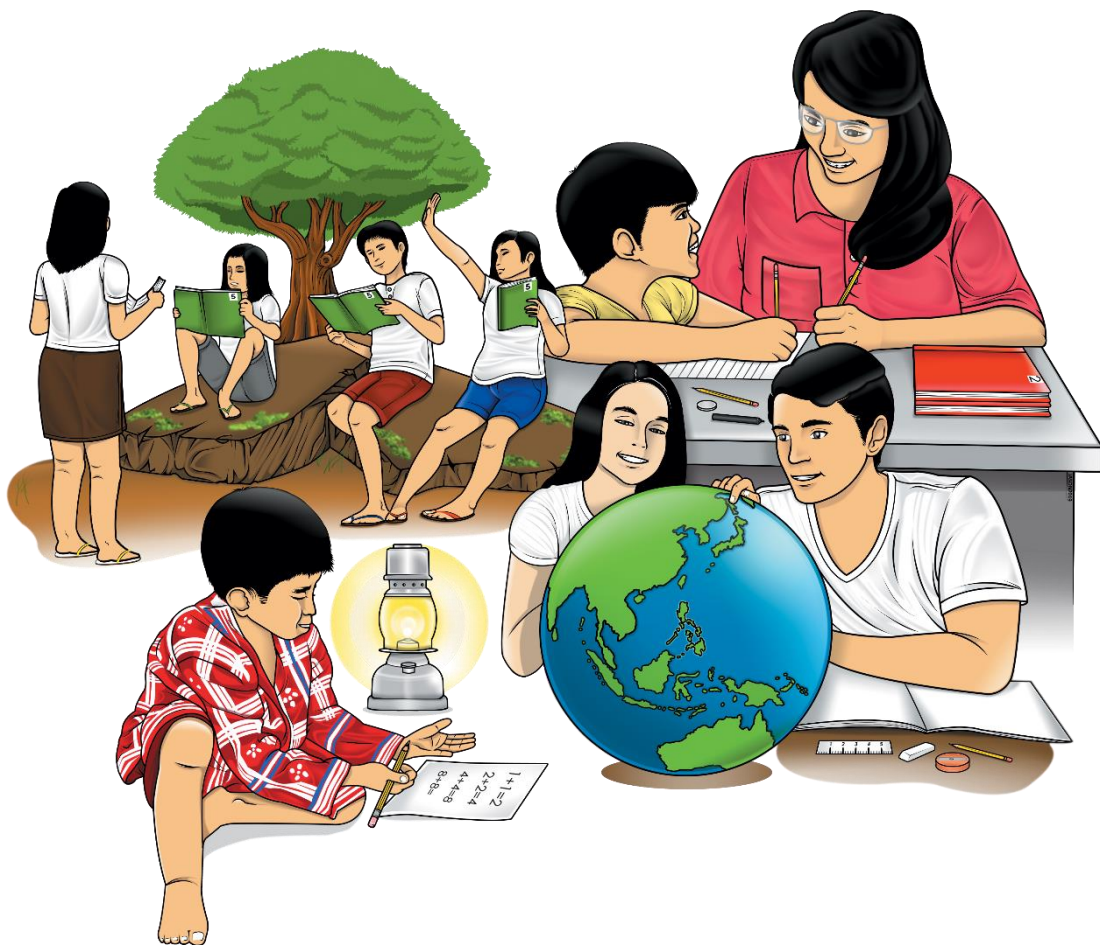


Physical Education

Quarter 2 - Module 2: Fitness Through Dance



Physical Education- Grade 10
Alternative Delivery Mode
Quarter 2 – Module 2: Fitness Through Dance
First Edition, 2020

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

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Printed in the Philippines by _____

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Physical Education

Quarter II- Module 2:

Fitness Through Dance

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

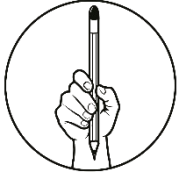
This module was specifically developed with you in mind. It is here to help you master the concepts, theories and applications for Physical Fitness. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students.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

The module is divided into four lessons, namely:

- Week 5: Lesson 1 – Dance Forms
- Week 6: Lesson 2 – Basic Dance Steps
- Week 7: Lesson 3 – Development of Dance as Fitness Program
- Week 8: Lesson 4 – Make It Part of Life

After going through this module, you are expected to:

- assess physical activity, exercise and eating habits; **PE1Opf-IIah-39** and
- engage in moderate to vigorous physical activities for at least 60 minutes a day in and out of school; **PE1OPF-IIc-h45**.



What I Know

Directions: Choose the letter that best corresponds to your answer in the following given statements. Use a separate sheet for your answers.

1. A Columbian dancer who created Zumba.
A. Alberto Perez
B. Isadora Duncan
C. Martha Graham
D. Ricky Martin
2. What do you call the hip motion step in Zumba?
A. Reggaeton
B. Samba
C. Salsa
D. Merengue
3. Contemporary dance was derived from _____.
A. Cheerdance
B. Hiphop
C. Ballet
D. Zumba
4. Hip-hop dance originated in _____.
A. Columbia
B. Argentina
C. Bronx and New York
D. California
5. These fitness components will be enhanced if you have regular dance exercise.
A. Muscle endurance and flexibility
B. Muscle strength and endurance
C. Cardiovascular fitness and flexibility
D. Cardiovascular fitness and body composition
6. Which of the following is not a benefit of dancing?
A. It enhances your cardiovascular fitness.
B. It improves your muscle's strength.
C. It strengthens your core.
D. It makes you exhausted.
7. Zoe wants to attend dance class. She should consider the following before enrolling, except:
A. her medical issue
B. her BMI classification
C. her ability to dance
D. her outfit to wear
8. What musical measure is used in Zumba which makes it fun and enjoyable?
A. Upbeat
B. Slow music
C. Quadruplet
D. Downbeat

9. The following are various moves of Hip-hop, except:
A. Salsa B. Popping C. Locking D. Krumping
10. Which of the following best describes your lifestyle if you spend 60 minutes of moderate dance exercise in addition to daily activities?
A. Active C. Sedentary
B. Very Active D. Moderately Active
11. Street dance is a dance style that evolved in the following except:
A. Raves C. Parks
B. Streets D. Studios
12. A basic step in Zumba which has simple steps but becomes complicated quickly as it moves fast.
A. Merengue C. Reggaeton
B. Samba D. Cumbia
13. Which of the following should be done first before taking dance exercises?
A. Take pain reliever medicine.
B. Observe proper attire.
C. Proceed to your physical activities.
D. Take a selfie.
14. The following are the things you should do before dancing, except:
A. Wear low-heeled shoes.
B. Start with low beat steps.
C. Do stretching exercise.
D. Eat a lot of food.
15. What is the main purpose of cheerleading?
A. to entertain the audience
B. to show someone's talent
C. to annoy the defense team
D. to motivate the team in sports

Lesson

1

Dance Forms



How were your previous exercises? Do you find them enjoyable? I hope so. Now it's time for you to learn a new lesson to achieve a healthy lifestyle. You're almost there! Get ready!

Illustrated by Edison G. Bumanglag



What's In

Activity 1: Arrange me

Directions: Identify the words that are described in each statement from your previous lesson. Arrange the letters to get the right answer.

1. RISKB GNWLAKI
walking continuously at a fast speed
2. WLKINGA
considered as moderate exercise which humans always do everyday but can improve physical health when done regularly
3. SIHN PIAN
a problem or pain for new walkers
4. UIRNNGN
a simple cardio-exercise that can burn calories and build strength
5. YLISEFTLE
a way which an individual lives

- 6. NITISTNDONE
an inflammation of the tendon
- 7. SBAE RNU
short run at a normal pace not too long or too short
- 8. MOPTN NRU
easy start and then time trial lactate threshold, then a cool down
- 9. NLOG NRU
long slow run within 1-2 hours
- 10. AKINGWL RAMGROP
a plan to commit in walking exercise starting from moderate to vigorous



What's New

What comes to your mind when you hear the word “Zumba”? Make a research and watch a video of Zumba dance. If you do not have internet, you may ask for help from your facilitator or teacher. After watching, list at least three of your observations in your activity notebook then answer the following questions. Copy the table below:

Observations	What is Zumba dance?	How does it differ from the other forms of dances that you know?



What is It

Dance is another good form of recreational activities. It is a physical activity that provides health and fitness benefits when you do it regularly.

Dancing has become a widely accepted form of a fun way to exercise and keep fit, and it is loved in all ages. It is one way in achieving your desired weight. When you engage in dancing exercise, there is no need for expensive equipment, you only need music source, and you are good to go. The following are the types of dances:

A. Zumba Dance

Zumba dance is a well-known and popular activity for everyone who loves to dance and want to lose weight. This dance exercise which enables one to execute a range of movements from high and low intensity intervals to advanced dance steps can improve cardiovascular fitness; can enhance balance and coordination; and can refine one's talent.

Usually, Latin-inspired songs are used when doing the Zumba which starts with a slower warm up song, building intensity throughout the work, and ending with a cool-down song. You can easily follow the steps because the movements are repetitive in nature. Also, you will not need special equipment and outfits just to attend the class. All you have to do is wear proper exercise attire and do the move.

Zumba was founded in October 1998 by Alberto "Beto" Perez, a Columbian dancer who started the fitness class in the 90's in his home country. Originally it was named as "Rhumba" but the people in the US had a hard time pronouncing it, so it became "Zumba".

B. Hip-Hop Dance

Hip-hop is a cultural movement best known for its impact on music in the form of the musical genre of the same name. It has its origins in Bronx and New York City, during the 1970's, mostly among African Americans and some influence of Latin Americans. Hip-hop culture is composed of the pillars such as DJ-ing, rapping, breakdancing, and graffiti art.

Hip-hop dance refers to street dance styles primarily performed with hip-hop music, or that have evolved as part of hip-hop culture. Hip-hop music incorporates a number of several iconic elements, mostly notably DJing and rapping, along with things like beat boxing, sampling, and juggling beats on turntables.

C. Street Dance

Street dance refers to dance styles that have evolved outside of dance studios. It is performed in streets, dance parties, parks, school yards, or any available space.

A full street dance is a collection of various similar dance moves and styles put together into one practice and regarded as the same dance.

D. Cheerleading (cheerdance)

Cheerdance is coined from the words, *cheer* and *dance*. To cheer is to shout out words or phrases that may help motivate and boost the morale of a playing team and perform during a game. Dance, on the other hand, is a physical activity wherein one expresses emotions or gestures while performing bodily movements usually in time with rhythm. Cheerdancing originated from cheerleading which is the performance of a routine, usually dominated by gymnastic skills such as jumps, tumbling skills, lifts and tosses combined with shouting of cheers and yells to lead the crowd to cheer for a certain team during a game or sport. It originated in the United States.

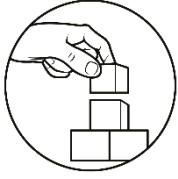
E. Contemporary Dance

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. This form of dance has been a popular choice for many especially in the US and Europe. It was developed in the mid-twentieth century.

Contemporary dance pioneers include Isadora Duncan, Martha Graham, and Mere Cunningham. They believe that dancers should freely express their feelings through body movement.

Possible Benefits of Dancing as a Form of Exercise

- Helps you to lose weight. The rigorous movements of the different parts of the body help tone the muscles to achieve a shapely toned body structure.
- Strengthens the bones. Since dance is a weight-bearing activity, it effectively strengthens the bones, especially the leg bones.
- Improves blood circulation and increases stamina. Dancing is a great cardio workout. Being so, dancing can improve heart health lowering the risk of heart disease.
- Improves flexibility, balance, and posture. Since dancing is an overall body workout, all muscle groups, including your bones benefit from the movements that you do.
- Boosts your brain power. Since dance moves involve hand-eye-foot coordination, it can work as good as the best memory sharpening brain workout around.
- Cost-efficient. There is a type of music for every kind of workout need. Music can be assessed by anyone at their disposal. Dancing can be done at any space available to you.
- Grows your social circle. A common love for dancing makes people come together. Friendships begin when people agree on commonalities like the love for music, dancing and keeping fit.



What's More

True or False

Directions: Write True if the statement is correct and False if not. Write your answer in your activity notebook.

- _____ 1. Zumba was founded in USA.
- _____ 2. Dance is a form of exercise only.
- _____ 3. Dancing is form of moderate exercise.
- _____ 4. Dancing can make you gain friends.
- _____ 5. Hip-hop dance originated in Bronx.
- _____ 6. Applying correct dancing techniques can help you avoid physical injuries.
- _____ 7. Dancing is expensive that's why people don't like it.
- _____ 8. Cheerleading can only be done when you're cheering a team.
- _____ 9. Dancing can only be done in the morning.
- _____ 10. Contemporary dance was a borrowed style only in ballet.



Additional Activities

Directions: Create your own wellness plan. Write the plans you wish to attain after you engage in the various fitness and recreation activities from the topics learned.

Areas I will improve or maintain	Activities I will indulge in	Target person/s to involve

Lesson

2

Basic Dance Steps



Photo taken by Luz Miel V. Bumanglag

Do you love to dance? I'm sure you do because everybody loves to move with the rhythm of the music. This next lesson is a good cardio exercise and offers a lot of health benefits too. Come on! Let's get started!



What's In

Directions: Identify the dance forms described. Write your answer in your activity notebook.

1. A dance associated in breakdancing, popping, locking and krumping.
2. Yelling and dancing to motivate a sports team.
3. A combination of many dance styles, most prominently that of ballet.
4. A popular dance program with Latin music and steps.
5. Dance styles that evolve outside dance studios.



What is It

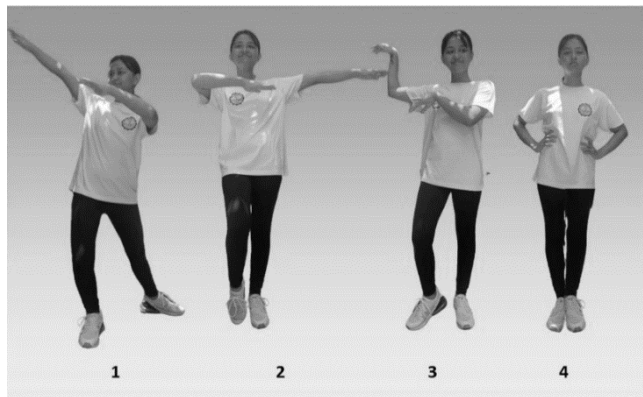
A. Possible Dance Steps/Moves in Zumba

These are some dance steps you can do:

❖ Basic Salsa Steps

For salsa, start with the most basic step pattern.

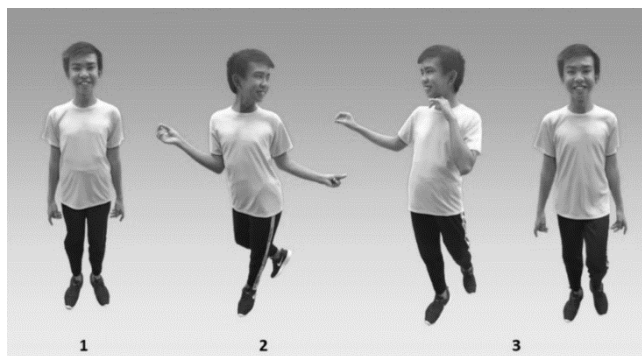
1. Take one step to the left with your left foot.
2. Rock your weight back to the right foot.
3. Step back to the center with your left foot.
4. Pause on the fourth count.
5. Repeat 1-4 starting right foot.



Alternatively, you can do these steps in a forward and backward direction.

❖ Basic Merengue Steps

1. Stand tall with your feet close together.
2. Shift your hips to the right and lift your left foot, then stomp it on the ground.
3. Shift your hips to the left and lift your right foot, then stomp it.



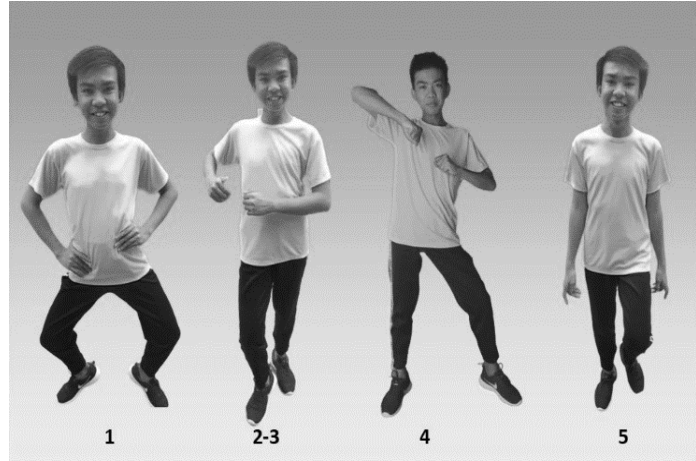
Find a rhythm with that step pattern, then try to move faster once you're comfortable. You can add arm movements like reach out to the side or overhead as you step.

Photo taken by Luz Miel V. Bumanglag

❖ **Basic Reggaeton Steps**

For this upbeat and modern style of dance, start with the leg movements first.

1. Step out wide with your left foot.
2. Bring your right foot in and tap it right next to your left foot.
3. As you tap your right foot, lean to the right.
4. Step wide to the right with your right foot to catch your fall.



5. Then, step your left foot close to the right as you lean to the left.

Keep alternating to the beat as you get comfortable with the big steps.

❖ **Basic Cumbia Step**

This classic Latin dance style involves some fancy footwork.

1. With your right foot planted, step your left foot forward. Keep your body tall and don't lean forward with your leg. Keep the front knee straight, then pick up the lead leg and bring it behind your right leg.
2. This time, tap your left foot behind your body. Point your toes, keeping the rest of the foot off of the ground.



3. Twist your hips and bring your left foot to the front again. Keep stepping with your left foot only until you're comfortable with the motion, then try it with your left foot planted as you move your right foot.

Photo taken by Luz Miel V. Bumanglag

❖ **Basic Samba Steps**

Similar to merengue, this Brazilian dance has simple steps but becomes complicated quickly as it moves fast.

1. Start standing tall with your feet close together.
2. Lean your weight unto your right foot, keeping the knee straight and leaning your hips to the right.
3. As you lean unto your right leg, lift your left heel off of the ground so that only your toes are touching, and bend your left knee.



Photo taken by Luz Miel V. Bumanglag

4. Then, put your left heel down onto the ground and lean unto your left leg, raising your right heel and bending the right knee.

The key to this dance step is in the hips. Move your hips in with an exaggerated motion to the side that has the heel planted

You can access the following links to watch the basic dance steps of Zumba:

Salsa: <https://youtu.be/-BLgBOL9tdo>

Merengue: <https://youtu.be/q6hJ-ZcdE6A>

Raggae <https://youtu.be/n-kkgecLxG8>

Cumbia: <https://youtu.be/XGzh9rpQGbA>

Samba: <https://www.youtube.com/watch?v=hipkOqYbleo>

If you have no smartphone, laptop, or internet to use just see the illustrations above.

According to current guidelines from the Centers for Disease Control and Prevention, you should be getting a minimum of 150 minutes of moderate cardio exercise daily. A daily 20-minute dance routine wouldn't fulfill that goal, although it's perfect to do on days you don't have time to fit in a full workout.

B. Risk Factors Related to Lifestyle Diseases

Lifestyle diseases are diseases acquired through unhealthy lifestyle such as heart disease, stroke, obesity, and diabetes. Most common causes of these diseases are drug, alcohol, and cigarette abuse as well as lack of physical activity and unhealthy eating.

Through dance exercise, the body becomes strong and healthy. By doing dance exercise regularly, you can avoid lifestyle diseases and strengthen your body.

C. Pros and Cons

Here are some pros and cons of dance exercises:

Pros

- ❖ General fitness
- ❖ Sustainability
- ❖ Accessibility
- ❖ Fun and engaging
- ❖ High energy
- ❖ Low cost

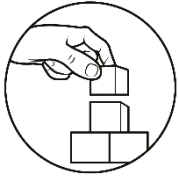
Cons

- ❖ Doesn't work with the entire body
- ❖ Safety concerns associated with overdoing it

D. Precautionary Measures

Exercise Safety Guidelines

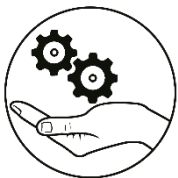
- Select exercises that will involve all major muscle groups: chest, shoulders, back, legs, arms, hip, and trunk.
- Select exercises that will strengthen the core. Use controlled movements and start with the light-to moderate resistance.
- Warm-up properly before performing a light to moderate intensity aerobic activity (5 to 7 minutes) and some gentle stretches for a few minutes.
- Maintain proper body balance that involves good posture, a stable body position and correct posture in sitting, lying and other exercise positions.
- Breathe naturally. Inhale during the eccentric phase (bringing the weight down) and exhale during the concentric phase (lifting or pushing the weight up).
- At the end of each strength-training workout, stretch out for a few minutes to help your muscles return to their normal resting length and to minimize muscle soreness.
- Have a water break every after 5 dances, sip a little amount of water.



What's More

It's your time to shine! Execute the following dance steps that you learned then put a check (✓) mark in the column that describes your performance.

Basic steps	Able to execute the exact movements with accuracy and correctness. 3	Able to execute the movements with minor error or with a little flaw in accuracy and correctness. 2	Not able to execute the movements with accuracy and correctness. 1
Salsa			
Merengue			
Reggaeton			
Cumbia			
Salsa			



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 3

Development of Dance as Fitness Program



Did you enjoy performing the basic steps of Zumba? How did you find them? I guess you're ready now to apply what you have learned. Here we go!

Illustrated by Edison G. Bumanglag

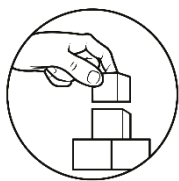


What's In

When you dance, there are times that you get injured for some reasons. Written in first column of the following table are possible injuries you can have during dancing.

Directions: Fill out each space of what is asked in the table below. Listed in the first column are possible injuries while dancing. Write down in the second column warm up or stretching exercises that can be done to prevent the injury and suggest possible treatment to mitigate the identified injuries on the third column. An example is given in the first line:

Injury	Warm up/Stretching Exercise to do to prevent the injury	Possible Treatment/First Aid
<i>Ex. Ankle sprain</i>	<i>Lunges, Ankle circles, Calf stretch</i>	<i>Cold compress</i>
Tendonitis		
Knee injury		
Hip injury		
Lower back injury		
ACL (Anterior Cruciate Ligament)		



What's More

Practice any of the dance forms and get ready with your performance. You may ask your friend or family member to accompany you. The following criteria will be your guide.

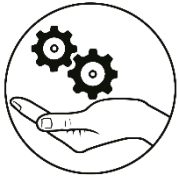
Take a camera, tablet, android phone, or the like (if available. If not, you may ask for help from your facilitator or friend) to record your performance. You can also create your own routine. Base your performance with the criteria given below.

If you have a smartphone or laptop, you can click the link below to have your Warm Up and Cool Down Exercise before you dance.

Warm up: <https://youtu.be/xfmHPW-AfQs>

Cool down: <https://youtu.be/vClFjKZYKmM>

Criteria	Excellent 4	Good 3	Satisfactory 2	Needs Improvement 1
Timing	The learner has a rhythm or tempo in his dance sequence that matches the music.	The learner has a rhythm or tempo in his dance sequence but it doesn't match the music.	The learner has a rhythm and no music.	The learner has no rhythm or music.
The Body	The learner uses a majority of whole-body actions.	The learner uses some whole-body actions.	The learner uses a few whole-body actions.	The learner does not show any whole-body actions.
Theme	The learner shows appropriate steps of the dance form.	The learner shows most of the appropriate steps of the dance forms.	The learner shows some of the appropriate steps of the dance form.	The learner did not show any of the appropriate steps of the dance form.
Choreography	The learner used all space provided, vertically as well as horizontally.	The learner intersects the space of others around him/her on horizontal plane.	The learner uses space within own immediate area on horizontal.	The learner moves only within narrow restricted personal space.



Additional Activities

On a white cartolina, create a poster that shows the benefits of dancing to your health. Then, post it in your house or if possible, in your barangay facilities. Be guided by the indicators below:

Indicators	Excellent 5	Good 3-4	Poor 1-2
The poster is virtually appealing.			
The poster displays color harmony, symmetry, and paper margins.			
The poster presents precaution in a positive light.			

Lesson

4

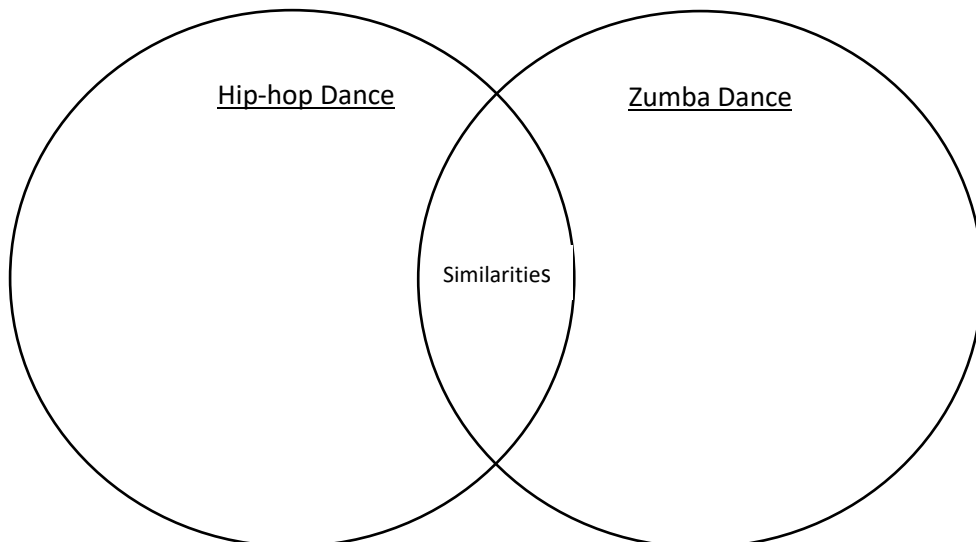
Making It Part of Life

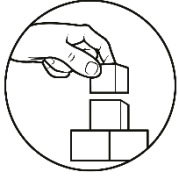
Did you have fun dancing? It's more fun doing dance exercise with friends and family. Influence them! You can do it!



What's In

Directions: Compare and contrast hip-hop dance and Zumba dance in a Venn Diagram then answer the following questions.



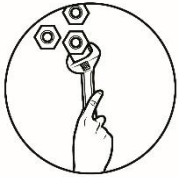


What's More

As a learner, you were taught to live a healthy lifestyle. One of these is being active. You can make a family engagement in your home by doing dance exercises and make it a habit to enjoy doing it regularly.

Directions: Have a dance exercise with an upbeat music following the basic steps and add some improvisations. Encourage your family members and friends to join you. You may record your performance in a digital camera, tablet, or smartphone, if you have none, you may ask some help from your teacher/facilitator.

	Dance Exercise Accomplished	How many minutes	Family member/friend's name
Day 1			
Day 2			
Day 3			
Day 4			



What I Can Do

Directions: Create a Dance Workout Week Plan for 4 weeks. An example is given in Week 1.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Quick Start Warm up-2min. Simple Dance Exercise 10min. Cool down-2min	Rest	20 Minute Dance Exercise Warm Up-3min. Dance Exercise-15min. Cool down-3min.	Rest	23 Minute Dance Exercise Warm up-3min. Dance Exercise 17min. Cool down-3min.	25 Minute Dance Exercise Warm up-2min. Dance Exercise 20min. Cool down-3min.	Rest
Week 2							
Week 3							
Week 4							

You may continue this plan in the following weeks to achieve a healthier body weight.



What I Have Learned

Congratulations! You have finished the dance through fitness lesson. Now it's time to write down your learnings.

Direction: Fill up each blank that corresponds to your answer.

In this lesson I have learned that dance exercise is _____ and _____. It will help me to be _____. I have also learned that the benefits of dance exercise are _____, _____, _____ and _____.

In addition, I have learned the different types of dance which are _____, _____, _____, _____ and _____.

I may have dance exercise in our home with _____, _____, _____ and _____.



Assessment

Directions: Read carefully and choose the best answer in each item. Write your answer in your activity notebook.

- Contemporary dance is popular in _____.
A. Australia and North America
B. Africa and South America
C. Europe and USA
D. Asia and Europe
- Who is the founder of Zumba dance?
A. Alberto Perez
B. Mary Wigman
C. Clive Campbell
D. Gret Palucca
- The following are considered to be the pioneers of contemporary dance, except:
A. Isadora Duncan
B. Ricky Martin
C. Merce Cunningham
D. Martha Graham
- You can acquire the following diseases if you do not have healthy lifestyle, except:
A. Diabetes
B. Stroke
C. Heart Disease
D. Meningitis

5. The following are benefits of dance exercise, except:
 - A. It improves cardiovascular fitness.
 - B. It enhances coordination.
 - C. It makes you sociable.
 - D. It makes you run fast.

6. A basic step in Zumba which has simple steps but becomes complicated quickly as it moves fast.

A. Merengue	C. Reggaeton
B. Samba	D. Cumbia

7. Which of the following is the best reason why people are doing dance exercise?
 - A. It's fun.
 - B. It's costly.
 - C. It's free.
 - D. It's indoor or outdoor exercise.

8. You are invited to talk to an audience to discuss on fitness and wellness. What would be the focus of your talk?
 - A. Health background of the family
 - B. Environment where the family lives
 - C. Lifestyle and behavior of the family
 - D. Nutrition and physical activity of the family

9. In what year was Zumba founded?

A. 1998	C. 2000
B. 1999	D. 2001

10. At least how many minutes should you spend in dancing as a daily exercise?
 - A. 5minutes
 - B. 10minutes
 - C. 20minutes
 - D. 30minutes

11. Hip-hop culture is influenced by the following, except:

A. Ballet	C. Disc jockeys
B. Graffiti Art	D. Rappers

12. What is the importance of eating a balanced diet to lifelong fitness?
 - A. It elevates the risk of chronic diseases.
 - B. It helps you maintain a healthy weight and body energy.
 - C. It promotes sleepless nights and anxiety.
 - D. It develops diseases.

13. A dance form ranges from yelling to intense physical activity for sports team motivation.

A. Ballet	C. Cheerleading
B. Hip-hop	D. Contemporary dance

14. The following are ways to decrease the risk of injuries while dancing, except one, which one is it?

A. proper execution	C. wearing a doll shoe
B. practice of the skills	D. dancing in a spacious area

15. Which of the statements shows that dance is an art?
- A. It gives you contentment.
 - B. It helps you become physically fit.
 - C. It makes you feel happy.
 - D. It gives you freedom to express your emotion.

Wrap Up

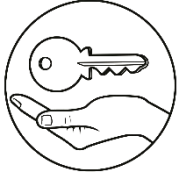
Remember

Dance exercise is free and enjoyable. It moves your whole body, helps to raise your cardio endurance and improves blood circulation which makes your day-to-day workout attainable and fulfilling. It can also help reduce stress.

Now that you learned the concepts and principles of dance exercise, you will now be able to make it as your workout habit. You can also encourage your family and friends to exercise with you to promote societal fitness in the long run.

Congratulations! You have finished the module.

Good luck on your next journey.



Answer Key

Lesson 1
What I know
1. A
2. B
3. C
4. C
5. D
6. D
7. C
8. A
9. A
10. A
11. D
12. B
13. B
14. D
15. D

Lesson 1
What's in
1. BRISK WALKING
2. WALKING
3. SHIN PAIN
4. RUNNING
5. LIFESTYLE
6. TENDONITIS
7. BASE RUN
8. TEMPO RUN
9. LONG RUN
10. WALKING
PROGRAM

Lesson 1
What's More
1. False
2. False
3. False
4. True
5. True
6. True
7. False
8. True
9. False
10. False

Lesson 2
What's In
1. Hip-hop
2. Cheerleading
3. Contemporary dance
4. Zumba
5. Street dance

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

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