players are left.

❖ **The following are the rules of Batuhang Bola:**

1. Toss coin will decide who will be the Offensive Team or Defensive Team.
2. Teams will be playing a 30 minute game with teams exchanging position as Offensive and Defensive teams every 5 minutes or until a team scores 5 points.
3. There will be a 5 minute halftime break.
4. Offensive Team will place 1 player each on the Shooter (S) position and 2 players on Assist (A) position behind the shooter.
5. Shooters are only allowed to throw the ball at Defensive players behind the line at the base of the triangle which is the designated throw area.
6. Assists are not allowed to throw the ball at the deflectors.
7. Defensive Team will field 5 players in the playing court as Deflectors.

8. Deflectors will try to avoid getting hit by the Offensive Teams shooters until the 5 minute time limit expires.
9. Teams will be given two (2) three (3) minute time out each half of game play.
10. Substitution can only be done on dead ball situations.



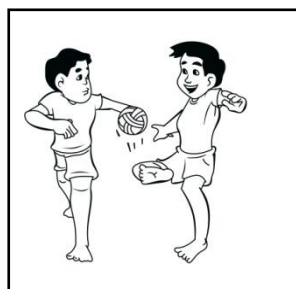
What's More

Activity 1 Try this.

Directions: Look at the pictures below. How frequent do you perform these activities based on the Philippine physical activity pyramid? Write once a week, sometimes, or everyday on the blank. Use a separate sheet.



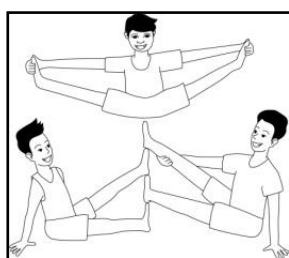
1. _____



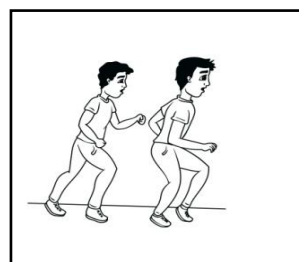
2. _____



3. _____



4. _____



5. _____

Activity 2 Let's Do It

Directions: Let us do the following activity. Ask a member of the family to help you execute the skills.

Skills	Do all these skills for 8 times.
1. Throwing	
2. Running	
3. Jumping	
4. Hopping	
5. Catching	
6. Dodging	

RUBRICS

with anyone in the house	I keep my eyes on the ball (3pts)	I am constantly moving to avoid being hit (2pts)	I use a variety of skills to avoid being hit by the ball (1pts)
1.			
2.			
3.			
4.			
5.			
6.			



Additional Activities

Directions: Identify what skill is used in doing household chores. Look for your answer on the box and write it down on the space below each picture.

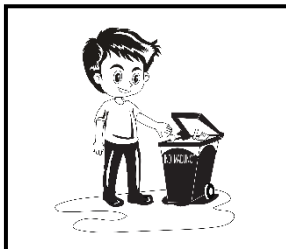
dodging

walking

throwing

hopping

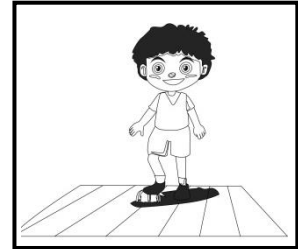
tossing



1. _____



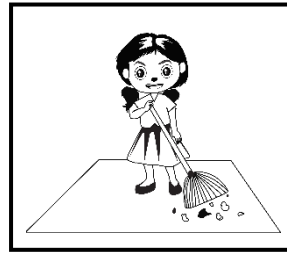
2. _____



3. _____



4. _____



5. _____

Lesson

2

Enjoying Batuhang Bola

You have learned the nature and background of target games. You also learned about the rules and mechanics of the game Batuhang Bola or dodgeball. Now, you will learn more about the different skills in playing Batuhang Bola (Dodgeball)



What's In

Directions: Write the following skills involve in the action (throwing, tossing, rolling, catching, running, jumping, hopping).

1. Walking on the street when rain suddenly falls - _____
2. Chasing by a big dog - _____
3. Reaching for the fruit of the guava tree - _____
4. Throwing crumpled paper in a trash can - _____
5. To crossing over the flooded canal. - _____

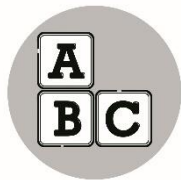


What Is It

❖ **These are the safety precautions in playing Batuhang-Bola:**

1. Warm-up prior to exercise
 1. breathing exercise
 2. neck bending
 3. shoulder rotation
 4. arms circling
 5. hip bending
 6. half knee bend
 7. foot rotation
 8. breathing exercise
2. Encourage the throwing player to aim for dodgers' bodies, not their heads.
Hitting the head is not allowed.
3. Never hit intentionally the player players.
4. Make sure the dodgeball itself is malleable and lightweight.
5. Uphold sportsmanship during the game.

6. Cool-down after the game.
 1. walk for 3 to 5 minutes
 2. drink 1 glass of water
 3. massage your arms and legs



What's More

Activity 1: Let's Do It

Directions: Ask a family member to help you execute the skills. Put a check on the appropriate column on how many times you try to do the skill. Use a separate sheet of paper.

Skills	3 Tries	2 Tries	1 Try
Running Fast			
Throwing			
Jumping High			
Catching			
Dodging			

Activity 2: More Practice

Directions: Play this game with the members of your family. Follow the rules in playing it and check the right column on the rubric that corresponds to your action. Do the warm up exercise before doing the activity.

Entry activity	Resources	Differentiation
<p>Players play in front of the end line, each them must have a space behind them(5m). When the player is out they go and play behind the other team. In order to get back in they have to hit an opponent</p>	<p>1x dodge ball court 3x ball</p>	<p>Condition the throw – rolling, over-arm etc. Hits on the legs only Distance away from dodgers Number and size of balls</p>

RUBRICS

	3 Points	2 Points	1 Points
1. I keep my eyes on the ball.			
2. I am constantly moving to avoid being hit.			
3. I use a variety of skills to avoid being hit by the ball.			



What I Have Learned

Directions: Answer the following questions. Use a separate sheet of paper.

1. What three important things have you learned from Batuhang Bola?
 - a. _____
 - b. _____
 - c. _____
2. What two interesting things have you discovered about game?
 - a. _____
 - b. _____
3. What do you want to know more?
 - a. _____



What I Can Do

Activity 1: Let's Do It

Directions: Ask a member of the family to help you. Do the following activities and identify the skill/skills being executed. Use a separate sheet of paper.

1. Pass the ball.

2. Chase your opponent.

3. Avoid being hit by a ball.

4. Getting the ball being thrown at you.

5. Avoiding the ball that will pass through your feet.

Activity 2: Self Check

Directions: Put a check (✓) if you perform the activity very well and (X) if not. Use a separate sheet of paper.

1. Did you enjoy the activity?		
2. Did you participate actively		
3. Did you observe safety precaution?		
4. Did you follow the basic direction?		
5. Did you find the activity challenging?		



Additional Activities

Directions: Ask a member of the family to help you execute the skills. Let us do the following activity once more but with additional number of times.

Skills	Do all these skills for 16 times.
1. Throwing	
2. Running	
3. Jumping	
4. Hopping	
5. Catching	
6. Dodging	

Lesson

3

Introduction to Tumbang Preso

Congratulations for making it up “Batuhang Bola”. Today, you will be learning a new type of target game called Tumbang Preso.



What's In

Direction: Read and answer the following questions. Use a separate sheet of paper.

1. What is Batuhang Bola?

2. What are the skills involved in playing the game?



What's New

Look at the picture in the next page. What can you say about the picture? Have you tried playing this game?

Would you like to play this game?

Let us learn more about the picture below and let us discover the beauty of this Filipino game named “Tumbang Preso”.





What is It

Tumbang Preso

Tumbang Preso (“knock down the prisoner”), also known as Tumba Lata (“knock down the can”) or bato late (“hit the can [with a stone]”), is a traditional Filipino children’s game. This is a very common game among the youth all over the country, played in backyards, park or even in side streets.

For the purpose of making the game enjoyable and exciting, the composition of players should not be more than 9. One player guards the milk can (the “It”) while the others stay behind the toe-line with their *pamato*. The objective is for the players to hit and knock down the milk can with the *pamato*, and for the It to put back the can inside a small circle a few meters away from the toe-line. When a player is tagged while recovering their *pamato*, they become the It.

Without these items, it will not consider as Tumbang Preso. You need items such as:

- ✓ An it.
- ✓ Two or more players.
- ✓ A rectangular field
- ✓ A can.
- ✓ A pair of slippers or a piece of flat stone as a “pamato.”
- ✓ A chalk or any marking tool for lines and indicators

❖ **The mechanics of tumbang preso are somewhat similar to Duck on the Rock:**

1. An It, is the one to guard the tin can is chosen by throwing the *pamato* to the toe-line by all the players. Whoever's *pamato* is farthest from the toe-line is the It.
2. The hitters will get ready at the back of the toe-line and at a signal from the game starts.
3. The *pamato* must be retrieved immediately once the can is knocked down, the It will start putting it up inside the circle, the one tagged becomes the It.
4. When the can is hit and falls outside the circle but remains standing, the It has the right to tag the hitter once the hitter leaves the toe-line.
5. The can may be kicked or knocked down under when it is outside the circle.
6. If a hitter is not able to retrieve his/her *pamato*, the others can save him/her by hitting the can.

❖ **This variation is played on narrow streets or sidewalks. The same rules apply except for some changes:**

1. Two toe-lines are drawn, on opposite sides and are closer to the circle.
2. The number of hitters will be divided on opposite sides.
3. The milk can may also be flattened a little to make it harder to topple. This can be done by slightly hitting the sides of the can with a blunt object until it folds, then stepping on the can carefully.

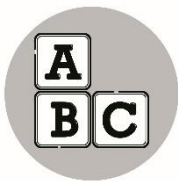
4. When the hitters run out of *pamato*, the game turns into a chase. Players on one side will act as bait while those on the other side will try to kick the can, all while trying to avoid being tagged.
5. After the can falls down, the game is paused and all *pamato* will be retrieved.

❖ **These are the safety precautions before playing Tumbang Preso:**

1. Establish medical readiness-reported health
 - 1.1 A self-reported health status
 - 1.2 Free from any sickness
2. Proper Clothing
 - 1.1 Avoid clothing that is too tight or that restricts movement.
 - 1.2 For women, wear an exercise bra for support.
 - 1.3 For men, consider an athletic supporter.

❖ **Skills needed in the Game:**

1. throwing
2. running
3. jumping
4. dodging
5. catching
6. hopping
7. tossing



What's More

Activity 1: Let's Do it

Directions: Ask anyone in the house or any member of the family and try to execute the following skills involved in playing Tumbang Preso or knock down the prisoner.

1. dodging
2. throwing
3. jumping
4. running
5. catching

Activity 2: Self Check

Directions: Ask a member of the family help you execute them. Put a check mark on the appropriate column on how many times you try to do the skill.

Skills	3 Tries	2 Tries	1 Try
Running Fast			
Throwing			
Dodging			
Catching			
Jumping			

Directions: Put a check on each box if you were able to display joy of effort, respect for others and fair play during participation in the game Tumbang Preso. Use a separate sheet of paper. Pupils within the group I enjoy the game with my classmates/friends (3pts) I was able to show sportsmanship throughout the game (2pts) I use a variety of skills to avoid being punished in the game

(1pt) 1. 2. 3. 4. 5.



Additional Activities

Directions: Using the template below, fill in the activities are you will be engaged with during the week which involves the different skills of Tumbang Preso.

Day 1	Day 2	Day 3	Day 4	Day 5

Lesson

4

Enjoying Tumbang Preso

You have learned about the mechanics of Tumbang Preso and the safety precautions before the game. You also learned how to play the game. Now, you will have to learn more about the skills involved in playing Tumbang Preso.



What's In

Direction: Answer the following questions. Use a separate sheet of paper.

1. What are the equipment needed in playing Tumbang Preso?

2. What are the safety precautions before the game?



What is It

Tumbang Preso

Tumbang Preso is one of the popular games play in the Philippines. This game is mostly played on backyards, open areas, and most commonly, streets.

❖ **These are the safety precautions during playing Tumbang Preso:**

Tumbang Preso is one of the popular games play in the Philippines. This game is mostly played on backyards, open areas, and most commonly, streets.

1. Warm-up prior to exercise
 - a. breathing exercise
 - b. neck bending
 - c. shoulder rotation
 - d. arms circling
 - e. hip bending

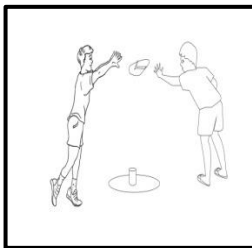
- f. half knee bend
 - g. foot rotation
 - h. breathing exercise
2. The group should hit the can simultaneously. Only hit the can, not the it nor other people involved in the game
 3. Never hit intentionally the one who is guarding the can.
 4. Use only the appropriate and prescribed materials for the game (the empty can and the slippers/flip-flops).
 5. Do not be too physical especially during the tagging phase or after the empty can is knocked down.
 6. Uphold sportsmanship during the game.
 7. Cool- down after the workout.
 - a. walk for 3 to 5 minutes
 - b. drink 1 glass of water
 - c. massage your arms and legs



What's More

Activity 1: Try This

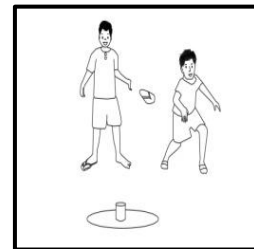
Directions: Identify the following skills whether they are involved in the game Tumbang Preso or not. Put a check (✓) if the skills are involved, (x) if not. Use a separate sheet of paper.



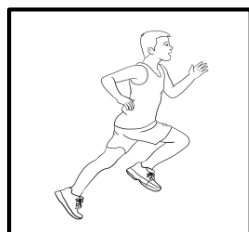
___1.



___2.



___3.



___4.



___5.

Activity 2: Tumbang Preso Na!

Let's practice playing this game. Follow the rules in playing it. Do the warm up exercise before doing the activity.

Entry activity	Resources	Differentiation
One player guards the milk can while the others stay behind the toe-line with their pamato. The player hit and knock down the mick can with the pamato, and for the IT to put back the can inside a small circle a few meters away from the toe-line.	A can A pair of slippers A chalk for marking	Condition the throw – rolling, over-arm etc. Hits on the legs only Distance away from dodgers Number and size of balls



What I Can Do

Put a check (✓) on each box if you were able to display joy of effort, respect for others and fair play during participation in the game Tumbang Preso. Use a separate sheet of paper.

Pupils within the group	I enjoy the game with my classmates/friends (3pts)	I was able to show sportsmanship all throughout the game (2pts)	I use a variety of skills to avoid being punish in the game (1pts)
1.			
2.			
3.			
4.			
5.			



What I Have Learned

Activity 1: Try This

Directions: Answer the following questions. Use a separate sheet of paper.

1. What three (3) important things have you learned from playing Tumbang Preso?
 - a. _____
 - b. _____
 - c. _____
2. What two (2) interesting things have you discovered about the game?
 - a. _____
 - b. _____
3. What do you want to know more?

Activity 2: More Practice

Directions: Answer the following questions. Use a separate sheet of pad paper.

1. What are the skills involved in playing Tumbang Preso?

2. Why is it important to observe safety precautions in playing games?

3. Is Tumbang Preso an enjoyable game? If not, what makes it fun and enjoyable?
Explain your answer.

4. Where can you apply the skills you have learned in Tumbang Preso in your daily life?



What I Can Do

Directions: Write an essay or a paragraph on how you plan to use the skills you learned in your daily life. Use a separate sheet of paper.



Assessment

Directions: Read the sentences carefully. Choose the letter of the correct answer in a piece of paper.

- ____ 1. What do you call the player who guards the tin can?
a. It b. marker c. pamato d. toe-line
- ____ 2. This is a very common game among the youth all over the country, played in the backyard, park or even in the side streets.
a. Jackstone b. playing cards c. Tumbang Preso d. kick ball
- ____ 3. Which of the following is not a target game?
a. golf b. bowling c. Luksong Baka d. baseball
- ____ 4. What body part is not allowed to be hit when playing games?
a. shoulder b. head c. stomach d. legs
- ____ 5. Why is it important to observe safety precautions when playing games?
a. to promote a safety climate
b. to implement infection control measures
c. to reduce the risk of virus infection
d. to reduce the risk of injuries
- ____ 6. These are activities in which players send an object toward a target while avoiding any obstacles.
a. obstacles b. parlor games
c. target games d. fielding games
- ____ 7. Why do you like to play games?
a. to avoid doing household chores
b. to fight with opponents
c. to enjoy with friends and stay fit
d. to win over others by cheating
- ____ 8. Which of the following are the major skills involved in playing target games?
a. batting and rolling b. catching and throwing
c. jumping and hitting c. tossing and batting
- ____ 9. What skills are used in catching a flying dragonfly?
a. rolling and tossing c. touching and batting
c. running and jumping d. throwing and catching
- ____ 10. What skills are used in using stairs instead of elevator?
a. batting and rolling c. walking and running
d. jumping and hopping d. leaping and tossing
- ____ 11. Why should we follow rule of the game?

- a. we can easily cheat without punishment
- b. no one will win the game
- c. to avoid conflict and mainly for fairness
- d. rules give all players equal disadvantages

- _____ 12. Which of the following is not a mechanic of the game?
- a. The rules and procedures that guide the players
 - b. The rules designed for the audience and player to interact with.
 - c. Define how the game is going to work for the people who play it.
 - d. One of the easier ways to understand the game.
- _____ 13. Who do we call the one who tries to avoid getting hit by the offensive team shooters until the 5 minute time limit expires in Batuhang Bola?
- a. Referee b. Defenders c. Deflectors d. Receiver
- _____ 14. What is the number 1 rule in playing the game?
- a. drinking a lot of water b. Toss coin
 - c. relaxing d. talking with the shooter
- _____ 15. Why playing outside is more fun than playing inside?
- a. spacious and less crowded
 - b. no one will be disturb
 - c. you will have so many audience
 - d. more children will join the games



Answer Key

What's In Answers may vary	What's More Activity 1 1. ✓ 2. x 3. ✓ 4. ✓ 5. ✓	What I have Learned Answers vary in learner's performance in the given activity	Assessment 1. a 6. c 11. c 2. c 7. b 12. b 3. d 8. b 13. b 4. b 9. c 14. b 5. d 10. c 15. a
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Lesson 4

What's In Answers may vary	What's More Answers vary in learner's performance in the given activity	What I have Learned Answers vary in learner's performance in the given activity	Additional Activities Answers vary in learner's performance in the given activity
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Lesson 3

What's In 1. running, jumping 2. running, jumping 3. jumping, catching 4. leaping, jumping 5. throwing, jumping	What's More Activity 1 & 2 Answers vary in learner's performance in the given activity	What I have Learned Answers may vary	What I Can Do Activity 1 & 2 Activity 1 & 2 Answers vary in learner's performance in the given activity
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Lesson 2

What I Know 1. d 6. d 2. c 7. a 3. a 8. b 4. d 9. a 5. c 10. c	What's More Activity 1 1. once a week 2. sometimes 3. everyday 4. sometimes 5. everyday	What's More Activity 2 Answers vary in learner's performance in the given activity	Additional Activity 1. throwing 2. walking 3. hopping 4. tossing 5. walking
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Lesson 1

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For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqaad@deped.gov.ph * blr.lrp@deped.gov.ph