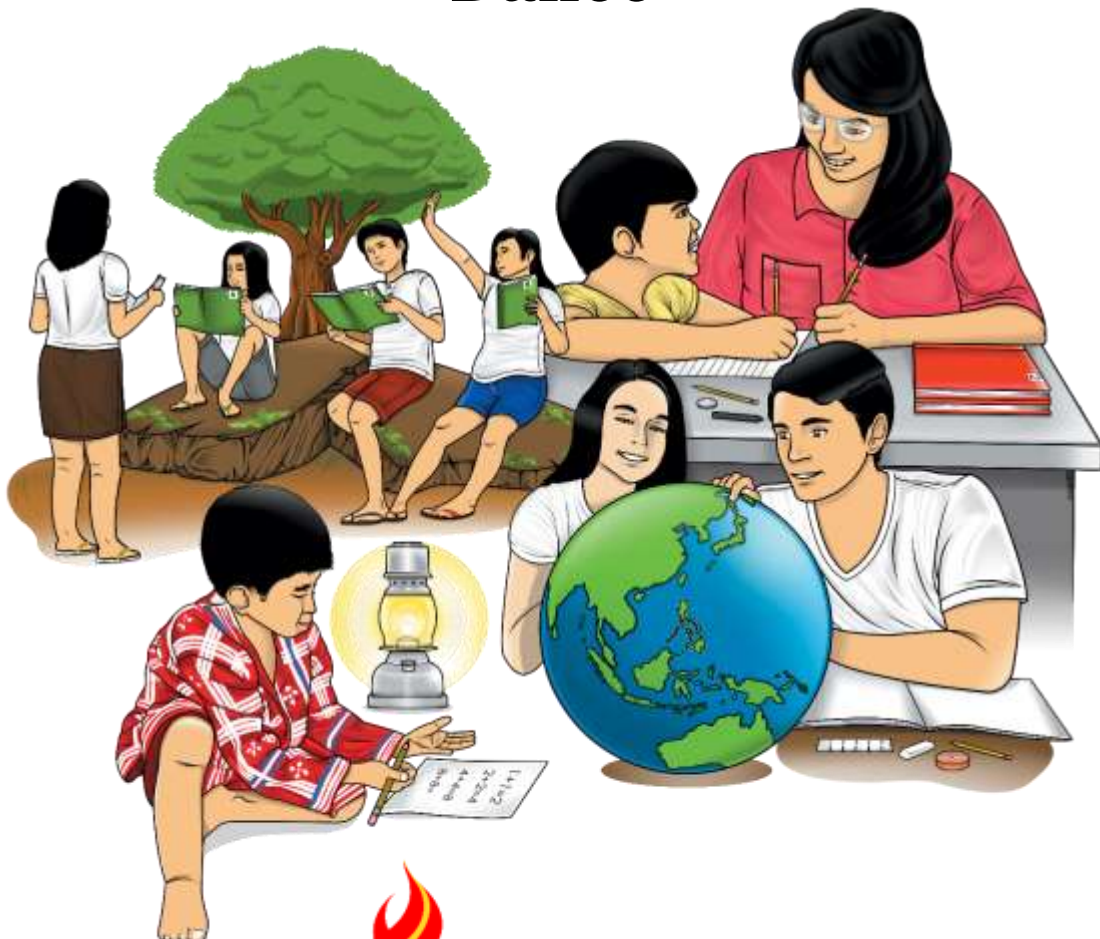


Physical Education

Quarter 3 – Module 1:

Fitness Enhancement Through Folk Dance



Physical Education – Grade 6
Alternative Delivery Mode
Quarter 3 – Module 1: Fitness Enhancement Through Folk Dance
First Edition, 2020

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Physical Education

Quarter 3 – Module 1: Fitness Enhancement Through Folk Dance

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 Fitness Enhancement Through Folk Dance and the mechanics on how to perform this folk dance (Maglalatik).

Dancing is a physical activity where your body moves rhythmically usually to music. People dance to perform, celebrate, praise, and compete to enjoy life. People also dance to express their thoughts, feelings, and emotions. It keeps us physically, mentally, and spiritually healthy.

Folk dances in the Philippines differ when it comes to the people who live in different areas, towns, and regions.

Folk dance is one of the instruments through which a nation and its people can be identified as a cultural society. It is a traditional, recreational and a social expression through movements with rhythmic accompaniment which characterizes the community life of an indigenous society or a specific locality.

Philippines is an archipelago that comprises many islands. Folk dances differ when it comes to the people who live in different areas, towns, and regions. It becomes their strong and enduring indigenous expression which depict the customs, traditions, beliefs, and ideals.

After going through this module, you are expected to:

1. assess regularly participation in physical activities based on the Philippines physical activity pyramid (**PE6PF-IIIb-h-18**)



What I Know

Directions: Choose the letter of the correct answer. Write your answer in your activity sheet.

1. Why do we need to follow the suggested activities given in the Philippine Physical Activity Pyramid Guide (PPAP)?
 - A. It is designed to help people live in active lifestyle.
 - B. It reduces health risks associated with inactivity.
 - C. It provides the sample activities and how often we do them.
 - D. All of the above.

2. What kind of dance *Itik-Itik* portrayed?



- A. historical
- B. mimetic
- C. courtship
- D. war

3. Which of the following is a skill-related fitness component?
 - A. Flexibility
 - B. Muscular Endurance
 - C. Coordination
 - D. Cardiorespiratory Endurance
4. Why do we need to consider and observe the safety of dancers?
 - A. To avoid fatal injury or death.
 - B. To increase their potentials.
 - C. A and B
 - D. To make the trainer richer than before.
5. What colors symbolizes the Moro and Christian dancers in *Maglalatik*?
 - A. red and blue
 - B. red and yellow
 - C. blue and green
 - D. yellow and orange

6. What is next to the position shown on the picture below?



A.



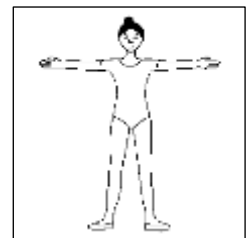
B.



C.



D.



7. It is a mock-war dance from Laguna that demonstrates Moros and the Christians over the high prized coconut meat during the Spanish rule?
- A. *Tinikling* C. *Pandango sa Ilaw*
 B. *Singkil* D. *Maglalatik*

8. What fundamental position of the arms does the picture shows?



- A. 3rd Position C. 4th Position
 B. 1st Position D. 2nd Position

9. Which of the following is NOT a by-product of dancing?
- A. physical health C. social awareness
 B. emotional maturation D. game champ
10. How many coconut shells are used to hung on the vest of *Maglalatik* dancers?
- A. 6 -10 B. 2 – 4 C. 4 - 6 D. 5 – 8
11. After acquiring skills in dance, why is it important to have a self-reflection?
- A. better learning and skill development
 B. better comparison with others
 C. to boast your achievement
 D. no reason at all
12. Which practice can promote oxygenated blood to your muscles as it speeds up your heart rate and breathing?
- A. keep hydrated C. avoid sugary foods
 B. proper costume D. warm up exercise
13. In *Maglalatik* dance, which of the following steps is performed first?
- A. Quick clap cycles for the battle (8 counts)
 B. Basic clap cycles to get to two rows (8 counts)
 C. Step forward while pounding chest (4 counts)
 D. Quick clap cycles to end (4 counts)
14. Why is it valuable to participate in dance activities?
- A. Make fun and have healthy life.
 B. To be malicious and uncivilized person.
 C. Develop social relationships and self-confidence.
 D. A and C
15. How can they create a music accompaniment for *Maglalatik* dance?
- A. clicking of stones
 B. tapping coconut shells with a fast drumbeat
 C. keyboard and guitar
 D. tapping sticks and bamboo flute

Lesson

1

Physical Fitness through Dancing

Physical Fitness is defined as the body's ability to function efficiently and effectively in work and leisure activities, not only at a set point in time, but at various ages and stages within a person's life cycle. It is a state of being that consists of at least five health-related and 6 skill-related physical fitness components.

According to canada.humankenitics.com, Health-related fitness activities can be integrated into every-day activities that are often characterized as lifetime activities. In contrast, skill-related physical fitness includes health related components, but it also covers components related to physical performance.

Dancing is one of the activities that can help us fit and healthy. You may enjoy performing hip-hop, ballet, tap, folk dance or any forms of dance. As a Filipino, we must appreciate and treasure our folk dances because our dances define our very rich culture and tradition of our country.

Some of our folk dances are religious in nature. Others may show courtship, war, festivities etc. In addition, Filipino folk dances are said to be unique for we are known as a westernized country in the Southeast Asia blended of eastern and western cultures. Our folk dances are beautiful, vibrant and colorful. The music, dresses and movements show our culture and lifestyle that are influenced from colonization.



What's In

Directions: Fill in the columns by writing the components found in the box.

Agility	muscular endurance	Coordination
Balance	speed	Power
Flexibility	Muscular strength	Body composition
Cardiorespiratory endurance		

Skill Related	Health Related
1	1
2	2
3	3
4	4
5	5

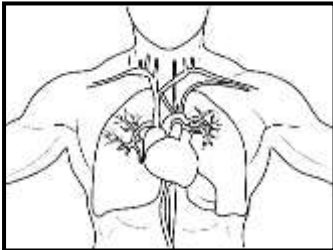


What's New

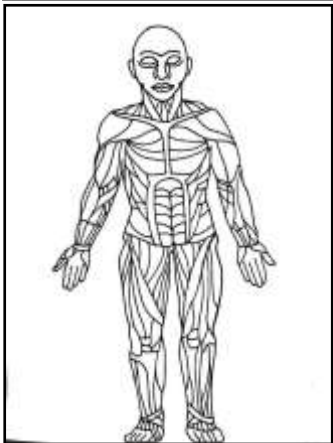
What are the fitness components being developed and the health benefits of dancing?

Activity #1: Health benefits of dancing

Directions: Complete the word or words by adding the missing letters.



1. Improve the condition of the h _ _ r t and l _ n _ s.



2. Increase m _ s c _ l a r strength and endurance.



3. Have a better coor _ _ n _ tion, agi _ _ ty, bal _nc_ and flex
_ bi _ _ ty.



What is It

Based on the Philippine Physical Activity Pyramid (PPAP), dancing is one of the activities that is encouraged and recommended for everyone to do to stay physically fit. The people can do this kind activity 4-6 times a week.



There are a lot of skills and health related components that are developed in dancing.

- Improved the condition of our heart and lungs.
- Increased muscular strength, endurance, and motor fitness.
- Increased aerobic fitness.
- Improved muscle tone and strength.
- Weight management.
- Stronger bones and reduced risk of osteoporosis.
- Better coordination, balance, agility, and flexibility.



What's More

Activity #2: Try this.

Directions: Match the skill or health related components that are being developed in dancing. Write the letter of the correct answer your answer sheets.

A

____ 1. Dancing improves the condition of our heart and lungs.

____ 2. Weight can be monitored and managed.

____ 3. Improved muscle tone and strength.

____ 4. Stretch your muscles and can help your body stay flexible.

____ 5. The ability to stay stable and not fall as we move within and beyond our base of support.

B

A. Muscular strength

B. Flexibility

C. Cardiovascular Endurance

D. Balance

E. Body composition



What I Have Learned

Directions: Complete the sentences below to check your understanding about the lesson.

1. I have learned that ____ can help us fit and healthy.
2. The ____ and ____ related components are developed while doing the activity.
3. The skill related components are:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
4. The health-related components are:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____



What I Can Do

Activity #3: Try this.

Directions: Enjoy your dancing experience with your family or friends. If you have an internet access, search for an aerobics dance exercise and follow their movements. If you do not have, lead the dance exercise. Do this activity 4 – 6 times a week. Then, fill-out the table below.

Date	Participants	Time Started	Time Finished	Remarks

Activity #4: Try this.

Directions: Draw your dancing experience with family and friends in the box.



Assessment

Directions: Choose the letter of the correct answer. Write your answer in your activity sheet.

1. These are dances developed by people that reflects their way of living or their cultures?
A. Hip hop dance B. Sprinting C. Folk Dance D. Ballet
2. Why do we need to follow the suggested activities given in the Philippine Physical Pyramid Activity Pyramid Guide (PPAP)?
A. It is designed to help people live in active lifestyle.
B. It reduces health risks associated with inactivity.
C. It provides us the sample activities and how often we do them.
D. All choices are correct.
3. Which of the following is a skill-related fitness component?
A. Speed C. Muscular Strength
B. Muscular Endurance D. Cardiorespiratory Endurance
4. It is the ability to stay stable as we move within and beyond our base of support while dancing.
A. Agility B. Balance C. Power D. Speed
5. Which of the following health-related fitness components measure the ability of the heart and lungs to transport and utilize oxygen during physical activity like dancing?
A. Body Composition C. Cardiovascular endurance
B. Balance D. Muscular Endurance

Additional Activities

Directions: Why is it important to be physically active? Write your answer in your activity sheet.



Answer Key

<p>What's more</p> <p>1. C 2. E 3. A 4. B 5. C</p> <p>What's New</p> <p>1. heart, lungs 2. muscular 3. coordination, agility, balance, flexibility</p> <p>What's In</p> <p>Skill: Agility Balance Power Coordination Speed</p> <p>Health: Flexibility Body composition Muscular strength Muscular endurance Cardiovascular endurance</p>	<p>1. C 2. D 3. A 4. B 5. C</p> <p>Assessment</p>
<p>1. D 2. B 3. C 4. C 5. A 6. C 7. D 8. B 9. D</p>	<p>1. D 2. B 3. C 4. C 5. A 6. C 7. D 8. B 9. D</p> <p>What I Know</p>

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