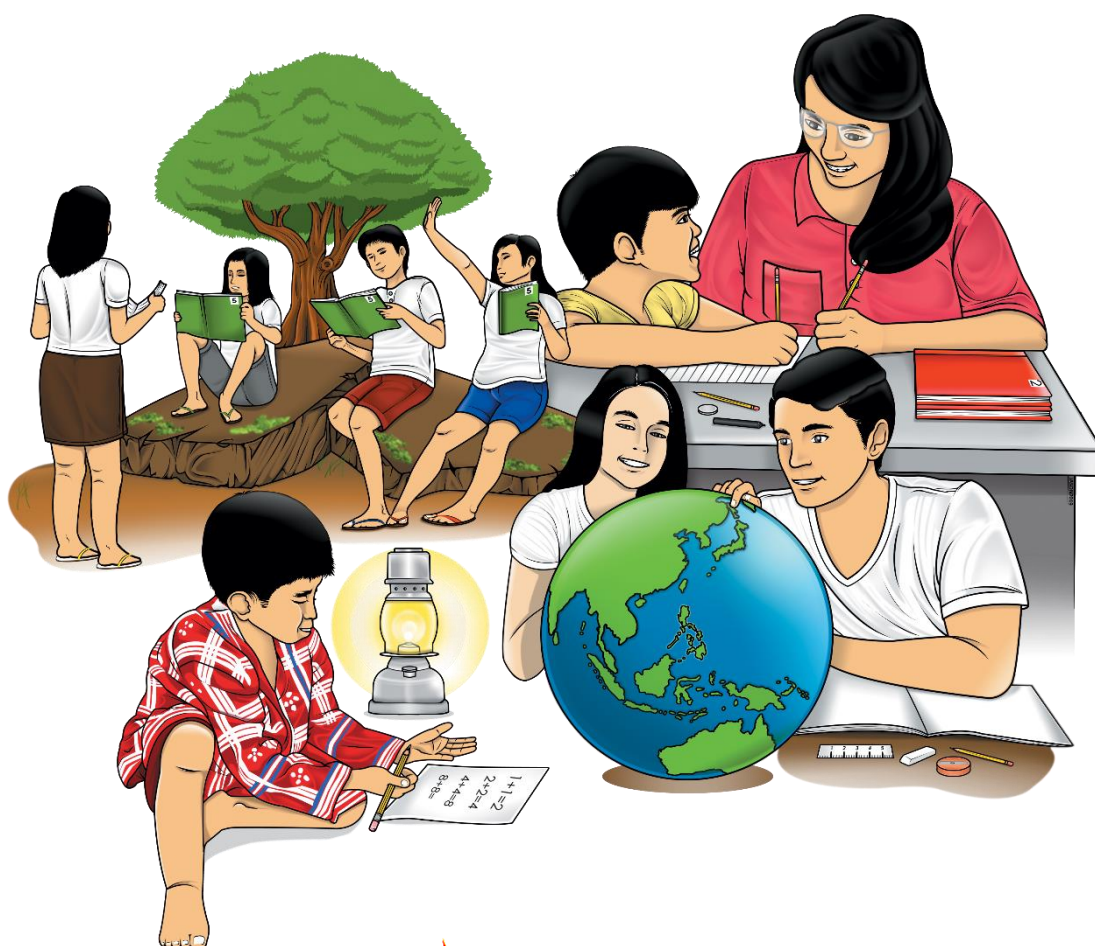


Physical Education

Quarter 2 – Module 1: Walking and Running Program



Physical Education- Grade 10
Alternative Delivery Mode
Quarter 2- Module1: Walking and Running Program
First Edition, 2020

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10

Physical Education

**Quarter 2 – Module 1:
Walking and Running Program**

Introductory Message

This Self Learning Module 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 with ease.

The SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pretest is provided to measure your prior knowledge on the lesson. This will show you if you need to proceed in 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 this module, you need to answer the posttest to self-check your learning. Answer Key is provided for all activities and tests. We trust that you will be honest in using them.

In addition to the material in the main text, Notes to the Teacher is also provided to our facilitators and parents for strategies and reminders on how they can best help you in 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. Likewise, read the instructions carefully before performing each task.

If you have any question 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

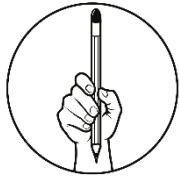
This module was specifically developed with you in mind. It is here to help you master the concepts, theories and applications for Physical Fitness. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course.

The module is divided into four lessons, namely:

- Week 1: Lesson 1 – Introduction to Walking Exercise
- Week 2: Lesson 2 – Walking Program
- Week 3: Lesson 3 – Introduction to Running Exercise
- Week 4: Lesson 4 – Running Program

After going through this module, you are expected to:

- assess physical activity, exercise and eating habits; **PE10pf-IIah-39;** and,
- engage in moderate to vigorous physical activities for at least 60 minutes a day in and out of school **PE10PF-IIc-h45.**



What I Know

Directions: Read the questions carefully and answer the following questions. Write your answer in your activity notebook.

1. How many minutes should you render in walking to improve or maintain your overall health?
 - A. 5 minutes
 - B. 10 minutes
 - C. 15 minutes
 - D. 30 minutes
2. You can enjoy walking exercise by following the statements below, except:
 - A. listen to music
 - B. have a goal to reach
 - C. eat heavy food before you exercise
 - D. walk with a friend or family member
3. The following skills can be improved if you have a regular walking exercise, except:
 - A. speed
 - B. cardiovascular endurance
 - C. muscle strength
 - D. agility
4. What is the best reason why you have to take a medical check-up before engaging in any fitness program?
 - A. because your age matters
 - B. because you have to take medicine before taking exercise
 - C. because having an exercise sometimes is not good to our health
 - D. because it might cause a huge implication if you have existing illness
5. What is the best definition of brisk walking?
 - A. fast paced walking
 - B. walking like you're not in a hurry
 - C. walk in place
 - D. running fast
6. The following are injuries you can have when running, except:
 - A. strain
 - B. sprain
 - C. back injury
 - D. shin pains
7. What should you wear before taking a walk or run?
 - A. wear comfortable shoes and loose clothing
 - B. wear flat sandals and loose clothing
 - C. wear tight clothes and shoes
 - D. use branded shoes and shirts
8. Which of the following is not a benefit of warm-up exercise?
 - A. It returns the body to its resting level.
 - B. It reduces the risk of muscle and joint injury.
 - C. It prepares your body to a more demanding activity.
 - D. It helps the body to deliver oxygen to the exercising muscle group.

9. The following are benefits of walking or running, except:
- A. It reduces stress.
 - B. It helps to lose weight.
 - C. It lowers blood pressure.
 - D. It builds muscle strength.
10. Joseph had a sprain while running, as a first aider, what should be your action?
- A. Ice-compress the injured area.
 - B. Bring him to the doctor.
 - C. Get pain reliever medicine.
 - D. Do not touch him.
11. What is the best reason why we need proper hydration before, during, and after walking exercise?
- A. to make you more active
 - B. to reduce
 - C. to maintain good posture of the body
 - D. to help address heat-related problems when you do exercise
12. Which of the following distance per hour will you render in walking to be considered as vigorous exercise?
- A. 4.8 kilometers
 - B. 6.4 kilometers
 - C. 8 kilometers
 - D. 3 kilometers
13. The following are the good postures in walking to avoid injury, except:
- A. walk tall with your head up
 - B. stomach slightly tight
 - C. shoulders relaxed
 - D. face sideways
14. Gina wants to have a walking exercise before going to her work at the 4th floor in their building, but she doesn't have a lot of time. What can you suggest to her?
- A. have a lot of rest
 - B. do it at her available time
 - C. take the stairs when going to work
 - D. have an exercise during weekend only
15. A slow run that helps you recover from a fast-paced run is called ____.
- A. Fartlek
 - B. Tempo Run
 - C. Recovery Run
 - D. Progression Run

Lesson

1

Introduction to Walking



Good day! Do you think you are physically active? What can you say about your daily activities? Let's see! Get ready for a new journey.

Illustrated by Edison G. Bumanglag



What's In

Activity 1: True or False

Let's see if you still remember your lesson about yoga. Answer the following questions in your activity notebook.

Directions: Read the following statements about yoga. Write **True** if the statement is correct and **False** if not.

- _____ 1. Yoga originated in Japan.
- _____ 2. Yoga builds strength and improves flexibility.
- _____ 3. Regular practice of yoga can help lose weight only.
- _____ 4. Yoga is a form of exercise.
- _____ 5. Meditating and practicing yoga can reduce pain.
- _____ 6. When you plan to practice yoga, it is better to eat protein-rich food in the morning, at least 45 minutes before you execute it.
- _____ 7. Hatha and Vinyasa can improve balance only.
- _____ 8. Yoga is hard and scary.
- _____ 9. You have to be really flexible when you practice yoga.
- _____ 10. Ashianga is good for cleansing the body.



What's New

What physical activities do you usually do? What sports were you involved in? Do you enjoy it? Read the checklist below, put a check (✓) in the appropriate column. Then answer the following questions in your activity notebook.

Are you into?	No	Yes
Walking		
Jogging		
Zumba exercise		
Yoga exercise		
Badminton playing		
Aerobics exercise		
Basketball playing		
Strength training		
Malling		
Hiking		

1. What can you say about your different physical activities?
2. What influences your choice of physical activity?
3. How do you benefit from engaging in these activities?

Your physical activities will tell how active and healthy you are. Are you ready for your next journey on physical fitness? Walking and Running Program will be fun for you. Good luck!



What Is It

Walking as an Exercise

Walking exercises have a lot of benefits to each individual. A study in 2014 found that people who are suffering from chronic diseases, such as heart disease, diabetes, breast cancer, and the like were “half as likely to die during a one-year period” when they often engage in walking compared to those who rarely hit the streets. Another study on more than 50,000 adults who walked regularly at a quick paced were about 20 percent less likely to die, 24 percent of which were less likely to die from heart disease.

Walking is generally considered as a moderate physical activity but it is effective in promoting metabolic fitness and overall health. You can burn 100 calories

per mile. It varies depending on the individual, speed, terrain, etc. Yoga exercises on the other hand, increase respiratory efficiency and improve posture and balance.

In choosing shoes during walking exercise, you should consider the following:

- ✓ low heels
- ✓ flexible sole
- ✓ lightweight and breathable fabric
- ✓ great fit

Brisk walking is defined as walking continuously at a fast speed. It is one of the easiest and most effective cardio workouts. You do it indoors or outdoors without any special equipment. Some well-researched benefits of brisk walking include: weight loss, improved cardiovascular health, lower blood pressure and blood sugar, and improved mental health.

Shin pains are very common for new walkers. It can also be a problem when increasing speed or distance. To avoid aching shin, increase speed and distance gradually; wear good, flexible, walking shoes with low heels; perform ankle circles; and toe points before and after your walk.

To have a successful walking exercise, you should eat something high in carbohydrates, whole grain cereal, whole wheat bread, and banana. Avoid fatty and heavy meal that might upset your stomach. You should also bring water to drink during and after the walk.

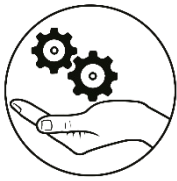
Walking at least 5 kilometers an hour counts as moderate exercise while 8 kilometers is considered as vigorous exercise. Healthy people should try 10,000 steps per day to improve their health.

Walking has many benefits. Among these are:

1. Helps in weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. A low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and/or aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces the risk of heart disease
18. It's free and you save money
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue

Walking can provide you the same benefits as a running program. General health benefits are acquired from walking. For cardiovascular benefits, the key is walking fast enough to get your heart rate up. But running burns nearly double the

number of calories as walking. If your goal is to lose weight, you can add running into your walking exercises.



Additional Activities

Directions: Fill in the spaces of how much time is spent doing these activities then answer the following questions in your activity notebook.

Weekly Activity Log

Activities	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Studying							
Doing household chores							
Watching TV							
Using Smartphone or computer							
Others:							
Free time							

- How long do you spend on activities where you move a lot? How about activities that require stationary movements or minimal actions?
- When are the best times and days for you to be more active?
- What is your favorite activity during the day? Do you find it healthy? Explain.

Lesson

2

Walking Program

Warm-up exercises are important in performing physical activities. They elevate the body's temperature to prepare the muscles for any succeeding strenuous activity. Through warm up, your muscles will provide enough blood and oxygen supply so that they will contract more efficiently. You might have physical injuries if you proceed to vigorous activities without warming up.

Cool-down exercises, too, are important. They gradually lower blood pressure and muscle stress due to strenuous strength and endurance training. Cooling down relaxes your muscles and smoothens the flow of blood around the body to prevent dizziness caused by inadequate blood and oxygen supply to the brain. You have a successful cool down when your sweat stops and heart rate drops down to less than 100 beats per minute. Let's see if you still remember your past lessons.



What's In

Walking as an exercise gives a lot of benefits in the body. It raises your heart rate to a moderate intensity level. It's also good for cardiovascular development. Brisk walking has a higher impact of losing weight through consistent and continuous diet. But before you will have your walking and running exercises, it is necessary to warm up before and cool down after each physical activity.

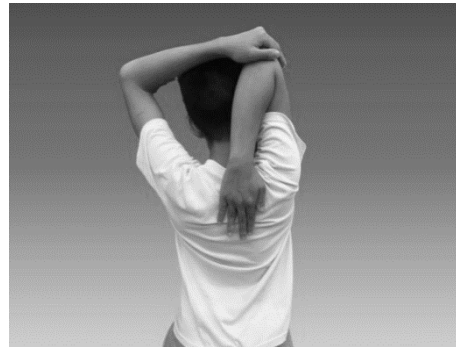
Activity 1: Arrange Me

Directions: Identify the warm up exercises shown in the pictures below. Arrange the scrambled word. Write down your answer in your activity notebook.

1. NCKE- TSERTHC



2. CEPRIIT- CHTREST



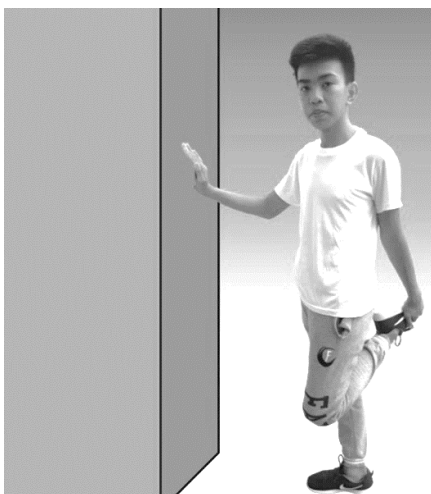
3. FCAL- TRSTEC



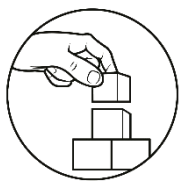
4. NEKE NDBE



5. AUQRIDPCE STRCHET



Warm-up Photo taken by Luz Miel V. Bumanglag



What's More

Now that you already know the benefits of walking, you can start your walking program with your friends and family members. The walking program below will help you increase your stamina and will strengthen your heart. Are you ready for your walking program for one month? Accomplish the following activities and create a checklist in your activity notebook if you started it.

Directions: Perform the following walking program 5-6 days in a week to achieve tangible benefits. After which, answer the following reflective questions. Be reminded that you should have warm up exercises first then cool down after.

ATTENTION!

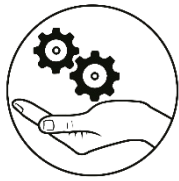
Before performing the prescribed activities on the next page, observe safety precautionary measures to prevent injuries.

- ✓ Wear appropriate attire
- ✓ Maintain focus
- ✓ Stay in a risk-free area
- ✓ Have a companion
- ✓ Hydrate as needed
- ✓ Be alert

	Warm-Up	Target Heart Rate Zone	Cool Down	Total Time
Week 1	Walk 5 min.	Walk briskly 5 min.	Walk 5 min.	15 min.
Week 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
Week 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
Week 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.

1. What did you notice about your heart rate? Do you think it's important to check your heart rate after a walking activity?
2. What are the benefits of walking?
3. Is there any improvement to your health after accomplishing your walking program?

Do not forget to bring a stopwatch to check your pulse from time to time to see if you are exercising within your target heart rate. You can increase your brisk walking time every day 20-30 minutes. I encourage you to continue the routine even after the fourth week. Good luck with your fitness journey!



Additional Activities

As you accomplish your Walking Program, you may ask and encourage your friends or family members to exercise with you. It will also benefit them to be physically fit.

Directions: Fill out the table with your daily exercise and the person you want to be with.

	Walking Exercise	Friend/Family Member's Name
Day 1		
Day 2		
Day 3		

Lesson

3

Introduction to Running Exercise



Walking is fun and good for your health. You do not need any equipment to execute it and it is not costly. Now, let us continue. Good luck!

Illustrated by Edison G. Bumanglag



What's In

Activity 1

Let's test your knowledge!

Directions: Write True before each number if the statement is correct and False if it is incorrect. Write down your answers in your activity notebook.

1. Mass media affect the decision-making of individuals towards physical fitness activities.
2. Walking and running are effective activities to lose weight and maintain a healthy lifestyle.
3. Healthy lifestyle can be achieved through medicines.
4. Slimming pills are safe and advisable to use for all.
5. Involving oneself in an active lifestyle can reduce depression.
6. Household chores can be an alternative and effective way to maintain weight.
7. Having a healthy lifestyle is a good start to achieve our dreams.
8. Lifestyle is the way in which a person lives.
9. Risk factors are variables in your lifestyle that may lead to certain diseases.
10. Weight Management is the process of adopting long term lifestyle modification to maintain a healthy body weight on the basis of a person's age, sex and height.
11. Depression decreases to 18% when you engage yourself in a weekly physical activity.
12. A healthy lifestyle is achieved only through proper diet.

13. BMI is a rough measure of body composition that is useful for classifying the health risks of body weight.
14. A 50-Meter Run is an activity that is effective in losing unwanted fats in the body.
15. Brisk walking is a good exercise.



What's New

Read the poem about *Physical Fitness* written by Bernard F. Asuncion in 2020 then answer the following questions in your notebook.

Physical Fitness

*Physical fitness is vital,
To male and female, it is essential;
Requirement for better health,
Letting not the body ail.*

*Complete physical fitness
Aims to make human happy;
Because of the good effect,
Result, fruit, and corollary.*

*Early in the morning light,
Right exercise carries wellness;
Almighty God has ordered
To have a physical fitness.*

1. How does exercise help one in reaching a lifetime fitness?
2. What is the importance of physical fitness as mentioned in the poem? Explain.
3. What are the things that you should do to be physically fit?



What Is It

A. Running as an Exercise

Running are cardio exercises that are very simple to do. This activity can help burn calories and can build strength, among other things.

Researchers have found that people who run at least 40 miles per week have healthier hearts than those who run 13 miles a week. Running also improves working memory and focus.

What do you usually do everyday? Do you attend fun run or run for a cause? Do you accomplish household chores? During your free time, do you go outside and

play badminton or any sports activity? Do you like to walk, jog and run rather than riding a motorcycle when going somewhere near? Do you love to dance or have a yoga exercise? If yes, then you are really physically fit and far from any health risks. Physical fitness is being active. It can be as simple as choosing to go up and down through a lift or just walking your way through.

Running is a great way to get fit and feel better. After you started your walking program, you can start now running. You just have to be reminded of the do's and don'ts in running and walking. Be inspired and stay on track. Are you ready? Let's go!

B. Types of Runs

1. Recovery Run

A slow run that helps you recover from a fast pace run. A longer run that is done to build muscle. When you do the recovery run you should be able to have a comfortable conversation

2. Base Run

Short run at a normal pace not too long or too short.

3. Long Run

Long slow run that's anything from 1 – 2 hours. You should feel tired after the run.

4. Progression run

Start slow then go to your race pace and then end slow again.

5. Fartlek

It could be a mix of jogging and sprinting, but for beginners, it could be walking with jogging.

6. Hill Repeats

Repeat short segments of hard uphill running. Increases your aerobic power.

7. Tempo Run

Easy start and then time trial lactate threshold, then a cool down.

8. Sprints

To run shorter distances at a faster than normal pace with multiple repeats during the workout.

9. Interval

A mixture of low-moderate and high-intensity run.

C. Lifestyle and Risk Factors

Lifestyle is the way which an individual lives. It includes the typical patterns of the individual's usual activities at home, school, work or community. It also covers the big details of his life like principles, priorities, financial management, even the smallest details of his habits like eating, sleeping, doing exercise, or anything related to his individual role.

Risk factors are variables in one's lifestyle that may lead to certain ailments. Examples of these are genetics of heredity, age and physical composition which likely affect your lifestyle. Human activities and motion can also become risk factors such as sedentary lifestyle which causes obesity; smoking which causes lung malfunctions; alcohol intake which causes abnormal functioning of the nervous system; and imbalance diet which makes one more prone to underlying diseases and health risks.

On the other hand, some variables in one's lifestyle can be modified in order to achieve a healthier lifestyle. Examples are nutrition, body mass, physical activities and other health-related habits. These, when carefully planned and imposed on a regular basis, will contribute to the well-being of an individual.

D. Frequency, Intensity, Time, and Type (FITT)

Frequency, Intensity, Time, and Type or FITT is a principle that will help you create a workout plan in reaching your fitness goals effectively. Frequency is how often you exercise. Intensity is how hard it is. Time is how long you exercise. And Type is what kind of exercise you choose. An example of FITT is shown below:

Frequency	Intensity	Time	Type
3-5 days a week	Moderate	15-25 minutes	Aerobics

The **Intensity** of physical activity has different forms that varies in each individual. The level of fitness can be moderate to vigorous. Moderate-intensity activities include brisk walking and bicycling. Vigorous-intensity activities produce large increases in breathing or heart rate, such as jogging, aerobic dance or bicycling uphill.

E. Weight Management

Weight Management is the process of adopting long term lifestyle modification in order to maintain a healthy body weight on the basis of a person's age, sex and height.

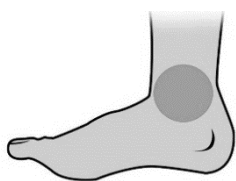
Weight gain and weight loss are important in weight management and to health in general. A simple formula is shown here.

Weight Gain	<ul style="list-style-type: none"> ➤ energy consumed is greater than energy expended ➤ more food intake but less physical exertion <p><i>Example: Most of the time Sophia eats two cups of rice per meal then she watches TV the whole day.</i></p>
Weight Loss	<ul style="list-style-type: none"> ➤ energy consumed is less than energy expended ➤ more physical exertion but less food intake <p><i>Example: Edward eats full meal everyday but he goes to the gym regularly.</i></p>
Weight Maintenance	<ul style="list-style-type: none"> ➤ energy consumed equals energy expended ➤ physical exertion is the same with food intake <p><i>Example: Mr. Grande, a PE teacher, always has a full breakfast then goes for a walk everyday in going to school.</i></p>

F. Common Injuries during Walking and Running Exercises

Sprains-

Injuries to ligaments, the tissues that connect bones to one another.



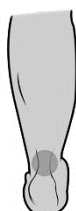
Muscle strains-

Injuries to muscles or tendons, the tissues that connect muscles to bones.



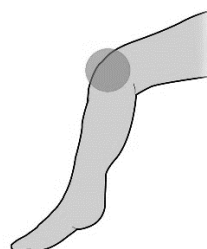
Tendinitis-

Inflammation of a tendon, often due to overuse.



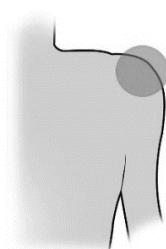
ACL and meniscus tears of the knee-

A rip in one of the ligaments that helps stabilize the knee or cartilage that cushions the knee joint.

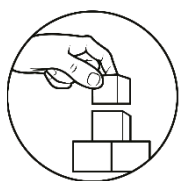


Rotator cuff tears-

Rips in the group of muscles and their tendons that hold the arm in the shoulder socket.



Illustrated by Kenneth P. Tabios



What's More

Activity 2

Directions: Execute the following exercises in an open area. Start from number 1 to 5 then repeat at least 3 times or increase the time duration if possible. Bring stopwatch to monitor the time used. Put a check on the remarks column if it was already done.

Exercises	Time	Remarks
Progression run	2 minutes	
Base run	1 minute	
Tempo run	2 minutes	
Fartlek	2 minutes	
Recovery run	3 minutes	



Additional Activities

Activity 3

Directions: Create a weekly log applying FITT formula. An exercise that apply moderate to vigorous physical activities. An example is given below. Make a checklist if you already accomplished/executed it.

Moderate	Vigorous	Executed
Ex. Walking	Fast Cycling	√
1.		
2.		
3.		
4.		
5.		

Lesson

4

Running Program



Did you have fun running? I guess you did! Surely, you had burnt a lot of calories this week. I hope you continue it to achieve your fitness goal. Keep running!

Illustrated by: Edison G. Bumanglag



What's In

Activity 1:

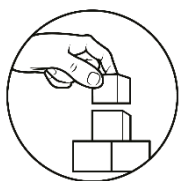
Directions: Identify the meaning of column A match it to column B. Write down your answer in your activity notebook.

A.

1. Lifestyle
2. Physical Activities
3. Weight Management
4. Walking Program
5. Tendinitis
6. FITT
7. Running Exercise
8. Weight Gain
9. Running Program
10. Sprains

B.

- a. inflammation of tendon
- b. principle that will help you create a workout plan
- c. complex, coordinated process which involves the entire body
- d. less physical activity, more food intake
- e. activities that help you lose weight
- f. how a person lives
- g. a process of adopting long term goal to achieve healthy weight
- h. ligament injury
- i. regular walking exercise
- j. running exercise on a regular basis
- k. the amount of physical power that body uses



What's More

Now that you have learned the principles of a Running Program, you can now create your own daily plan. Accomplish following activities using your activity notebook.

Activity 2: Running Program

Directions: Create a daily Running Program for a month. An example is given as your guide. Fill up the spaces provided:

Before you execute your running program, do not forget to have your warm up and stretching exercises and cool down activity after each session.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Ex.</i>	Tempo Run-10 min.	Rest	Progression Run-5 min. Base Run-2min. Tempo Run-5 min.	Rest	Progression Run-5min. Fartlek-5min. Hill Repeats-5min.	Interval-8min. Sprints-2min. Tempo run-10min.	Rest
Week 1							
Week 2							
Week 3							
Week 4							

1. List down things that will motivate you in accomplishing your Running Program.
2. In performing the daily exercise plan, what do you think will be the difficulties or limitations you will meet? Explain.
3. Do you think you can make it? Why or why not?

Activity 3: Walker to Runner

Directions: Make a checklist in your activity notebook. Create a running program habit for at least 3-4 times a week. A sample checklist is given below. Before you proceed with your running program, perform the following warm up and cool down exercises before and after the given activities:

	Warm Up	Target HR Zone	Cool Down	Total Time
Week 1	Walk 5 min., then stretch	Fartlek-2 min. Progression run-4 min. Recovery run-4 min.	Walk 3 min. then stretch 2 min.	20 min.
Week 2	Walk 5 min., then stretch	Tempo Run-5 min. Sprints-2 min. Recovery run-5 min.	Walk 3 min. then stretch 2 min.	22 min.
Week 3	Walk 5 min., then stretch	Hill Repeats-3 min. Tempo run-7min. Recovery Run-6 min.	Walk 3 min. then stretch 2 min.	26 min.
Week 4	Walk 5 min., then stretch	Tempo Run-7 min. Hill Repeats-5 min. Recovery run-8 min.	Walk 3 min. then stretch 2 min.	30 min.

Checklist in Running Program

Week 1	Exercises	Accomplished	Not Accomplished
Day 1	✓ Fartlek-2min. ✓ Progression run-4min. ✓ Recovery run-4 min.		
Day 2			
Day 3			
Day 4			

Don't forget to bring your stopwatch to check on your pulse rate and to determine if you are exercising with your target heart rate. Gradually, you may increase your jogging/ running time from 20-30 minutes or more, three to four times a week. You may continue this program even after the fourth week to achieve your physical fitness goal.



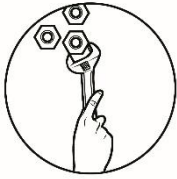
What I Have Learned

Now, it's time to write down your knowledge of this module. Follow the instructions below.

Fill Me

Directions: Fill up the missing word in each blank that corresponds to your knowledge. Write down your answer in your activity notebook.

Being active will help you become _____. Participating in physical activities will enhance your _____ and improve your _____. Walking and running program has many benefits like _____, _____, _____. I can management my weight by _____ and _____. If I involve myself in walking and running exercises, I believe I will improve my _____ and may eventually help me in influencing my _____ to improve their fitness too.

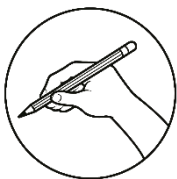


What I Can Do

As an individual, you have to be physically active in order to have a healthy life. Furthermore, you should influence people around you in living a healthy lifestyle so that they can enjoy a healthier life too.

Directions: Create a sentence using the words given below to achieve a healthier lifestyle together with your family, friends and community. Write your answer in your activity notebook.

Engage	Enhance	Involve	Improve	Exhibit



Assessment

Directions: Answer the following questions. Use a separate sheet for your answers.

1. A desirable level of fitness can be achieved by at least how many 20-30 minutes of walking per week?
A. 3 B. 4 C. 5 D. 6
2. A long slow run taken from 1 – 2 hours.
A. Tempo Run
B. Long Run
C. Hell Repeats
D. Progression Run
3. What will be improved by doing continuous running?
A. Flexibility
B. Muscular strength
C. Muscular endurance
D. Cardiorespiratory endurance

4. Running in an uphill is called ____?
- A. Fartlek
 - B. Hill Repeats
 - C. Long Run
 - D. Base Run
5. Which of the following is not a positive outcome in a walking program?
- A. relieved stress
 - B. enhanced self-esteem
 - C. increased risk of hypertension
 - D. improved physical appearance
6. Shin pains are referred to_____.
- A. sprains
 - B. back injury
 - C. leg pain and swelling
 - D. knee tightness and pain
7. Which of the following is not a fitness benefit of walking exercise?
- A. reduces stress
 - B. enhances cardiovascular strength
 - C. reduces risk of heart attack
 - D. improves agility
8. Participation in active recreation is everyone's responsibility. Which of the following is the best reason for this?
- A. To have a healthy lifestyle.
 - B. To maintain an ideal body weight.
 - C. To keep a physically fit and healthy body.
 - D. To have fun, enjoyment and socialization.
9. While jogging, you accidentally fell down and got a sprain. What should you do first?
- A. Lie down.
 - B. Apply cold compress.
 - C. Take ibuprofen.
 - D. Go to the doctor immediately.
10. Walking, running and Zumba exercises will give you the following benefits, except:
- A. It boosts your heart's health.
 - B. It makes you moody.
 - C. It helps you de-stress.
 - D. It burns calories.
11. Which of the following best describes brisk walking?
- A. running fast
 - B. walking in relax mode
 - C. walking on a quick pace
 - D. running with walking

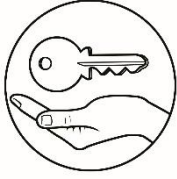
12. The following are examples of moderate to vigorous exercises, except
- A. slow walking to fast walking
 - B. walking to jogging
 - C. biking to weight lifting
 - D. stretching to playing basketball
13. Which of the following will not improve your personal fitness program?
- A. exercising at moderate intensities
 - B. starting slowly
 - C. engaging in high-impact, weight-bearing activities
 - D. making your program convenient
14. The following are importance and benefits of warm-up exercises, except
- A. It will increase your temperature.
 - B. It will prevent risk of injuries.
 - C. It will increase range of motion.
 - D. It will lower blood pressure.
15. In running exercise, what fitness component is mostly required of you?
- A. agility
 - B. strength
 - C. coordination
 - D. Cardiovascular endurance

Wrap Up

Walking exercises, as well as running, improve cardiovascular pulmonary fitness and help reduce risk of heart disease and stroke.

Now that you have learned the concept of physical fitness activity, try stating it in your own words, and share your learning to your family, friends and community. This way, you can influence them to a healthier lifestyle.

Congratulations on completing this module. You are now ready for the next level program. Keep it up!



Answer Key

Lesson 1 What's In (Here are some possible words associated with the word Lifestyle) Active, activity, aerobics, athlete Athletics, blood pressure, Discipline Physical Fitness, Body, Cardio Cooperation, Muscle, Obesity Recovery, Shape Up, Fitness Skill, Stress, Tone, Unhealthy Vitamins	Lesson 1 What's New 1. True 2. True 3. False 4. False 5. True 6. True 7. True 8. True 9. True 10. True 11. True 12. False 13. True 14. False 15. False	Assessment 1. A 2. B 3. D 4. D 5. A 6. C 7. D 8. C 9. B 10. B 11. A 12. C 13. C 14. D 15. A
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