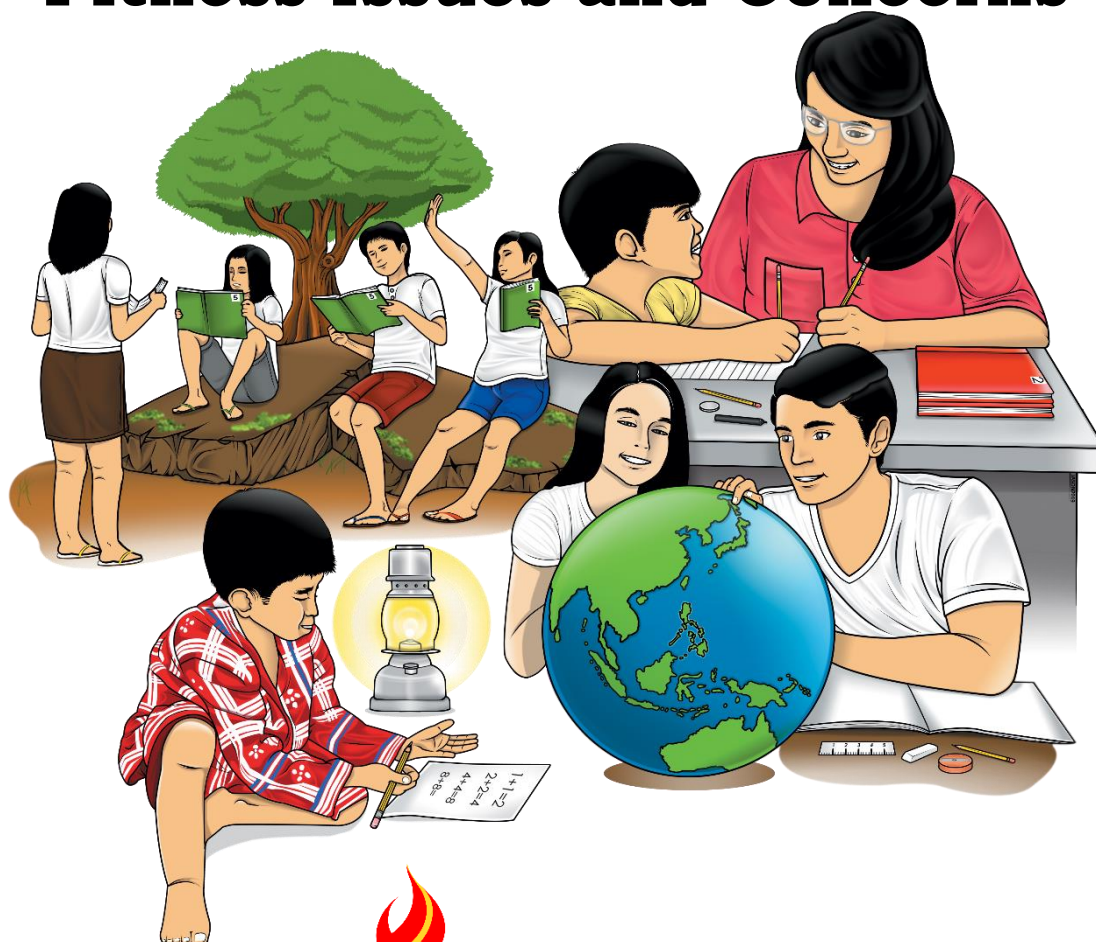


Senior High School

# Health Optimizing Physical Education 1 Quarters 1 and 2– Module 7: Participates in an Organized Event that Addresses Health/ Fitness Issues and Concerns



CO\_Q1-2\_HOPE1 SHS  
Module 7

ALTERNATIVE DELIVERY MODE  
**ADM**

GOVERNMENT PROPERTY  
**NOT FOR SALE**

**Health Optimizing Physical Education 1 (HOPE 1)  
Alternative Delivery Mode  
Quarters 1 and 2 – Module 7: Participates in an Organized Event that Addresses  
Health/ Fitness Issues and Concerns  
First Edition, 2021**

**Republic Act 8293, section 176** states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

**Development Team of the Module**

**Writers:** Jay Ariel A. Cinco, Michael F. Famatigan

**Editors:** Aleli C. Nitoral, Roderick C. Tobias

**Reviewers:** Lorelyn P. Arellano, Raine P. Ramos, John Lester F. Guerrero,  
Celeste A. Cortez, Maria Hayde P. Martinez, Reynaldo Saccuan  
Amy D. Orig

**Illustrator:** Rubylyn Tiña Gludo, Julius Burdeos

**Layout Artist:** Anabelle V. Placido, Florendo S. Galang

**Management Team:** Francis Cesar B. Bringas  
Job S. Zape, Jr.  
Ramonito Elumbaring  
Reicon C. Condes  
Elaine T. Balaogan  
Fe M. Ong-ongowan  
Cherrylou D. Repia  
Babylyn M. Pambid  
Gloria C. Roque  
Rosemarie C. Blando  
Mil F. Ponciano  
Meliton Berin Jr.

Printed in the Philippines by \_\_\_\_\_

**Department of Education – Region IV-A CALABARZON**

Office Address: Gate 2 Karangalan Village, Barangay San Isidro, Cainta, Rizal  
Telefax: 02-8682-5773/8684-4914/8647-7487  
E-mail Address: lmd.calabarzon@deped.gov.ph

**Senior High School**

**Health Optimizing  
Physical Education 1  
Quarters 1 and 2 – Module 7:  
Participates in an Organized  
Event that Addresses Health /  
Fitness Issues and Concerns**

## **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 of 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 a 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 with you in mind. It is here to help you participate in an organized event that addresses health/fitness issues and concerns. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of the 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.

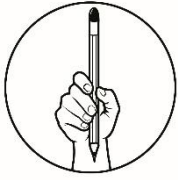
The module is divided into two lessons, namely:

- Lesson 1 – Developing Home-Based Family Workout and Evaluation
- Lesson 2 –Self-Organized Home-Based Fitness Activity

After going through this module, you are expected to:

1. Identify the methods in developing individual/group physical activity
2. Distinguish the factors as a basis in developing home-based physical activity
3. Participate in a self-organized home-based physical activity event.

*Note: All outputs from this module will be compiled in a portfolio which may be submitted either in print or non-print form.*



## ***What I Know***

Direction: Read each statement carefully and choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which type of activity requires a group of muscles to work or hold against a force or some weight?
  - A. Bone Strengthening Activities
  - B. Muscular Endurance Activities
  - C. Muscle Strengthening Activities
  - D. Cardiovascular Strengthening Activities
  
2. Which among the given exercises could not be considered as a cardiovascular endurance activity?
  - A. Cycling
  - B. Jogging
  - C. Push Up
  - D. Walking
  
3. Which among the activities is considered a muscular endurance activity?
  - A. Arm Stretching
  - B. Planking
  - C. Running
  - D. Weight Lifting
  
4. Sleep is essential to everyone's health. Which is a good habit in managing sleep?
  - A. Internet Obsession
  - B. Bulk Meal Before Sleep
  - C. Getting to Bed on Time
  - D. Staying Up All Night Long
  
5. Before an extensive activity, one needs the right kind of food. Which is being defined by the statement?
  - A. Distracted Eating
  - B. Emotional Eating
  - C. Fueling for Performance
  - D. Social Eating

6. All conditions given below are symptoms of stress EXCEPT for one.
- A. Disturbed Mind Setting
  - B. Relaxed Concentration
  - C. Sleeplessness
  - D. Lack of Focus
7. Which should you consider measuring to get your BMI?
- A. Height
  - B. Muscle Mass
  - C. Weight
  - D. A and C only
8. It refers to the ability of the muscle to continue to perform without fatigue.
- A. Muscle Strength
  - B. Cardiovascular Endurance
  - C. Muscle Endurance
  - D. Flexibility
9. Mark is an athlete and about to compete tomorrow, which type of eating is appropriate for him?
- A. Emotional Eating
  - B. Distracted Eating
  - C. Fueling for Performance
  - D. Social Eating
10. Anna wants to improve her body strength, which exercise must she choose to perform?
- A. Biking
  - B. Running
  - C. Weight Lifting
  - D. Long Distance Walking

11. After a year, Bong improved his arm strength by gradually adding weight to his arms during exercise. Which principle of physical activity applies to best support this scenario?
- A. Overload
  - B. Progression
  - C. Specificity
  - D. All of the Above
12. Dehydration refers to excessive loss of water from the body through the following EXCEPT for one.
- A. Evaporation
  - B. Sweating
  - C. Thirst
  - D. Urination
13. Based on the FITT principle, intensity is the rate or level at which the activity is performed. Which among the simple terms help define intensity?
- A. Effort
  - B. Duration
  - C. Number of Times
  - D. Type of Activity
14. Just a few days before competitions, athletes are given lower intensities of physical exercise allowing their bodies to recover. What are they trying to avoid?
- A. Hyperthermia
  - B. Hypothermia
  - C. Overtraining
  - D. Sleeplessness
15. Jenn, a teenage girl, is a highly inactive person but does not have any physical or medical health issues. One day she realized she needs to be physically active. Which type or level of activity can she best start with?
- A. Light
  - B. Moderate
  - C. Vigorous
  - D. High



## Lesson

# 1

# Developing Home-Based Family Workout and Evaluation



Exercise is a physical activity that is planned, structured and repetitive for conditioning any part of the body used to improve health and maintain fitness. Generally, you work up a sweat, breath heavily, and increase your heart rate during exercise.

A gym is a usual place where people exercise. But there are many reasons you may want to avoid the gym. With the recent coronavirus pandemic, many people are concerned about going to the gym, while others simply want to maintain an exercise regime while they may have limited ability to travel outside their homes.



## *What's In*

It appears that in the new normal, we will be staying at home as much as possible to avoid public places and contact with too many people. This is already a change for people who are used to attending events and socializing. For anyone who is trying to stay calm and boost their immune systems, staying at home poses another challenge: staying active may require some new routines.

Stopping the spread of COVID-19 may take unprecedented changes to daily routines but staying healthy through it all is still a priority. Physical activity is

essential to optimal health, so it is a good idea to prepare for working out on your own.

Questions:

1. Have you ever had a family bonding that involves physical activity? If yes, what are those? If not, think of your plans and put them in writing.
2. How did it turn out? Is it successful? Why?
3. If you were given a chance to organize a home-based physical activity event for your family, how would you do it?



## ***What's New***

### **Creating your Home-Based Workout**

In the past modules, you have tackled different fitness-related principles involving physical activities as well as the different fitness components relevant to improving one's health. Specific physical movements and their targets are no longer new to you. You can now create your home-based workout for your family like tiktaktoe with your earned knowledge.

Factors in developing a Home-based physical activity event is the

setting of their goals for the event. Activities should be suited for the age of the participants especially for the parent, safety precautions.

It is very important to encourage your family members and/or anyone staying at home with you to actively participate in this workout as it will benefit one's health enormously.

List down the persons who will participate in the exercise and have their signature beside.

Example: Juan Dela Cruz - *Juan Dela Cruz* (Thumb mark will do in case signature is not possible.)

Gather your participants aside from the name and signature include the age, gender, fitness level by checking the box as great, good, and fair. It will help you to decide on the type of physical activity you will organize.

Name	Signatures	Age	Gender	Great	Good	Fair

## **Know your Target**

You probably know already that setting workout goals is important, but did you realize that there are both short-term and long-term fitness goals that you need to set?

Short-term goals: Start with small goals that you can reach pretty easily. It's easier to stay with something when you have success early and often.

Long-term goals: These are large goals that you want to reach in 6 to 12 months. It will help you stay motivated if you track your progress and update your goals as you move forward.

On this part, your target should only include the short-term as the long-term goals may not apply to this module yet. But you might want to consider it in the reflection part of this module.

Example: Short term – In the next few weeks I will work out three times a week.

This states the Frequency and Time of the workout plan.

---

---

---

---

## **Choose Your Muscular and Cardiovascular Strengthening Exercises**

List down the activities that you think will best suit your physical exercise. Indicate at least, three (3) for muscle strengthening exercise and one (1) for cardiovascular.

If you do not have equipment available at home, you can still reap the benefits of strength training from bodyweight exercise programs. By doing bodyweight exercises, you utilize your weight for strengthening specific muscle groups. You can also use bottled waters and many more.

Example: Muscle Strengthening – chair push-up

Cardiovascular Strengthening – Zumba session

This will identify the specific type of exercise you will include in your plan.

---

---

---

---

Following the FITT Principle of Physical Activity, you have now created your home-based workout.

If you have noticed, you were not asked to include Intensity in your plan. Since you are considered a beginner, you should be using the intensity level of moderate to vigorous.

## Lesson

# 2

## Self-Organized Home-Based Fitness Activity



No one can deny the importance of practice in learning or reinforcing the concepts we learn – whether it is school, college, sports, extracurricular, or general life lessons.

And, that is precisely why, we love what Anton Chekhov, had to say: *“Knowledge is of no value unless you put it into practice”.*



## What is It

### Performing Your Self-Organized Home-Based Fitness Activity

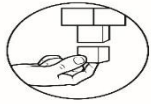
On this part, you will perform your own created home-based fitness activity with your family members or with anyone staying with you at home. Be reminded to document your performance and take pictures to serve as your mode of verification. Please read the directions and the rubrics for the activity.

Directions:

- Performance must include the exercises chosen in Lesson 1.
- Performance shall not be more than 30 minutes as you and your co-performers are considered beginners.
- The more the performers, the better but social distancing and other safety measures must be observed following the Covid-19 safety protocol.
- Cardiovascular exercise must cover at least 50% of the performance.

### Performance Rubrics

Criteria	4 Excellent	3 Good	2 Fair	1 Poor	%
Exercises: 3 Muscular 1 Cardio	Presented 3 muscular and 1 cardio	Lack 1 muscular exercise	Lack 2 muscular exercise	Performed muscular or cardio only	25
No. of Performers	7 or more performers	5-6 performers	3-4 performers	1-2 performers	25
Covid19 Security Protocol Adherence	Always observed	Often Observed	Sometimes observed	Not observed	25
Portfolio: Presentation Documentation Creativity	Excellent	Good	Fair	Poor	25
<b>Total</b>					<b>100</b>



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

### **Activity (Family Fitness at Home)**

During the “New Normal” Policy, one of the recommendations to minimize the spreading of infection is to stay at home as long as vaccines and cure are not yet ready. Typically, these focus on self-isolation to reduced social contact, and scrupulous hand hygiene. However, it is strongly advisable to still engage in physical activities for us to be more fit, healthy, and stronger to fight this kind of virus. Since Filipinos culturally have strong family ties, it is more fun to try to have exercise activities together with the family members like Zumba, dancing, circuit training, or the likes, as long as you follow the “New Normal” Policies.

Record a video showing you with your family members or people at home doing physical activities. Please be guided by the guidelines used in social distancing.

#### **Scoring rubric for this activity.**

<b>Criteria</b>	<b>Excellent 4</b>	<b>Good 3</b>	<b>Fair 2</b>	<b>Poor 1</b>	<b>Remarks</b>
Established attainable goals related to bone and muscle activity					
Provided improvised exercise equipment in a creative way or innovative way					
Provided attainable schedule					
Clearly addressed physical fitness needs					
<b>Total</b>					

Fill the table with some of the physical activities that you have encountered in your life and categorize them into three types by putting them in the appropriate column. Put a checkmark ( ✓ ) on the activities that may be done at home and mark “X” the activities that may not.

Light Activities	Moderate Activities	Vigorous Activities
1.	6.	11.
2.	7.	12.
3.	8.	13.
4.	9.	14.
5.	10.	15.

**Answer the following questions.**

1. What made you decide to consider the physical activity that you encountered as light, moderate, and vigorous activity?
2. As you reflect on the physical activity that you have encountered in your life; can you consider yourself a physically active person or not why?
3. Do you have any plan to increase the level of your fitness? What are your plans now that you know how to organize a home-based fitness activity?



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

**Make a narrative report on the result of the home-based family workout**

These are the guide questions

1. Who are your participants, ages, and gender?
2. What type of organized event is suited to your participants?
3. What frequency, intensity time you are going to use?

Dear learner, are you ready to wrap up what you have learned from the tasks that you have done? Well, then find out what you have learned!

**Complete the following statement**

1. About my own health choices and involvement in physical activity in this pandemic time.

I discovered that...

---

---

---

2. With the new discoveries about myself in facing the Covid19 pandemic.

I learned that...

---

---

---

3. To keep myself and my family members fit and healthy in this pandemic time of Covid19.

I will...

---

---

---

I have realized to increase my participation in active recreational activities particularly \_\_\_\_\_ for \_\_\_\_\_ days per week. I will follow my regular exercise program and I intend to keep it until I achieve my goals.

My plan for processing my participation includes the following strategies:

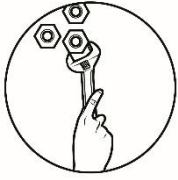
Short-term goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I will keep in mind that the reason why I participate actively in different recreational activities is to have a healthier lifestyle and these are the reasons:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





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

**Check the items that best describe your activities and practices.**

- \_\_\_\_\_ 1. I play different sports regularly.
- \_\_\_\_\_ 2. I enjoy participating in recreational activities.
- \_\_\_\_\_ 3. I eat a balanced diet every day.
- \_\_\_\_\_ 4. I express my emotions in healthy ways.
- \_\_\_\_\_ 5. I sleep early at night and get up early in the morning.
- \_\_\_\_\_ 6. I enjoy discovering new things during this pandemic time.
- \_\_\_\_\_ 7. I face life challenges positively.
- \_\_\_\_\_ 8. I share my thoughts and feelings with my parents and siblings.
- \_\_\_\_\_ 9. I do not smoke and engage in other vices.
- \_\_\_\_\_ 10. I enjoy doing hobbies either alone or with my family or friends.
- \_\_\_\_\_ 11. I can decide for myself.
- \_\_\_\_\_ 12. I welcome and appreciate constructive criticisms.



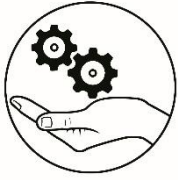
## **Assessment**

Read each item carefully and choose the letter of the correct answer. Write the chosen letter on a separate sheet of paper.

1. Which among the given exercises could not be considered as a cardiovascular endurance activity?
  - A. Cycling
  - B. Jogging
  - C. Push Up
  - D. Walking
  
2. Which type of activity requires a group of muscles to work or hold against a force or some weight?
  - A. Bone Strengthening Activities
  - B. Muscular Endurance Activities
  - C. Muscle Strengthening Activities
  - D. Cardiovascular Strengthening Activities
  
3. Sleep is essential to everyone's health. Which is a good habit in managing sleep?
  - A. Internet Obsession
  - B. Bulk Meal Before Sleep
  - C. Getting to Bed on Time
  - D. Staying Up All Night Long
  
4. Which among the activities is considered a muscular endurance activity?
  - A. Arm Stretching
  - B. Planking
  - C. Running
  - D. Weight Lifting
  
5. All conditions given below are symptoms of stress EXCEPT for one.
  - A. Disturbed Mind Setting
  - B. Relaxed Concentration
  - C. Sleeplessness
  - D. Lack of Focus

6. Before an extensive activity, one needs the right kind of food. Which is being defined by the statement?
- A. Fueling for Performance
  - B. Emotional Eating
  - C. Social Eating
  - D. Distracted Eating
7. It is the ability of the muscle to continue to perform without fatigue.
- A. Muscle Strength
  - B. Cardiovascular Endurance
  - C. Muscle Endurance
  - D. Flexibility
8. Which should you consider measuring to get your BMI?
- A. Height
  - B. Muscle Mass
  - C. Weight
  - D. A and C only
9. Anna wants to improve her body strength, which exercise must she choose to perform?
- A. Biking
  - B. Running
  - C. Weight Lifting
  - D. Long Distance Walking
10. Mark is an athlete and about to compete tomorrow, which type of eating is appropriate for him?
- A. Emotional Eating
  - B. Distracted Eating
  - C. Fueling for Performance
  - D. Social Eating
11. Dehydration refers to excessive loss of water from the body through the following EXCEPT for one.
- A. Evaporation
  - B. Sweating
  - C. Thirst
  - D. Urination

12. After a year, Bong improved his arm strength by gradually adding weight to his arms during exercise. Which principle of physical activity applies to best support this scenario?
- A. Overload
  - B. Progression
  - C. Specificity
  - D. All of the Above
13. Just few days before competitions, athletes are given lower intensities of physical exercise allowing their bodies to recover. What are they trying to avoid?
- A. Hyperthermia
  - B. Hypothermia
  - C. Overtraining
  - D. Sleeplessness
14. Based on the FITT principle, intensity is the rate or level at which the activity is performed. Which among the simple terms help define intensity?
- A. Effort
  - B. Duration
  - C. Number of Times
  - D. Type of Activity
15. Jenn, a teenage girl, is a highly inactive person but does not have any physical or medical health issues. One day she realized she needs to be physically active. Which type or level of activity can she best start with?
- A. Light
  - B. Moderate
  - C. Vigorous
  - D. High

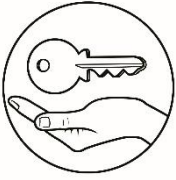


## ***Additional Activities***

1. Extend your fitness commitment to your family and/or the community in your free time, online fitness activities can be considered in this time of the pandemic.
2. Fill out the Activity Participation for Fitness Advocacy.

### **Activity Participation for Fitness Advocacy**

Date	Activity	Nature of Participation (participant or organizer)	Organizers/ Sponsoring Individuals, Groups Online



## ***Answer Key***

<b>What I Know</b>
1. C
2. C
3. D
4. C
5. C
6. B
7. D
8. C
9. C
10. C
11. D
12. C
13. A
14. C
15. A

<b>Assessment</b>
1. C
2. C
3. C
4. D
5. B
6. A
7. C
8. D
9. C
10. C
11. C
12. D
13. C
14. A
15. A

## ***References***

Natalie Stein. COVID-19 and Exercise: Staying Active while Socially Distancing. March 24, 2020. Accessed May 25, 2020. <https://www.lark.com/blog/covid-19-and-exercise/>

The K12 blogger. The Importance of Practice in Learning. October 4, 2018. Accessed May 25, 2020. <https://playablo.com/Blog/the-importance-of-practice-in-learning>

Healthwise, Incorporated. Exercise: Setting Goals to Get Active. 2015. Accessed May 25, 2020. <https://www.cardiosmart.org/~media/Documents/Fact%20Sheets/en/abk5619.ashx>

Ralph Roberts Training. Short-Term Fitness Goals vs. Long-Term Fitness Goals. April 2014. Accessed May 25, 2020. <https://ralphrobertspersonaltrainer.com/short-term-fitness-goals-vs-long-term-fitness-goals>

**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.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)