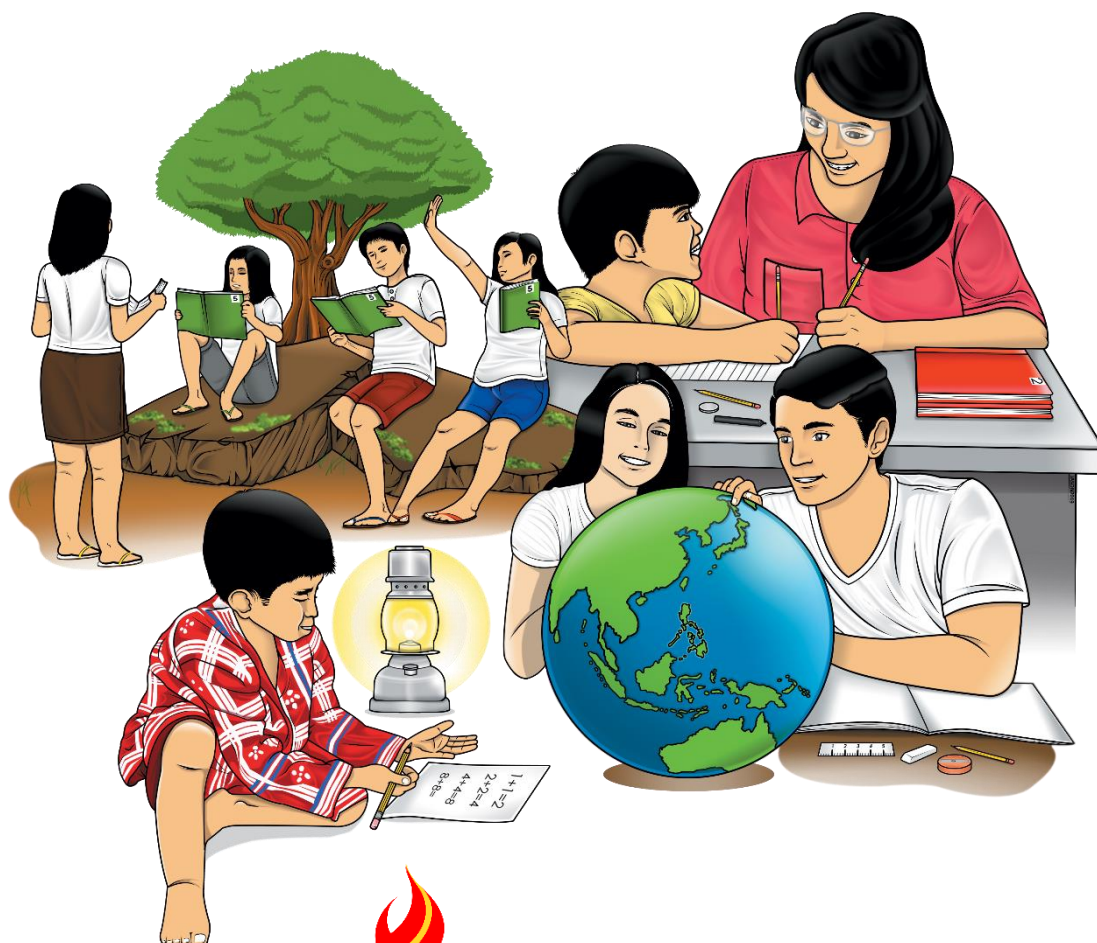


# Physical Education

## Quarter 1 – Module 2:

### Striking/Fielding Games



**Physical Education – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 2: Striking/Fielding Games**  
**First Edition, 2020**

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# **Physical Education**

## **Quarter 1 – Module 2: Striking/Fielding 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 Striking/fielding 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 2 Fielding Games

- Lesson 1 – Introduction to Striking/Fielding Games
- Lesson 2 – Enjoying Shatong
- Lesson 3 – Introduction to Striking Game: Basagang palayok
- Lesson 4 – Let's Enjoy the Game

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***

**Direction:** Read the questions carefully. Write the letter of the correct answer in a separate sheet of pad paper.

- \_\_\_\_\_ 1. What are the traditional Filipino Games or Indigenous games in the Philippines commonly played by children, usually using native materials?
- a. obstacles
  - b. Target Games
  - c. Larong Lahi
  - d. Fielding Games
- \_\_\_\_\_ 2. Which are activities in which players score points by striking an object and running to designated playing areas?
- a. obstacles
  - b. ball games
  - c. fielding games
  - d. educational games
- \_\_\_\_\_ 3. Which of the following are the major skills in fielding games?
- a. rolling and hopping
  - b. batting and running
  - c. hopping and skipping
  - d. catching and walking
- \_\_\_\_\_ 4. Which of the following will help you to prevent injuries so you can stay in the game?
- a. Play the game when you are injured.
  - b. Do not follow the rules just enjoy and have fun.
  - c. Wear your new shirt, faded jeans and black shoes.
  - d. Warm up and cool down, wear comfortable attire and know the rules of the games.
- \_\_\_\_\_ 5. What are the equipment needed in playing Shatong?
- a. shallow hole and 2 sticks (1 short and 1 long)
  - b. milk can and slippers
  - c. 1 small stone and 1 big stone
  - d. baseball bat and ball
- \_\_\_\_\_ 6. Which of the following will help you to prevent injuries so you can stay in the game?
- a. Play the game when you are injured.
  - b. Do not follow the rules just enjoy and have fun.
  - c. Wear your new shirt, faded jeans and black shoes.
  - d. Warm up and cool down, wear comfortable attire and know the rules of the games.
- \_\_\_\_\_ 7. Why warm up exercises are important?
- a. They will help to you decrease body and muscles temperature
  - b. They will help reduce risk of injury
  - c. They will help you mentally unprepared
  - d. They will unprepared tour body for physical activity

- \_\_\_\_\_8. Why does playing games make someone feel happy?
- a. It can turn a tedious moment into fun.
  - b. It can create conflict against your opponent
  - c. It will help someone to .grow old.
  - d. It can give someone stress.
- \_\_\_\_\_9. Which of the following is not a Fielding Game?
- a. baseball
  - b. tamaang tao
  - c. sipa
  - d. softball
- \_\_\_\_\_10. Which of the following is not a tactical problem related to fielding games?
- a. striking an object to an open space
  - b. reducing space on defence
  - c. retiring players from the game
  - d. no exchange roles after a certain amount of hits

## Lesson

# 1

## Introduction to Striking/Fielding Games

Congratulations! Well done for making it up to “Target Games!” This time, you will learn another lesson which is the fielding games.



### What's In

**Direction:** Write **TG** if it is a Target Game and **NTG** if it is Not a Target Game. Use a separate sheet of paper.

- \_\_\_\_\_ 1. Sipa
- \_\_\_\_\_ 2. Tumbang Preso
- \_\_\_\_\_ 3. Palo Sebo
- \_\_\_\_\_ 4. Tamaang Tao
- \_\_\_\_\_ 5. Luksong Tinik



### Notes to the Teacher

*This is now the module 2 of Physical Education 6 and the first lesson which is all about fielding 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 the same as module 1. 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

**Directions:** Look at the picture in the next page. Are you familiar with this game? Have you tried playing it? Let's talk more about the game called “Shatong.”





## What is It



### Striking /Fielding Games

Striking/Fielding games are activities in which players score points by striking an object and running to designated playing areas or prevent opponent from scoring by retrieving the object and returning it to stop the play. By playing these games, participants will learn the key skills and tactics for games such as baseball and softball. Traditional games include Shatong and Basasang Palayok.

## Shatong

**Shatong** is not your common sports. It is a game played in the suburbs and rural areas of the **Philippines** but similarly played in the **Middle East** that goes by the name **Gutalaguti**. The game makes use of two sticks, one longer than the other. The longer stick will serve like a bat and the shorter stick serves like the hit. There needs to be two teams to play this game the hitter and the fetcher.

The concept of the game is to hit the shorter stick with the longer stick as far as it can go and when this happens, the hitter will run to a marked area. There will be 4 marked areas just like in **baseball** and while the other team is fetching the shorter stick, the hitter will have to make it to the home base hitting the first mark, the second, the third and back to the home base. The fun part of the game is that while the hitter is running from one marked area to the other, he or she must be shouting the name of the game as in **SHAAAAAATONG!**

In this game, the learners will know how to play as a team, practice Math skills such as counting 2s, 3s. It will also develop their batting, running, breathing, and catching skills.

#### ❖ **Materials Needed:**

1. A playing field/ space
2. One foot long stick, one (5 inches ) short stick, and a small hole on the ground.

#### ❖ **Mechanics:**

Player A becomes the hitter and Player B as the catcher. It is played outside on the ground where one digs a small square hole (which is slanted), where they put the small wood so that it sticks out.

Player A hits the wood with the stick so that it catches air enough to be hit by the stick. The further the wood gets hit the more points one gets (usually counted by the number of stick length).

If Player A risks, he may try to add a multiplier to his score. By hitting the wood upwards twice in one turn before striking it forward, the points will then be counted by the number of wood length instead.

Player B on the other hand has to anticipate and catch the small piece of wood to nullify the points and become his turn *or* looks forward to Player A to miss hitting the wood.

Sometimes the losing player is punished. The penalty is hopping on one foot from a designated spot marked by the winning player. This is done again by hitting the wood with the stick in midair as far away as possible. The spot where it lands is where the losing player starts until he reaches the hole.

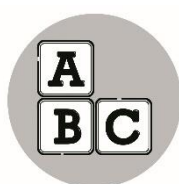
In this game, the pupils learn how to play as a team, practice Math skills such as counting 2s, 3s. It will also develop their batting, running and catching skills.

❖ **These are the safety precautions before playing Shatong:**

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. running
2. batting
3. hitting
4. counting
5. catching



## ***What's More***

### **Activity 1: Try This**

**Directions:** Put a ❤️ if the sentence tell facts about Shatong, ⚡ if not. Use a separate sheet of paper.

- \_\_\_\_\_ 1. The spot where it lands is where the losing player starts until he reaches the hole.
- \_\_\_\_\_ 2. A can, slipper and bat are the materials needed in playing Shatong.
- \_\_\_\_\_ 3. The purpose of this game is to place the short stick horizontally across the hole and position the long stick in the middle of the short stick and

hit the latter as strong as the player can to the direction of the opponent.

\_\_\_\_\_ 4. The concept of the game is to hit the shorter stick with the longer stick as far as it can go and when this happens, the hitter will run to a marked area.

\_\_\_\_\_ 5. The losing player is not being punished in this game.

### 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 for 5 to 8 times.

1. batting
2. counting
3. running
4. striking
5. catching

### RUBRICS

with anyone in the house	I keep my eyes on the stick (3pts)	I run very hard to reach the base faster (2pt)	I use a variety of skills to hit the stick/lumber strongly (1pt)
1.			
2.			
3.			
4.			
5.			



### Additional Activities

**Directions:** Write the following skills involved in the activities. Choose your answer on the box and write it down on a separate sheet of paper.

running	batting	jumping	hitting
counting	walking	throwing	catching

1. Winning in the raffle draw - \_\_\_\_\_
2. Batting balloons with a stick - \_\_\_\_\_
3. Flying a kite in the backyard - \_\_\_\_\_
4. Playing baseball in an open field - \_\_\_\_\_
5. Hitting a ball with a racket - \_\_\_\_\_

## Lesson

# 2

## Enjoying Shatong

You learned about the mechanics of Shatong. You also have learned the safety precautions before and during the game. Now, you will execute the different skills involved in the game.



### ***What's In***

**Directions:** Put a check (  $\checkmark$  ) if the following statements show safety precaution in physical activity and ( X ) if not. Use a separate sheet of paper.

- \_\_\_\_\_ 1. Wear comfortable clothing.
- \_\_\_\_\_ 2. Eat plenty of foods before exercise.
- \_\_\_\_\_ 3. Warm up before doing exercise.
- \_\_\_\_\_ 4. Cool down after the activity.
- \_\_\_\_\_ 5. Do not exercise with an empty stomach.



### ***What is It***

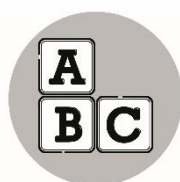
## **Shatong**

Let them sweat and feel how it is to play what your parents had been playing when they were kids. Here is a traditional game that will make you sweat and this is called Syato or Shatong.

❖ **These are the safety precautions during playing Shatong:**

1. Warm-up prior to exercise (Try to spend at least 5 to 10 minutes warming up)
  - a. breathing exercise
  - b. neck bending
  - c. shoulder rotation
  - d. arms circling
  - e. hip bending
  - f. half knee bend
  - g. foot rotation
  - h. inhale/exhale
2. Encourage the batting player to aim for the pot, not the heads of the players. Hitting the head is not allowed.

3. Never hit intentionally the players.
4. Uphold sportsmanship during the game.
5. Cool-down after the game.
  - a. walk for 3-5 minutes
  - b. drink 1 glass of water
  - c. massage your arms and legs



## ***What's More***

### **Activity 1: Let's Do It**

**Directions:** Ask anyone in the house to help you execute the following. Put a check on the appropriate column on how many times you try the skill. Use a separate sheet of paper.

<b>Skills</b>	<b>3 Tries</b>	<b>2 Tries</b>	<b>1 Try</b>
hitting the shorter stick with the longer stick			
running from one marked area to the other			
fetching the shorter stick			
counting while the player is shouting the name of the game			
Hopping on 1 foot from a designated spot marked by the winning player.			

### **Activity 2: Shatong Na!**

**Directions:** Ask anyone in the house and practice playing this game. Follow the rules in playing it. Do the warm up exercise before doing the activity.

<b>Entry activity</b>	<b>Resources</b>	<b>Differentiation</b>
Players play in front of the small hole on the ground, The player should hit the shorter stick with the longer stick as far as it can go. The hitter will run to a marked area. There will be four marked areas, while the other team is fetching the shorter stick, the hitter will have to make it to the home base.	1 foot long stick 1 5 inches short stick small hole on the ground	Hits on the legs only Distance away from the small hole on the ground

### RUBRICS

	3 Points	2 Points	1 Points
1. I keep my eyes on the stick.			
2. I am constantly moving to avoid being hit.			
3. I use a variety of skills to run fast to reach the first base.			



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

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

1. What three (3) important things you have learned from playing Shatong?
  - 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?
  - a. \_\_\_\_\_



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

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

1. How will I use the skills I learned in playing Shatong?
   
\_\_\_\_\_
   
\_\_\_\_\_
   
\_\_\_\_\_
2. Will I recommend this game to others? Why? Why not?
   
\_\_\_\_\_
   
\_\_\_\_\_
   
\_\_\_\_\_

## Lesson

# 3

## Introduction to Striking/Fielding Game: Basagang Palayok

Congratulations for making up to “Shatong”. Today, you will be learning a new type of striking game called “Basagang Palayok” (hit the pot).



### *What's In*

**Direction:** Answer the following questions. Use a separate sheet.

1. What are the equipment needed in playing Shatong?

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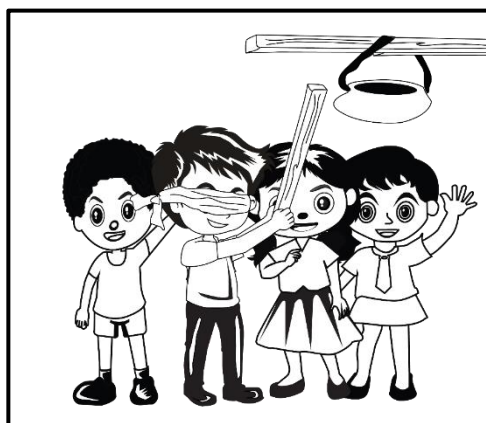
2. What are the skills involved in playing the game?

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### *What's New*

Look at the picture in the next page. Have you tried playing it? Do you remember the days when you attended birthday parties of your relatives or neighborhood friends? Do you remember Basagang Palayok that seems to be always present in those kinds of events? Let's talk more about the game called “Basagang Palayok.”





## ***What is It***

### **Basagang Palayok**

“Basagang Palayok” (hit the pot) is derived from the Spanish game Piñata. They used festivals to attract the native Filipinos to convert their religion.

The rules of the game are so simple. You just have to hit the palayok or clay pot. Players should be blindfolded. The player will stay around 3 meters away in front of the hanging pot, enough for the player to reach it and will walk straight forwards the pot. A long bamboo or lumber is used to hit it. Participants are made to spin around to distort his/her concentration. The crowd will distract the player by yelling all kinds of directions, “Go straight, to the left, to the right, stop! Hit it! Hit it! The players have an opportunity to hit the pot once. Just one hit. If you missed it, you have to go back in the line and wait for your turn to hit again. Once you hit the pot the crowd goes for the goodies fall on the ground from the pot. The player who breaks the pot will win the game and will be given prize.

#### ❖ **Materials Needed:**

1. palayok
2. 3 feet long lumber or bamboo pole
3. goodies like chocolate, candies, coins, small toys
4. a blindfold or scarf

#### ❖ **These are the safety precautions before playing Basagang Palayok:**

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.

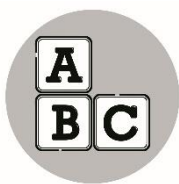
#### ❖ **Safety Precautions:**

1. Establish medical readiness
2. Do not come closer to the pot
3. stay away from the hitter
4. Stay focus

#### **Skills needed in the Game:**

1. Walking with blindfold
2. Counting
3. Stiking/Hitting





## ***What's More***

### **Activity 1:**

**Directions:** Put a check ( ☐ ) if the following statements shows safety precaution in physical activity and ( ☐ ) if not. Use a separate sheet of paper.

- \_\_\_\_\_ 1. Warm up before doing exercise.
- \_\_\_\_\_ 2. Drink cold water after the exercise.
- \_\_\_\_\_ 3. Wear comfortable attire.
- \_\_\_\_\_ 4. Cool down after the activity.
- \_\_\_\_\_ 5. Do the exercise when stomach is full.

### **Activity 2:**

**Directions:** List down household chores that the skill in Basagang Palayok is used. Answer this in a separate sheet of paper.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

## Lesson

# 4

## Let's Enjoy the Game

You learned about the rules and mechanics of the game “Basagang Palayok. You also learned about the safety precautions before and during the game. You will now try to apply these things.



### ***What's In***

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

1. What is the main objective of the Basagang Palayok?

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1. 2. What makes this game an enjoyable one? Explain your answer.

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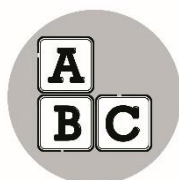
### ***What is It***

A traditional game called “**Basagang Palayok**” (hit the pot) was very popular in the Philippines. I know that every Filipino who can read this experience playing this game at least once during their childhood. Before, this game was only played during Barrio Fiesta (Feast). This was played mostly by children but now, it can also be played by adults during birthday parties, Christmas celebrations or any other occasions.

❖ **These are the safety precautions during playing Basagang Palayok:**

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. inhale/exhale
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 3-5 minutes
  - b. drink 1 glass of water. massage your arms and legs



## ***What's More***

### **Activity 1: Try This**

**Directions:** Identify the different skills involved in the **Basagang Palayok**. Encircle your answer.

throwing	rolling	hitting	tossing
batting	spinning	dodging	counting

### **Activity 2: Basagang Palayok Na!**

**Directions:** Ask anyone in the house and play Basagang Palayok. Make sure to play it in an open field where no one could get hurt. After playing it, write your thoughts and opinion about the game.



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

### **Activity 1: Exit Ticket**

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

1. Three (3) important things you learned from playing striking/fielding games?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. Two (2) interesting things you discovered about striking/fielding games?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
3. One (1) question you still have in mind.
  - a. \_\_\_\_\_



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

**Directions:** Write 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. These are activities in which players score points by striking an object and running to designated playing areas.

- |                   |                   |
|-------------------|-------------------|
| a. Invation Games | c. Fielding Games |
| b. Board Games    | d. Ball Games     |

\_\_\_\_\_ 2. What is the major material needed in playing Shatong?

- |            |           |
|------------|-----------|
| a. can     | c. stick  |
| b. slipper | d. garter |

\_\_\_\_\_ 3. Why do we need to wear proper clothing in playing?

- a. to avoid untoward accident
- b. to impress the audience
- c. to add score in your team
- d. to look good

\_\_\_\_\_ 4. What is the penalty of the losing player in Shatong?





- a. run around the field
- b. hop on one foot from a designated spot marked by the winning player
- c. give all their points to the winning team
- d. carry the winning team on their back from a designated spot marked by the winning player

\_\_\_\_\_ 5. What Math skill is being practice while playing Shatong?

- |               |             |
|---------------|-------------|
| a. measuring  | c. counting |
| b. estimating | d. solving  |

\_\_\_\_\_ 6. Why do we need to do the cool down exercise?

- a. They help to decrease body and muscles temperature
- b. To unprepared tour body for physical activity
- c. It will help reduce risk of injury
- d. They can help you mentally unprepared

- \_\_\_\_\_ 7. How many minutes do we need to do the warm-up exercise?
- at least 15 to 30 minutes
  - at least 5 to 10 minutes
  - at least 1 to 5 minutes
  - at least 1 hour
- \_\_\_\_\_ 8. Where did we derive the game “Basagang Palayok” which means Piñata in their country?
- from China
  - from Spain
  - from America
  - from Canada
- \_\_\_\_\_ 9. What is the basic rule in playing Hampas Palayok?
- hit the can
  - strike the stick
  - hit the opponent with a ball
  - hit the palayok or clay pot
- \_\_\_\_\_ 10. Why is there a need for the participants to spin around before hitting the pot?
- to distort his/her concentration
  - to make him/her dizzy
  - to help the player hit the pot accurately
  - to maximize the allotted time for the game
- \_\_\_\_\_ 11. How long is the lumber or pole that is needed for Basagang Palayok?
- 10 feet
  - 5 feet
  - 3 feet
  - 1 foot
- \_\_\_\_\_ 12. What is the use of blindfold or scarf?
- for props
  - to cover the eyes of the player
  - to be tied around the neck of a player
  - to make the player attractive
- \_\_\_\_\_ 13. Which among the pictures show fielding/striking game?
- 
  - 
  - 
  - 
- \_\_\_\_\_ 14. What is the basic skill in playing Basagang Palayok?
- running
  - hitting
  - jumping
  - counting
- \_\_\_\_\_ 15. Where should play Basagang Palayok?
- in an open filed
  - inside the classroom
  - at the canteen
  - at the library



# Answer Key

What's In	Answers may vary	What's More	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 I have Learned	Answers vary in learner's performance in the given activity	Assessment	Answers may vary	What's More	1. ✓ 5. x 2. x 3. ✓ 4. ✓
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## Lesson 3

What's In	1. ✓ 2. x 3. ✓ 4. ✓ 5. ✓	What's more	Answers may vary	What I have learned	Answers may vary
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## Lesson 2

What's New	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 Activity	Answers may vary
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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 In	1. NTG 2. TG 3. TG 4. TG 5. TG	What's More	1. heart 2. lightning 3. heart 4. heart 5. lightning
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## Pre Test

## Lesson 1

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