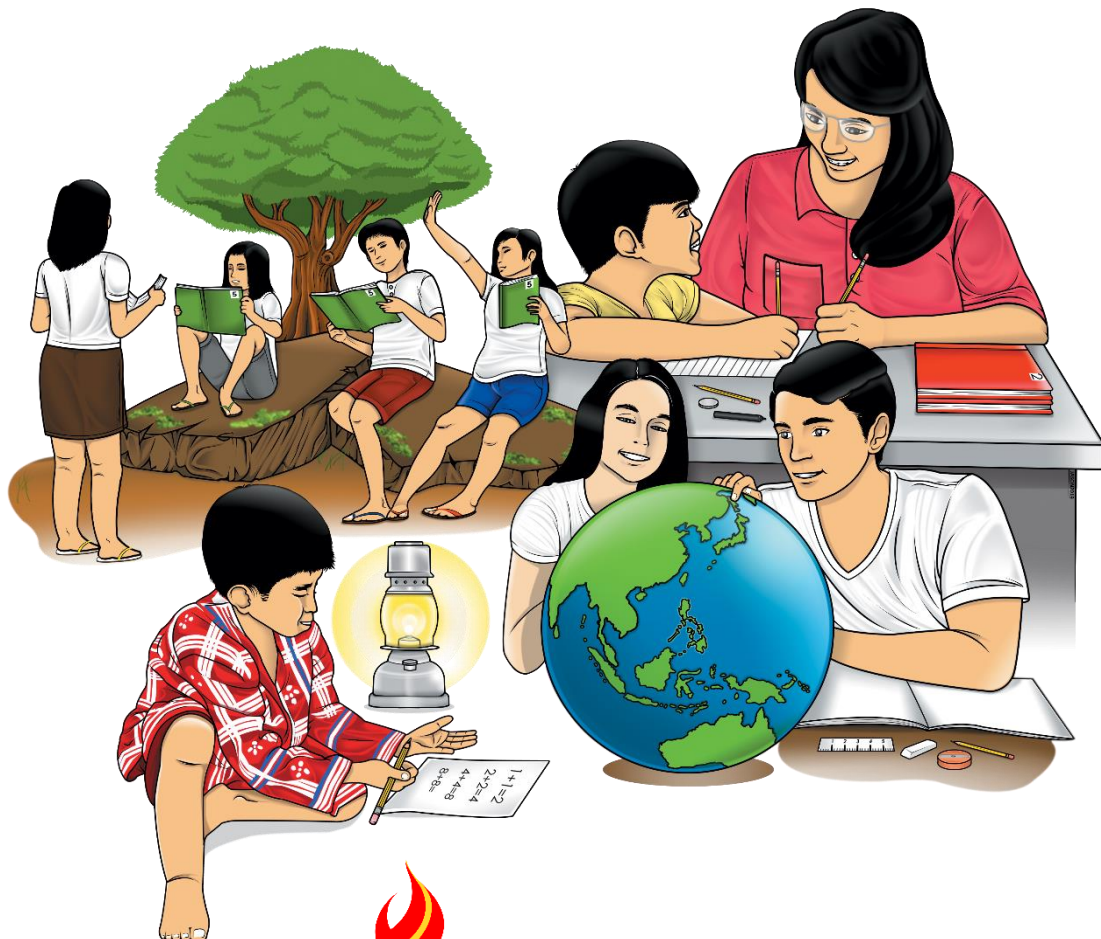


# Physical Education

## Quarter 2 – Module 2:

### Invasion Games (Lawin at Sisiw)



**Physical Education – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 2: Invasion Games (Lawin at Sisiw)**  
**First Edition, 2020**

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

**Development Team of the Module**

<b>Writers:</b>	Maricon A. Butcon, Glory D. Camas, Almira P. Jubay, J Evelyn G. Britania, Francisco C. Dela Pena, Jr.
<b>Editors:</b>	Debster M. Bacomo, Edna P. Gabayeron, Angie D. Nelmidia, Rona F. de la Torre
<b>Reviewers:</b>	Francisco C. Dela Pena, Jr., Enrico E. Descalsota
<b>Illustrators:</b>	Jonafer D. Chavez
<b>Layout Artist:</b>	Mara Jamaica B. Floreno
<b>Management Team:</b>	Ramir B. Uytico, Pedro T. Escobarte Jr., Elena P. Gonzaga Donald Genine, Jerry A. Oquendo, Athea V. Landar, Ma. Lorlinie M. Ortillo, May P. Pascual, Analie J. Lobaton, Enrico E. Descalsota, Francisco C. Dela Pena, Jr., Rona F. de la Torre

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

**Department of Education – Region VI**

Office Address: Duran Street, Iloilo City

Telefax: (033)493-0352

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

# 6

# **Physical Education**

**Quarter 2 – Module 2:**

**Invasion Games**

**(Lawin at Sisiw)**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

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

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written for you to know the nature/background of target games and striking or fielding games and the mechanics on how to play these games. It is a traditional Filipino Games or Indigenous games in the Philippines (known as Laro ng Lahi) are games commonly played by children. You will also learn the different safety precautions before and during games. It is here to help you value the importance of games to our health and what emotions do you feel when you play games. 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.

The module is divided into four lessons, namely:

- Lesson 1 – Introduction to Lawin at Sisiw
- Lesson 2- Enjoying Lawin at Sisiw
- Lesson 3- Making “Lawin at Sisiw” a Part of Life

After going through this module, you are expected to:

1. assess regularly participation in physical activities based on the Philippines physical activity pyramid **(PE6PF-IIb-h-18)**
2. observe safety precautions **(PE6GS-IIb-h-3)**
3. execute the different skills involved in the game **(PE6GS-IIc-h-4)**
4. display joy of effort, respect for others and fair play during participation in physical activities. **(PE6PF-IIb-h-20)**

## Lesson

# 5

## Introduction to Lawin at Sisiw

**Lawin at Sisiw.** is played by at least 10 players. It can be played inside or outside. One player is picked as the 'bird of prey' and another as the 'hen'. Alternate players are the 'chickens'. The chickens stand one behind the other, each holding the midsection of the one in front. The hen remains before the record of chickens. The bird of prey will 'purchase' a chicken from the hen. The bird of prey will then take the chicken, asks him/her to chase for sustenance and rests. While the bird of prey is snoozing, the chicken will come back to the hen. The Bird of prey awakens and endeavors to get back the chicken he purchased while the hen and different chickens keep the falcon from getting the chicken. In the event that the bird of prey succeeds, the chicken is taken and rebuffed. On the off chance that the bird of prey neglects to get the chicken, the falcon will attempt to purchase another chicken.



### *What's In*

**Directions:** Encircle the letter of the correct answer.

1. Which of the following explains the background of the game “Agawan Base”?
  - a. Agawan base is one of the traditional games in the Philippines.
  - b. It is the best game played in the country.
  - c. It was introduced by the Americans.
  - d. The game originated in China.
2. “Agawan Base” means?
  - a. Capturing all members of opponents.
  - b. Capturing base of the opponents.
  - c. Surrounding the members of the opponents.
  - d. Throwing ball to the base of the opponents.
3. What are the elements of skill-related fitness required for this game?
  - a. Balance and power
  - b. Agility and speed
  - c. Coordination and flexibility
  - d. None of the above
4. How does speed apply in the game?
  - a. by running
  - b. by walking
  - c. by dancing
  - d. by marching

5. If you are one of the players, how will you show agility and speed. Describe your answer.

---

---



## *What's New*



Are you familiar with the picture?  
What can you say about it?  
Do you play this game?  
Did you enjoy playing it?



## **What is It**

### **Lawin at Sisiw**

Posted by Rodnie Empedrad August 15, 2012

Hawk and Chicken (Lawin at Sisiw) is one of the strangest traditional Filipino games. The history of this game was based on legend

The story started when the family of Lolo Andres and Lola Anding together with their grandchild Roy and Lorna had a vacation in the province. One morning, while Roy and Lorna were playing at the guava tree they saw a hawk chasing the chicks of the hen. The hen was left behind as if it was trying to fight the hawk. Suddenly the two kids jumped over the ground and started yelling to the hawk that made it fly away. The attention of Lola Anding and Lolo Andres was called because of their loud voices. After that, the two kids were curious about what they saw. They asked their grandparents regarding it and Lola Anding started to tell the story about the hawk and the hen. In the past years, the hen and the hawk were friends until one morning the hen wanted to go to the fiesta where she wants to feel pretty in the eyes of a rooster. She asked a favor to the hawk if she can borrow his ring. Undoubtedly, the hawk gave the permission to the hen to borrow his ring but warned her to take care of it. She promised to take good care of the ring. In the next morning, the hen went to the fiesta. The rooster was happy to see her and they danced all along until she was sleepy and decided to head back home. In the next morning, she was shocked that the ring was lost. She searched for the ring everywhere but she could not find it. The time came when the hawk knew about what happened, she said to the chicken that if she could not find the ring, he would use his claws to get her chicks. Every day the hen and all the other hens struggled to find the ring to keep the safety of their chicks. Unfortunately, the two creatures ended up as enemies until the day they died. That is the reason why the hawk until now captures the chicks of the hen. The lesson of the story is you have to do what you have promised.

#### **These are the safety precautions before playing Lawin at Sisiw:**

Invasion game will be fun especially playing it with your friends. But you should always be guided by safety precautions even without the presence of your teacher. Before playing, you must follow the following:

1. Establish medical readiness
  - 1.1 A self-reported health status
  - 1.2 Freedom from any sickness
2. Wear the proper playing attire
  - 2.1 Avoid clothing that is too tight or that restricts movement.
  - 2.2 For women, wear an exercise bra for support.
  - 2.3 For men, consider an athletic supporter.
3. Play in a wide area without any hindrances.
4. Do not carry any sharp objects that would hurt you or your opponent.
5. Always warm-up before doing any activities.

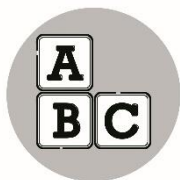


**The health and skills related components of this game are:**

1. cardiorespiratory endurance to sustain breath while running;
2. muscular strength to be able to hold firmly with partners' waist;
3. flexibility to increases range of motion, which allows you to perform exercises more safely and helps to improve your fitness level;
4. agility to be able to move and change direction and position of the body quickly and effectively while under control and;
5. speed to be able to move quickly across the ground.

**Mechanics of the game**

1. This game can only be played if six or more players are present.
2. The game is started by selecting one hawk, one hen, and the rest of the players left will be the chicks of the hen.
3. The chicks of the hen should hold each other's waists, and then the hen will lead them. The hen's goal is to widen out her wings, literally her hands and defend her chicks for the hawk will try each possible way to catch the chickens.
4. When the hen moves to block the hawk, all chickens should also move in the same direction so the hawk could not attack them.
5. In addition, they should never lose grip of each other's waists or clothes, otherwise the chain will be broken and they will be easily caught by the hawk.
6. If any chicken is that unlucky, he will become the new hawk and the hawk will be a new chicken in the next round. Usually, the last chicken in line is the most hard to catch.



***What's More***

**Activity 1: Try This.**

**Directions:** Perform warm-up exercises to prevent injury and muscle pain. Do the following in 16 counts each.

1. Head Bending	6. Feet Shake
2. Neck Twisting	7. Jumping Jack
3. Arms Stretch	8. March in Place
4. Hands Shake	9. Jog in Place
5. Knee Rotation	10. Inhale, Exhale

### Activity 2: Let's Do It

Invasion game will be fun especially when playing it with your friends or family members.

**Directions:** Look at the picture and follow the instructions below:



Form a line and tightly wrap your arms around the waist of the person on your front. On a signal, the first person (The Lawin) will try to catch the last person (The Sisiw) of the opponent.

Execute the game.



### ***Additional Activities***

**Directions:** Put a check (/) in the box if you have executed the skill below while playing Lawin at Sisiw and (x) if not.

- 1. My muscles stretch while holding firmly and running away from opponents.
- 2. I have the ability to change and control the direction and position of the body while maintaining a constant, rapid motion.
- 3. I have the ability to move quickly across the ground or move limbs rapidly to grab.
- 4. I carefully hold on to my partner's waist in order to avoid accident while avoiding the Lawin.
- 5. I quickly detached myself from the group when I fell tired.

## Lesson

# 6

## Enjoying Lawin at Sisiw

You have learned about the mechanics of Lawin at Sisiw. You have also learned how to play the game. Now you will have to learn more about the skills involved in playing Lawin at Sisiw.



### *What's Ins*

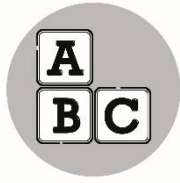
1. How do you play “Lawin at Sisiw”?
2. What skills have you developed in playing the game?



### *What is It*

#### ❖ **These are the safety precautions in playing Lawin at Sisiw:**

1. Warm-up prior to exercise
  1. breathing exercise
  2. neck bending
  3. shoulder rotation
  4. arms circling
  5. hip bending
  6. half knee bend
  7. foot rotation
  8. breathing exercise
2. Encourage the player to hold the waist part of the body, not the head. Hitting the other part of the body is not allowed.
3. Never hit the players intentionally.
4. Cool-down after the game.
  1. Walk for 3 to 5 minutes.
  2. Drink 1 glass of water.
  3. Massage your arms and legs.



## What's More

### Activity 1: Let's Do It

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

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

### Activity 2: More Practice

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

Entry activity	Resources	Differentiation
Selecting one hawk and one hen and rest of the players left will be the chicks of the hen. Form a line and tightly wrap around your arms on the waist of the person on your front. On a signal, the first person (The Lawin) will try to catch the last person (The Sisiw) of the opponent.	court area	One hawk player, one hen player, and the rest are chicks player. Holds on the waist only Distance away from opponent Catch the last person of the opponent

## RUBRICS

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



## *What I Have Learned*

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

1. What three important things have you learned from Lawin at Sisiw?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. What two interesting things have you discovered about the game?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
3. What do you want to know more?
  - a. \_\_\_\_\_



## *What I Can Do*

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

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

1. Holding your partner.

\_\_\_\_\_

2. Chase your opponent.

\_\_\_\_\_

3. Avoid being caught by the opponent.

\_\_\_\_\_

4. Getting the target.

---

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

---

### Activity 2: Self Check

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

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



## ***Additional Activities***

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

<b>Skills</b>	<b>Do all these skills for 16 times.</b>
1. Throwing	
2. Running	
3. Jumping	
4. Hopping	
5. Catching	

## Lesson

# 7

## Lawin at Sisiw is a Part of Life

Invasion games are activities that show the player's ability to move into a space to goal, to occupy the opponent's space, or to defend their space. These games are played by teams within a set time. Each team invades the opponents' territory, scores points, and prevent the opposing team to score.

Lawin and Sisiw is a game composed of players tagged as the "lawin", the "chicken", and the "chicks". The goal here is for the "lawin" to catch the "chick". The "hen" protects all of her "chicks", who form a line at her back.



### *What's In*

**Directions:** Answer the following questions. Use separate sheet.

1. What is Lawin at Sisiw game?  
\_\_\_\_\_.
2. How do you play Lawin at Sisiw?  
\_\_\_\_\_.
3. What attitudes you have developed in playing the game?  
\_\_\_\_\_.
4. What is the role of the "Lawin or Hen" in the games "Lawin at Sisiw"  
\_\_\_\_\_.
5. What are the skills involved in playing "Lawin at Sisiw"?  
\_\_\_\_\_.



## What's New

What are the different skills developed in Lawin at Sisiw game?  
Described the following skills in the picture.



## What is It

### Mechanics of the game

This game can only be played if six or more players are present.

1. The game is started by selecting one hawk and one hen and the rest of the players left will be the chicks of the hen.
2. The chicks of the hen should hold each other's waists, and then the hen will lead them. The hen's goal is to widen out her wings, literally her hands and defend her chicks for the hawk will try each possible way to catch the chickens.



3. When the hen moves to block the hawk, all chickens should also move in the same direction so the hawk could not attack them.
4. In addition, they should never lose grip of each other's waists or clothes, otherwise the chain will be broken and they will be easily caught by the hawk.
5. If any chicken is that unlucky, he will become the new hawk and the hawk will be a new chicken in the next round. Usually, the last chicken in line is the hardest to catch.



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

**Directions:** What changes did you notice in yourself? Fill out the table below.

<b>Physical Games</b>	<b>Skills Developed/Changes to fitness</b>
Lawin at Sisiw	



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

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

1. What is Lawin at Sisiw Game?

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2. What are the skills involved in playing Lawin at Sisiw?

---



---

3. How do you play Lawin at Sisiw?

---



---

4. What changes did you notice to yourself while playing the role of a:  
Chicken

---



---

Hen

---



---

Chick

---

5. What make this game an enjoyable one? Explain your answer.

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

Invite some friends to play Lawin at Sisiw game. Make sure to play it in an open field where no one could get hurt. After playing it, write your thoughts and opinions about the game. You can also write how you feel about playing it, or the lessons you have learned while playing it.



## ***Assessment***

**Directions:** Put a check in the appropriate column if you were able to display joy of effort, respect for others, and fair play during participation in Lawin at Sisiw game.

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



## ***Additional Activities***

**Directions:** Put a check (/) before each statement that describes your attitudes and feelings during and after doing the activities.

- \_\_\_\_\_ 1. I can explain the nature/background of the game.
- \_\_\_\_\_ 2. I can describe the skills involved in the game.
- \_\_\_\_\_ 3. I can observe safety precautions.
- \_\_\_\_\_ 4. I can execute the different skills involved in the game.
- \_\_\_\_\_ 5. I can recognize the value of participation in physical activities.
- \_\_\_\_\_ 6. I can display joy of effort, respect for others, and fair play during my participation in physical activities.
- \_\_\_\_\_ 7. I can identify areas for improvement.
- \_\_\_\_\_ 8. I can be courteous while playing Lawin at Sisiw game.



## ***Answer Key***

Answers may vary.

**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)